

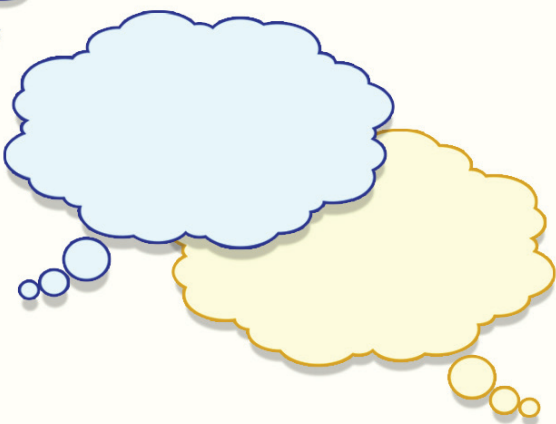
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International Research Forum PROCEEDINGS

April 24, 2025
via **zoom**
THURSDAY | 8:00AM - 5:00PM

Theme
Expanding Horizons:
Bridging Minds:



Adventist University of the Philippines
RESEARCH OFFICE in partnership with the
CENTER FOR GRADUATE STUDIES

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ADVENTIST UNIVERSITY OF THE PHILIPPINES
7th International Research Forum
April 24, 2025

Theme: “Bridging Minds: Expanding Horizons”

The 7th International Research Forum (7IRF) is scheduled to be held online, via Zoom, on April 24, 2025, with the theme, “Bridging Minds, Expanding Horizons” and which has the following objectives:

Objectives:

1. To facilitate meaningful connections among researchers, scholars, and professionals from diverse backgrounds and disciplines to encourage the exchange of ideas and perspectives.
2. To 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. To 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 – 8:32	WELCOME REMARKS	DR. ARCELI H. ROSARIO <i>President, AUP</i>
8:33 – 8:36	PHILIPPINE NATIONAL ANTHEM	AUP AMBASSADORS “Lupang Hinirang”
8:37 – 8:40	UNIVERSITY SONG	AUP UNCEASING CANTICA “Shine On, Dear AUP!”
8:41 – 8:43	OPENING PRAYER	DR. ANDRESITO P. FERNANDO <i>Faculty, College of Theology, AUP</i>
8:44 – 9:04	INSPIRATIONAL MESSAGE	DR. DAN NAMANYA <i>Faculty, College of Theology, AUP</i>
9:05 – 9:10	ROLL CALL OF PARTICIPANTS	DR. SUSY A. JAEI <i>Assistant Vice President - Academics, AUP</i>
9:11 – 9:16	MUSICAL RENDITION	AUP MUSIC MAJORS' CHOIR with CON CORDA “Baba Yetu”
9:17 – 9:20	INTRODUCTION TO THE KEYNOTE SPEAKER	DR. GIOVANI P. MERCADO <i>Chair, Ethics Review Board, Consultant, Research Office, AUP</i>
9:21 – 9:51	KEYNOTE SPEAKER	DR. JUNE BRYAN DELA PEÑA <i>Asst. Prof., Department of Anesthesiology & Critical Care Medicine, UNM School of Medicine</i>
9:52 – 9:57	VOTE OF THANKS	DR. ROWENA IMELDA A. RAMOS <i>Consultant, Research Office, AUP</i>
9:58 – 10:13	Q & A SESSION	MASTER OF CEREMONIES
10:14 – 10:18	ANNOUNCEMENTS	MASTER OF CEREMONIES
10:19 – 10:30	HEALTH BREAK	
10:31 – 12:15	AM Parallel Sessions	

	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	
12:10 – 1:15	LUNCH BREAK	
1:16 – 2:55	PM Parallel Sessions	
	1:16 – 1:35 First Presentation	
	1:36 – 1:55 Second Presentation	
	1:56 – 2:15 Third Presentation	
	2:16 – 2:35 Fourth Presentation	
	2:36 – 2:55 Fifth Presentation	
2:56 – 3:10	HEALTH BREAK	
3:11 – 3:12	OPENING PRAYER	PASTOR RESTITUTO C. BUALOY <i>Faculty, College of Theology, AUP</i>
3:13 – 3:15	MUSICAL RENDITION	AUP MUSIC MAJOR'S CHOIR with CON CORDA "Ama Namin"
3:16 – 3:20	INTRODUCTION TO THE KEYNOTE SPEAKER	DR. RAYMOND C. CAAGBAY <i>Dean, College of Nursing, AUP</i>
3:21 – 3:50	KEYNOTE SPEAKER	DR. CRISAMAR JAVELLANA ANUNCIADO <i>Senior Medical Science Liaison & Nurse Practitioner, Amgen & Monica Cepin MD Office</i>
3:51 – 3:55	VOTE OF THANKS	DR. MARIBEL C. BALAGTAS <i>Dean , College of Health, AUP</i>
3:56 – 4:10	CLOSING REMARKS	DR. GRACEL ANN S. SABAN <i>Vice President - Academics, AUP</i>
4:11 – 4:20	WORDS OF GRATITUDE	DR. JOLLY S. BALILA <i>Director, Research Office, AUP</i>
4:21 – 4:23	CLOSING PRAYER	DR. MICHAEL S. NAIDAS <i>Dean, College of Arts & Humanities, AUP</i>
4:24 – 4:30	ANNOUNCEMENTS & PHOTO OP	MASTER OF CEREMONIES

MASTER OF CEREMONIES
DR. ELE D. LUNZAGA
Chair, Development Communication
College of Arts & Humanities, AUP

SCHEDULE OF PRESENTATIONS
7th International Research Forum
April 24, 2024

ARTS, HUMANITIES & SOCIAL SCIENCES
Parallel Session 1A

Session Chair: *Dr. Myrtle O. Grijalvo*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Rhona Fe O. Dayauon	Growing Through with What You are Going Through: The Effect of Plant Therapy on Psychological Well-Being and Stress Among Healthcare Workers
10:51 – 11:10	Jhasmine Joy R. Minardo	Christian Mindfulness-Based Program: Its Effect on Psychological Distress and Emotion Regulation Among Senior High School Students
11:11 – 11:30	Christine Kate D. Ignacio	Mediating Effects of Emotional Regulation Difficulty on the Influence of Social Media Usage and Self-Concept and Facial Dysmorphia Symptoms Among Female Adults
11:31 – 11:50	Jezel Maye G. Gabion	Four-Day Sweat Program: Enhancing Social Connectedness and Mitigating Burnout Through Active Engagement Among Health Care Employees in a Private Hospital

ARTS, HUMANITIES & SOCIAL SCIENCES
Parallel Session 2A

Session Chair: *Dr. Sheryll Ann M. Castillo*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Gil F. Cacha	Exploring the Outcomes of Single and Multiple Online Sessions Using Mindfulness Intervention on Adult Mental Health
10:51 – 11:10	Ace Jerome G. Fabella	The Efficacy of Psycho-Social-Spiritual Intervention on Conflict Management Among Married Couples
11:11 – 11:30	Angelie B. Jotea	The Effect of Growing-Mazing Intervention Program on the Growth Mindset of State University Students in Panay Island
11:31 – 11:50	Crystal Bartolome	I Can and I Will: The Effect of a Mindfulness-CBT Intervention on Compassion Fatigue Among Antique Medical Center Healthcare Professionals

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

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Sharon C. Lipit	The 3Cs Program: Its Effect on Parent-Child Relationship Among Eastern Batangas Families
1:36 – 1:55	Eliza G. Macalinao	Swipe, Love or Hate: A Phenomenological Study on Online Dating Among Middle-Aged Professionals
1:56 – 2:15	Sulfran Darl R. Tamayo	Relaxation and Self-Care Techniques: Cognitive-Behavioral Interventions to Reduce Work-Related Burnout of Barasanan National High School Teachers
2:16 – 2:35	Raya Crystal B. Repullo	The Effects of Alagaan, Ingatan, Self-Care (AISC) Intervention on Well-Being and Compassion Fatigue Among Social Workers in Crisis Intervention Section of DSWD Field Office - CARAGA

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

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Ferline C. Ledesma	Every Woman an Overcomer: Marital Distress Reducing Intervention for Women in Sapián, Capiz
1:36 – 1:55	Lucinda Consuelo D. Pasion	The Effectiveness of a Management Program on the Stress Levels of Pre-Service Teachers
1:56 – 2:15	Shy T. Chiefe	The Effect of Meditation and Mindfulness in Nature on Anxiety and Depressive Symptoms of Project Based Workers
2:16 – 2:35	Barbara Mirrian S. Sujide	The Effect of Wellness Empowerment Program on the Psychological Well-being of Barangay Workers

BUSINESS & GOVERNANCE*Parallel Session 1A***Session Chair:** *Dr. Laulhati P. Sausa*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Tilfemar Mutia	The Moderating Role of Demographic Variables on the Relationship Between Entrepreneurial Factors and SME Sustainability
10:51 – 11:10	Naren C. Chifamba	Factors Influencing Undergraduate Students' Usage of Digital Banking Services Using Exploratory Factor Analysis
11:11 – 11:30	Donn Sondakh	Gen Z's Sustainable Consumerism: A Systematic Literature Review of Purchase Intentions Toward Green Products
11:31 – 11:50	Michael Muchula	Social Media Marketing Strategies for the Growth and Sustainability of Small Business: A Theoretical Analysis

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

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Christine E. Daguro	Establishing a Physical Therapy Clinic in Adventist Medical Center – Valencia City, Inc., Valencia City, Bukidnon
10:51 – 11:10	Brendel Joy C. Valiao	A Feasibility Study on the Establishment of Manufacturing Eco-Friendly Packaging in Silang, Cavite
11:11 – 11:30	Threena Keityleen A. Tan	The Feasibility Study of Installing Solar Photovoltaic System for the Central Luzon Conference Churches in Area 6 and 7 as Renewable Energy Source
11:31 – 11:50	Angelou P. Agtay	Establishing an Event Venue in Rizal: A Feasibility Study

BUSINESS & GOVERNANCE*Parallel Session 3A***Session Chair:** *Dr. Jeffrey A. Amoguis*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Anthon Gil M. Cabahug	Establishment of Pressure Swing Adsorption Oxygen Plant: A Viable Study
10:51 – 11:10	Johna S. Gonzaga	Viability of Establishing an Expansion of AHP Laundry in Adventist Hospital Palawan
11:11 – 11:30	Gilmar C. Chico	Establishment of Sports Facility Center: A Feasibility Study
11:31 – 11:50	Ernie V. Marin	Establishing Adventist Elementary School in San Ildefonso, Bulacan
11:51 – 12:10	Frederic E. Gregorio	Establishing a Haven of Rest – Bed and Breakfast in Leveriza, Pasay City

BUSINESS & GOVERNANCE*Parallel Session 1P***Session Chair:** *Dr. Jeffrey A. Amoguis*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Dexter P. Argarin	Establishing Adventist Funeral Service Provider in Caloocan City: A Feasibility Study
1:36 – 1:55	Shem Angel B. Bondad	Establishing a Training Center for Engineering Graduates in San Pablo City, Laguna: A Feasibility Study
1:56 – 2:15	Marila Giesel J. Calunsag	Establishing a Healthy Plate Corner in Valencia City
2:16 – 2:35	Rene Castro Montoya	Establishment of Home for the Healthcare Service: A Feasibility Study
2:36 – 2:55	Lemuel C. Bermejo	Viability of Establishing Accommodation for in-Patient Watchers in Adventist Hospital Palawan

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

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Christian Noel Galang	A Feasibility Study on the Establishment of Free-range Chicken Farm in Brgy. Bodega Floridanlanca, CLAA, Pampanga
1:36 – 1:55	Zandra Lyn V. Riano	Establishing a Convention Center in Puting Kahoy, Silang, Cavite: A Feasibility Study
1:56 – 2:15	David Rifaldy D. Widiyanto	Establishing an Ice Plant in Silang, Cavite: A Feasibility Study
2:16 – 2:35	Nuchin M. Gimena	Establishing an Adventist Campsite in Tanay, Rizal-A Feasibility Study
2:36 – 2:55	Thang Suum Mang	The Establishment of Disposable Paper Cup Production in Silang, Cavite: A Feasibility Study

BUSINESS & GOVERNANCE*Parallel Session 3P***Session Chair:** *Dr. Ruben T. Carpizo*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Elvin Mark L. Contridas	A Feasibility Study on Establishing Rice Coffee Production in Valenzuela City
1:36 – 1:55	Emerson D. Sanchez	A Feasibility Study Establishing a Commercial Building for ASI in Central Luzon Conference, Potrero, Malabon City
1:56 – 2:15	Mildred G. Santiago	Establishing Media Services and Production at Central Luzon Conference: A Feasibility Study
2:16 – 2:35	Jojo V. Solabo	A Feasibility Study on the Establishment of Kindergarten: A Preparatory School in Area 10 of Central Luzon Conference
2:36 – 2:55	Jovilyn J. Jose	Establishing a Commercial Space for Lease Management in Balibago Santa Rosa, Laguna

BUSINESS & GOVERNANCE*Parallel Session 4P***Session Chair:** *Dr. Martha B. Macalalad*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Jerico H. Zabala	A Feasibility Study on the Establishment of Student Dormitory in Pasay City
1:36 – 1:55	Daniel P. Molleda	Determining the Viability of Establishing Adventist Academy in Rizal Province
1:56 – 2:15	Cesar Samaranos Magbatas, Jr.	Establishing a Credit Cooperative in Central Luzon Conference in Potrero, Malabon, Metro Manila: A Feasibility Study
2:16 – 2:35	Mark Jubilee Matira	Establishing a Diagnostic and Medical Laboratory Clinic in Puting Kahoy, Silang, Cavite: A Feasibility Study
2:36 – 2:55	Myrtle A. Perey	A Feasibility Study of Establishing a Music Café in Asis I, Mendez, Cavite

EDUCATION
Parallel Session 1A

Session Chair: *Dr. Cecilia F. Ronia*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Milcah D. Jerez	Strategic Reading Material (<i>Science Research Associates</i>): Its Effect on the Palawan Adventist Academy Grade 7 Students' Reading Comprehension Level
10:51 – 11:10	Dionnel O. Panague	Influence of Think-Pair-Share and Think-Talk-Write Strategies on Student Engagement in Science
11:11 – 11:30	Novena P. Antong	Influence of Project-Based Approach on Grade 6 Science Pupils' Learning Autonomy
11:31 – 11:50	Egee F. Firmalo	Influence of Differentiated Instruction on Students' Engagement in Science Class
11:51 – 12:10	Cesiel N. Benzal-Guardarama	Common Errors in Narrative Writing Among Grade 12 Students

EDUCATION
Parallel Session 2A

Session Chair: *Dr. Leonardo B. Dorado*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Ruth S. Gomez	The Influence of Servant Leadership Practices, Self-Efficacy, and Job Satisfaction on Employee Turnover Intention among Beginning Teachers: Basis for a Program
10:51 – 11:10	Arlene S. Cabadin	Stepping into Leadership: Narrative of Novice Principals in Faith-Based Schools
11:11 – 11:30	Mercedes M. Ibañez	The Digital Push: Influence of Specialized Educational Social Media on Academic Motivation
11:31 – 11:50	Ellen Nove R. Galupo	Assessing Teachers' Competency in Integrating Faith, Values and Learning: A Basis for a Training Development Program

EDUCATION
Parallel Session 1P

Session Chair: *Dr. Teofilo C. Esguerra*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Kristine R. Talagtag	Effect of Physics Education Technology (PhET) Interactive Simulations on Students' Achievement in Chemistry
1:36 – 1:55	Florante A. Saganib	Effects of Discovery Teaching Strategy on Mathematical Quantifiers Understanding of High School Students
1:56 – 2:15	Amie G. Franche	The Role of Educational Technology Utilization on The Social – Emotional Learning Competency of Senior High School Students in the Science, Technology, Engineering, and Mathematics (STEM) Strand
2:16 – 2:35	Christine C. Ludovice	Inquiry-Based Learning and Student Engagement in Science Class: A Multidimensional Analysis
2:36 – 2:55	Rhea May P. Salapare	Effects of Artificial Intelligence Assisting Tools on the Writing Skills and Learning Motivation of Grade 11 Students

EDUCATION & SCIENCE

Parallel Session 2P

Session Chair: Dr. Mary Grace L. De Guzman

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Merbeth Christine L. Pedro	Growth Responses of <i>Gymnocalycium baldianum</i> to Varying Concentrations of Arbuscular Mycorrhizal Inoculum
1:36 – 1:55	Orlex B. Yllano	Protist Abundance and Diversity in the Phytotelmata of Trees
1:56 – 2:15	Evelyn V. Donaire	Proficiency in the Four Basic Mathematical Operations Among Junior High School Students: Assessment and Intervention Plan
2:16 – 2:35	Jing Wang	Parents' Socio-Economic Status as a Correlate of the Academic Performance of Elementary Pupils
2:36 – 2:55	Fan Chao	Influence of Leadership Styles on Teacher and Organizational Performance in Selected Schools In China

EDUCATION

Parallel Session 3P

Session Chair: Dr. Jeremiah C. Fameronag

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Jeazel R. Navarro	Qt Dr. O Structure: Its Effect on Student Engagement
1:36 – 1:55	Thando'luhle Tia Thusi	Exploring the Role of Project-Based Learning in Enhancing English Proficiency: A Systematic Review of Secondary School Learner's and Integrated Language Skills
1:56 – 2:15	Ladily B. Acebedo	The Role of Literary Appreciation Skills in Developing Critical Thinking Skills
2:16 – 2:35	Magie Lyn S. Azupardo	Influence of Social Media on English Proficiency Among Selected Junior High School Students in the Province of Cavite

HEALTH & ALLIED HEALTH

Parallel Session 1A

Session Chair: Dr. Gladys Mae R. Laborde

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Migilyn D. Fonte	Knowledge, Self-efficacy, and Their Relationship on Compliance with Health Protocols of Police Enforcers: Basis for a Program
10:51 – 11:10	Kaycelyn A. Bacus	Needs Assessment and Reliability Testing of a Smoking Cessation Questionnaire Among College Students: Basis for Program Development
11:11 – 11:30	Jose A. Angeles	Social Media Usage and Sleep Quality Among Adolescents in a Faith-Based Urban Community
11:31 – 11:50	Maria Teresa H. Tolentino	Assessing Knowledge, Attitudes, and Self-Efficacy on HIV/AIDS: Basis for Developing a School-Based Intervention Program

HEALTH & ALLIED HEALTH*Parallel Session 2A***Session Chair:** *Dr. Angel Grace F. Bingcang*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Mary Leocil P. Maghamil	Evaluation of Nurses' End-of-Shift Handoff Processes: Basis for an Intervention Program
10:51 – 11:10	Olive Jay G. Aguzar	Evaluation of a Workplace Exercise Program Among Overweight and Obese Healthcare Workers in a Hospital Environment
11:11 – 11:30	Arddie C. Gangoso	Evaluation of a Comprehensive Community-Based Diabetes Management Program in a Selected Barangay of South Cotabato
11:31 – 11:50	Jamila Carmel L. Pedrezuela	Evaluating the Impact of "Alamin at Maging Protektado": A Targeted HIV/AIDS Prevention Program for College Students

HEALTH & ALLIED HEALTH*Parallel Session 1P***Session Chair:** *Dr. Ma. Julita S.J. Sibayan*

TIME	PRESENTER	TITLE OF PRESENTATION
10:31 – 10:50	Rey Benjie B. Acab	Validity and Reliability of Instruments Assessing Hypertension Knowledge and Lifestyle Factors
10:51 – 11:10	Chosen Precious V. Bataclan	Knowledge and Attitudes Toward HIV/AIDS Prevention Among Young Adults: A Descriptive Correlational Study in Lucena City
11:11 – 11:30	Marites B. Fourie	The Lived Experience of Filipino Doctors in Using Telemedicine as the New Outpatient Clinic Gone Digital: A Descriptive Phenomenological Study
11:31 – 11:50	Dionisio G. Sagnoy, Jr.	Knowledge, Attitudes, and Practices Related to Smoking Among Grade 5 Pupils in an Urban Elementary School: Basis for a Smoking Prevention Campaign

HEALTH & ALLIED HEALTH*Parallel Session 2P***Session Chair:** *Dr. Joyosthie B. Orbe*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Ifes-Uzoma Ezinne Chidinma	The Need for Nursing Homes as a Place to Care for Lonely Elderly Parents/ Grandparents
1:36 – 1:55	Jovylove R. Sombria	Effectiveness of Dietary Intervention among Zumba Group in a Village in Silang Cavite
1:56 – 2:15	Chelo Michelle Sy Atienza	Evaluating Mothers' Nutrition Knowledge, Beliefs, and Practices in Early Childhood Feeding: Implications for Nutrition Programs and Child Health
2:16 – 2:35	Paula Luz L. Bantilan	Ligtas Na Pagbubuntis: A Healthy Pregnancy Promotion Among Pregnant Women in A Barangay In Lucena City, Quezon
2:36 – 2:55	Christine Jane S. Obara	Tibayin ang Resistensya Laban sa TB: A School Based Intervention Among At-Risk Elementary Students in a Public School in Silang, Cavite

HEALTH & ALLIED HEALTH

Parallel Session 3P

Session Chair: *Dr. Ruchel G.Oasan*

TIME	PRESENTER	TITLE OF PRESENTATION
1:16 – 1:35	Freddie P. Matira	A Quasi-Experimental Study on the Effectiveness of the Hypertension Awareness and Lifestyle Enhancement Program Among Senior Citizens in an Urban Community
1:36 – 1:55	Paulo M. Apostol	Hypertension Awareness, Lifestyle Habits, and Blood Pressure Among Older Adults in a Barangay of Pasay City
1:56 – 2:15	Jimmy D. Ramirez	Evaluating the Effectiveness of a Detox Program in a Wellness Center in the Philippines Among Faith-Based Workers with Hypertension
2:16 – 2:35	Rhovee Joy S. Rafon	Prevalence of Color Vision Deficient DMD Students at National University College of Dentistry

ABSTRACTS

I Can and I Will: The Effect of Compassion Fatigue Reduction Intervention Among Antique Medical Center Healthcare Professionals

Crystal Bartolome, Mylene Gumarao,
Sheryll Ann Castillo, Jolly Balila
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ABSTRACT

In the increasing demand of healthcare and health services, healthcare workers are pushed and required to provide and perform quality services and care to patients. During this, healthcare workers face challenges and are at high risk of experiencing compassion fatigue. Failure to address this can negatively impact their well-being and the quality of patient care. Therefore, it is important to mitigate the risks of compassion fatigue levels among healthcare workers. To lessen and prevent the symptoms of compassion fatigue and improve healthy functioning healthcare workers, effective intervention measures are required. This study evaluates the effectiveness of compassion fatigue reduction intervention among healthcare professionals in a private medical center from Antique. A one-group pre-test and post-test design was utilized, measuring changes in compassion satisfaction, burnout levels, and secondary stress among the 17 participants in a 5-session intervention program. A 30-item Professional Quality of Life Scale or ProQOL, using a 5-point Likert-type, was given and answered by the respondents. Results from the paired samples t-test indicate a significant increase in compassion satisfaction post-intervention ($t(16) = 9.61$, $p = 0.001$, Mean difference = 6.00), decrease in burnout level ($t(16) = 5.41$, $p = 0.001$, Mean difference = -4.76), as well as secondary stress trauma ($t(16) = 2.38$, $p = 0.015$, Mean difference = -2.47), highlighting the intervention's effectiveness in mitigating stress-related symptoms. These findings underscore the importance of structured interventions in reducing compassion fatigue and enhancing the overall well-being of healthcare professionals. Implementing similar programs in healthcare settings may lead to improved job satisfaction, mental health, and patient care outcomes.

Keywords: *compassion fatigue, burnout, secondary stress, healthcare professionals, intervention effectiveness*

Exploring the Outcomes of Single and Multiple Online Sessions Using Mindfulness Intervention on Adult Mental Health

Gil F. Cacha, Rhalf Jayson F. Guanco, Jolly S. Balila,
Levy M. Fajanilan, Myrtle O. Grijalvo
Adventist University of the Philippines
gfcacha@hotmail.com

ABSTRACT

This research studied the difference between the outcomes of single-session and multiple-session online mindfulness intervention to provide information on both options. The study identified the mental health status of the participants before the intervention, their experiences during the interventions, and the difference in the outcomes of the single and multiple sessions. 6 participants underwent the single session, while 4 participants underwent the multiple sessions. Themes were generated from pre-intervention and post-intervention interviews. Participants had anxiety and worry, depression, suicidal ideation, irritability and anger, loss of sense of purpose and direction, feelings of inadequacy, grief, emotional pain and emotional breakdown, feelings of guilt and regret, overthinking and distraction, and feelings of betrayal. Online multiple sessions proved to be more effective in fostering emotional calmness, mental clarity, and positive thinking because they had longer time and more psychoeducation. Emotional calmness was challenging for participants with deep traumatic pain. Struggles in forgiveness prevented shifts to positive thinking. A participant encountered no change due to a challenge in place and resistance to the process. More research on the use of forgiveness and awareness of God's presence and message and on the quantification of the effectiveness of improved online single-session mindfulness intervention is recommended.

Keywords: *online intervention, single session intervention, mindfulness intervention*

The Effect of Meditation and Mindfulness in Nature on Anxiety and Depressive Symptoms of Project Based Workers

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ABSTRACT

Employees in projectized organizations face challenges that pose risks to their mental health. Project-based employment can negatively impact workers' well-being due to tight deadlines, job insecurity, and feelings of isolation. This study explores the impact of nature-based meditation and mindfulness on the mental well-being of project-based workers. It assesses changes in anxiety and depressive symptoms using standardized measures on anxiety and depression, State-Trait Anxiety Inventory for anxiety and Beck Depression Inventory for depressive symptoms. Using a quasi-experimental design, participants from a project-based organization were purposively selected, and randomly divided into control (n=25), and experimental (n=19) groups. Findings indicate that the control group exhibited no significant changes in anxiety or depressive symptoms. In contrast, the intervention group, which practiced nature-based meditation and mindfulness, demonstrated a significant reduction in anxiety from a high level to a moderate level, as well as a decrease in mild mood disturbance. The intervention group was very effective in reducing the level of anxiety. Furthermore, the reduced level of anxiety is significantly lower in the intervention group. These results suggest that meditation and mindfulness in natural settings have a statistically significant effect on reducing anxiety and depressive symptoms among project-based workers. This study highlights the need for further research on the mental health challenges associated with different employment structures and underscores the importance of developing workplace programs that promote well-being and work-life balance for project-based employees.

Keywords: *anxiety, depressive symptoms, project-based employment, nature-based meditation, mindfulness, mental well-being*

Growing Through with What You Are Going Through: The Effect of Plant Therapy on Psychological Well-Being and Stress Among Healthcare Workers

Rhona Fe O. Dayauon, Mylene S. Gumarao,
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ABSTRACT

This study investigates how plant therapy in the workplace can help healthcare workers manage stress and enhance their psychological well-being. The demanding nature of their jobs frequently causes them to experience significant stress, which can harm their well-being. Plant therapy is a natural and accessible alternative to relax and achieve emotional balance. This study examines how plant therapy affects healthcare workers' psychological well-being and stress levels. Thirty healthcare workers from a rehabilitation center in Cavite comprise the participants. The study utilizes pre-experimental research that compares the well-being and stress levels of the participants before and after the intervention program. Significant differences are found ($t = 19.163$, $p < .001$), with a large size (Cohen's $d = 2.66$) for stress. The substantial decrease in the stress level of the healthcare workers from a pretest mean of 21.49 ($SD = 2.17$) to a post-test mean of 12.19 ($SD = 2.33$) reveals that the respondent's level of stress drops remarkably from "moderate" to "low" between the pre-test. The results also show that there were significant differences ($t = 7.72$, $p < .001$), with a smaller effect size (Cohen's $d = .595$) in psychological well-being, with a mean score before the test of 4.90 ($sd = .51$) rising to a mean score after the test of 5.76 ($sd = .55$). The results show a noticeable reduction in stress and improved psychological well-being among participants. These findings suggest that incorporating plant therapy into the workplace could be a practical and effective strategy for supporting healthcare workers' mental health and improving their well-being.

Keywords: *plant therapy, psychological well-being, stress, healthcare workers, mental health*

The Efficacy of Psycho-Social-Spiritual Intervention on Conflict Management Among Married Couples

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ABSTRACT

Marital conflict is a common challenge among couples, often leading to emotional distress and, in extreme cases, separation. This study delved into the efficacy of an intervention program aimed at improving conflict management strategies among married couples in one of the provinces in Region IV-B. A total of 25 married individuals, aged between 25-60, participated in the study. Employing a pretest-posttest experimental design, the study measured marital conflict levels both prior to and after the intervention. Participants engaged in a structured program covering self-management, communication skills, conflict resolution, and spiritual reinforcement. The results demonstrated a substantial improvement in marital conflict management after the intervention. The pretest mean score of 122.84 (SD = 18.87) significantly increased to a posttest mean of 148.00 (SD = 14.70). A paired sample t-test revealed a statistically significant difference ($t(24) = 6.729, p < .001$) between the pre- and post-intervention scores, accompanied with a large effect size (Cohen's $d = 18.69$), indicating a strong effectiveness of the intervention. The findings suggest that structured psychosocial and spiritual training programs can effectively augment marital conflict management. This study highlights the significance of continuous support and education for married couples in handling marital disputes. The program provided the participants with the knowledge and skills necessary to manage their conflicts effectively. By fostering open communication, emotional understanding, and faith-based principles, couples can develop stronger, more resilient relationships. Future research might explore the long-term repercussion of such intervention on marital satisfaction and stability. The results of the research may explore the long-term impact of such interventions on marital satisfaction and stability. The results provide valuable insights for family counselors, religious organizations, and community leaders in promoting healthier marital relationships.

Keywords: *marital conflict, emotional distress, intervention, marital management*

Four-Day Sweat Program: Enhancing Social Connectedness and Mitigating Burnout Through Active Engagement Among Health Care Employees in a Private Hospital

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ABSTRACT

Healthcare professionals play an essential role in maintaining public health, yet their own mental well-being is often overlooked. Due to constant emotional demands, heavy workloads, and the need to provide high-quality care, many healthcare professionals are prone to burnout. This study examined the effectiveness of the Four-Day Sweat Program, a structured psychological intervention, covering active listening, positive reinforcement, and team collaboration that integrated physical activity, in reducing burnout and enhancing social connectedness among employees in a private hospital. Specifically, the study sought to determine whether there were significant differences in participants' levels of burnout and social connectedness before and after the intervention. Thirty (30) healthcare professionals voluntarily participated in the program, which ran for four (4) consecutive days. A pre-test and post-test design was employed, with data collected through the Maslach Burnout Inventory (MBI) and the Social Connectedness Scale-Revised (SCS-R). The results showed statistically significant improvements across all three dimensions of burnout. Emotional exhaustion scores decreased from a mean of 16.80 to 13.30, depersonalization scores dropped from 11.83 to 8.60, and personal accomplishment increased from 34.50 to 38.90. Social connectedness also significantly improved, rising from a mean of 87.23 to 120.30. These findings suggest that brief, structured interventions that promote both physical wellness and social connection can effectively reduce burnout symptoms and strengthen interpersonal bonds among healthcare professionals. Future research may explore the program's long-term impact, sustainability, and adaptability in other organizational settings.

Keywords: *burnout, healthcare professionals, physical activity, social connectedness, psychological interventions*

Mediating Effects of Emotional Regulation Difficulty on the Influence of Social Media Usage and Self-Concept and Facial Dysmorphia Symptoms Among Female Adults

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ABSTRACT

This current research aims to determine the mediating effects of emotional regulation difficulty in the relation between social media usage and self-concept on facial dysmorphia symptoms among female adults. The rampant usage of social media and the widespread promotion of beauty ideals through viral advertisements have raised concerns about their impact on mental health, yet the mechanisms underlying this influence remain insufficiently understood. This research examines how difficulties in emotional regulation may exacerbate the effects of social media exposure and distorted self-concept, contributing to the onset of facial dysmorphia symptoms. Data were collected from 224 female adults in Quezon and Batangas provinces using stratified sampling techniques. Based on the result of the study, both social media usage and self-concept are statistically significant predictors of facial dysmorphia symptoms. In summary, social media usage and self-concept both significantly predict facial dysmorphia symptoms and emotional regulation difficulty. Moreover, difficulty in emotional regulation also predicts facial dysmorphia symptoms. Lastly, self-concept has the strongest influence on emotional regulation difficulty, while social media usage influences both emotional regulation difficulty and facial dysmorphia symptoms. Given the result shown, the students must widen the promotion of healthy social media usage. There can be digital literacy and mindful social media usage programs. It can help the learners to use their social media wisely.

Keywords: *emotional regulation difficulty, facial dysmorphia, self-concept, social media usage*

Every Woman an Overcomer: Marital Distress Reducing Intervention for Women in Sapián, Capiz

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ABSTRACT

This study examined the effectiveness of a marital intervention program in reducing marital distress among couples. Specifically, it assessed the level and frequency of marital distress before and after the intervention and determined whether significant differences existed between the two periods. The study focused on key areas of marital relationships, including conflict resolution, communication, emotional connection, intimacy, financial stress, commitment, and other related factors. The findings showed a significant decrease in the overall level of marital distress after the intervention, particularly in emotional connection, communication, intimacy, and financial stress. Additionally, handling marital distress showed significant improvements in emotional connection, intimacy, and communication, but minimal changes in financial stress and commitment. Statistical analysis confirmed a significant difference in both the level and frequency of marital distress before and after the intervention, indicating that the program was effective in fostering better relationship dynamics. However, certain aspects, such as financial disagreements and long-term commitment, require further support. The study highlights the importance of structured marital interventions in improving relationship quality and suggests the need for continuous counseling and follow-up strategies to sustain positive outcomes. Future research should explore long-term effects and additional approaches to strengthening conflict resolution and financial management among couples.

Keywords: *marital distress, intervention program, communication, emotional connection, intimacy, financial stress, conflict resolution, commitment*

The 3Cs Program: Its Effect on Parent-Child Relationship Among Eastern Batangas Families

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ABSTRACT

Parent-child relationships offer a safe learning and development environment, empowering parents to raise their children with constant support, discipline, direction, and encouragement. However, due to stressors, particularly parent-child dynamics that complicate parenting and family solidarity, many parents today find it difficult to connect with their children meaningfully, which negatively impacts their relationships. The increasing disconnection between parents and children, exacerbated by modern technological advancements and changing social dynamics, necessitates effective intervention strategies. Utilizing a one-group pretest-posttest framework, this study included 30 families from the Seventh-day Adventist community, focusing on mothers with children aged 12 to 21 years. The study utilized a questionnaire adapted from the child-parent relationship scale, developed by Robert Pianta, to assess the quality of parent-child relationships before and after the intervention. The results revealed a significant improvement ($t = -4.080$, $p < .001$) indicating the program's effectiveness. The findings emphasize the critical need for ongoing support and education for parents to foster nurturing family dynamics in the context of modern challenges. This study's findings suggest that similar programs could be implemented in other communities to address modern challenges in family dynamics and promote stronger familial bonds. It is recommended to expand its implementation to diverse populations, conduct longitudinal studies to assess long-term effects, and introduce continuous family-focused workshops to sustain relationship improvements.

Keywords: *parent-child relationship, 3Cs program, pretest-posttest framework*

Swipe, Love or Hate: A Phenomenological Study on Online Dating Among Middle Age Professionals

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ABSTRACT

Online dating is now a leading platform for romantic relationship, especially among middle-age professionals. This research aimed to give a rich, qualitative description of the lived experiences of middle-aged professionals looking for romantic relationships in the digital era, with emphasis on the subtle dynamics of love and hate such their lived experiences, influences in engaging, and created meanings from their online dating experience. This study utilized phenomenological approach to decipher the lived experiences of this group surfing the "swipe" phenomenon. Specifically, using hermeneutic phenomenological analysis, this study uncovers a rich interaction of hope, disillusionment, and pragmatic adjustment as themes motivations and life-transitions, fear and vulnerabilities, reality of online dating, navigating middle-age dating, lifestyle integration, goals and expectations, effectiveness and sustainability, personal growth with self-discovery, coping and resilience, value and meaning of online dating emerged from the study. Participants use online dating sites as a realm of possible connection, but their experiences were profoundly shaped by pre-existing life stories and societal norms about midlife romance. Evidence indicated tension between an idealized performance of self and the reality of experience as it relates to aging, career pressures, and previous relational life. Thematic analysis identified and illustrated how middle-aged professionals construct an ongoing process of interpreting and re-interpreting their online dating experiences through assessment of their individual life-worlds. Results are useful as valuable insights of the unique experiences of middle-aged professionals engages in the world of online dating decoded. Further studies may explore enhancement or upgrade features with authenticity, briefing/debriefing and coping skills of users to better understand the effective navigation of online dating as a new found form of building relationships as well as ensuring safety and well-being of its users.

Keywords: *online dating, middle-aged professionals, "swipe culture"*

Christian Mindfulness-Based Program: Its Effect on Psychological Distress and Emotion Regulation Among Senior High School Students

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ABSTRACT

Psychological distress and difficulties in emotion regulation are among the challenges high school students encounter as they face the simultaneous hurdles of adolescence and the increased demands of academic responsibilities. To address this concern, mindfulness-based programs have been extensively studied and used to support the youth's mental health and well-being. Since mindfulness-based therapies are typically rooted in secular or Buddhist frameworks, only a limited number of studies have examined the effectiveness of these programs when they integrate Christian values and biblical principles. This study aims to evaluate the efficacy of the Christian Mindfulness-Based Program on the psychological distress and emotion regulation of senior high school students, using a one-group pre-test-post-test research design. The paired sample t-test results showed a significant difference ($p = 0.044$) in the level of difficulty in emotion regulation among the sample ($n = 83$) after the administration of the intervention. On the other hand, p-values for variables depression (0.60), anxiety (0.515), and stress (0.198) are all greater than 0.05; thus, no significant difference was found in the level of psychological distress of the participants after the intervention program. These findings imply that mindfulness-based interventions using a Christian framework can be adapted as a program and may be effective in helping high school students manage their emotions. This further provides preliminary evidence that could guide future researchers in examining the use of additional Christian meditation tools or practices for different populations and contexts.

Keywords: *Christian mindfulness, difficulties in emotion regulation, psychological distress, adolescents*

The Effectiveness of a Management Program on the Stress Levels of Pre-Service Teachers

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ABSTRACT

Teaching is a demanding profession, and stress often begins during the practicum phase of teacher training. Preservice teachers face academic pressures, classroom responsibilities, and performance expectations, which can lead to emotional exhaustion if not managed. This study aimed to evaluate the effectiveness of a management program on the stress levels among preservice teachers. A single-group pretest-posttest design was used with 24 final-year preservice teachers selected through purposive sampling. The four-week intervention included stress awareness sessions, group discussions, and reflective module work. Stress levels were measured using the 14-item Perceived Stress Scale (PSS-14) before and after the program. A paired samples t-test was used to assess changes. Results showed a slight decrease in stress scores (from 2.595 to 2.539), but the change was not statistically significant ($t = 0.759$, $p = .455$, Cohen's $d = 0.365$). While the intervention showed no significant effect, findings highlight the need for longer, sustained stress management efforts in teacher education. The prevalence of emotion-focused coping strategies highlights the need for programs tailored to the unique and often uncontrollable stressors faced during practicum. Early support remains essential to preparing preservice teachers for the realities of the profession.

Keywords: *preservice teachers, stress management, PSS-14, coping strategies*

The Effects Of Alagaan,Ingatan, Self-Care (AISC) Intervention on Well-Being And Compassion Fatigue Among Social Workers in Crisis Intervention Section Of Dswd Field Office - CARAGA

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ABSTRACT

Social workers in crisis intervention are invaluable in helping people and communities experiencing urgent difficulties. However, social workers' health may greatly suffer due to the demanding nature of their profession and the regular high volume of clients with complicated needs. The social workers' widespread exhaustion is a problem that impacts their personal lives and the standard of care they offer. This research evaluates the impact of the AISC intervention on well-being and compassion fatigue among crisis intervention section social workers at the DSWD Field Office-CARAGA. Descriptive statistical analyses and t-tests were utilized to assess pretest and posttest data. The findings revealed a significant improvement in well-being, with mean scores increasing from 6.83 to 7.89 ($p < .001$), and a significant positive change in the potential for compassion satisfaction, rising from 78.9 to 86.8 and a two-sided p-value of 0.149, indicating no significant change. Although the mean compassion fatigue score decreased from 152.08 to 147.80, this change was not statistically significant ($p = .881$). Additionally, the risk for compassion fatigue decreased from high to moderate post-intervention. These results suggest that the AISC intervention effectively enhances well-being and compassion satisfaction among social workers, while its impact on compassion fatigue, although positive, was not significant. The study underscores the importance of targeted interventions in supporting social workers' mental health and job satisfaction, recommending further research and continued efforts to address compassion fatigue.

Keywords: *well-being, compassion fatigue, exhaustion, interventions, crisis intervention, social workers*

The Effect of Wellness Empowerment Program to the Well-being of Barangay Workers

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ABSTRACT

This study examined the effect of a Wellness Empowerment Program (WEP) on the psychological well-being of 31 Barangay Workers (BW) in Barangay Buboy, Pagsanjan, Laguna, using a quasi-experimental one-group pretest-posttest design. The four-session intervention integrated mental health literacy, empowerment activities, and reflective group sessions aimed at enhancing six dimensions of psychological well-being: autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance, measured using an adapted Ryff's Psychological Well-Being Scale. Results revealed significant improvements in autonomy ($p = .008$, $d = 0.96$) and overall psychological well-being ($p = .003$, $d = 0.21$), with moderate but non-significant gains in positive relations ($p = .057$, $d = 0.76$). No significant changes were observed in other dimensions, and self-acceptance remained unchanged. These findings suggest that the WEP can positively influence key aspects of psychological well-being in BWs, supporting the integration of structured mental health programs into community health systems to promote resilience and enhance service delivery.

Keywords: *wellness empowerment program, psychological well-being, barangay workers*

Relaxation and Self-Care Techniques: Cognitive-Behavioral Interventions to Reduce Work-Related Burnout of Barasanan National High School Teachers

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ABSTRACT

This study investigated the effectiveness of relaxation and self-care techniques in alleviating burnout among the teachers at a rural public secondary school in the District of Tobias Fornier. Using a one-group pre-test and post-test experimental research design, the Maslach Burnout Inventory was administered before and after the intervention to measure emotional exhaustion, depersonalization, and personal achievement. Before the intervention, results indicated that teachers experienced low levels of emotional exhaustion ($M = 15.76$) and depersonalization ($M = 12.05$), while their personal achievement was high ($M = 35.67$), signifying that despite work-related stress, they found fulfillment in their profession. After implementing the Relaxation and Self-Care Techniques, burnout levels significantly decreased. Emotional exhaustion dropped to 14.52, and depersonalization decreased to 10.05, indicating improved engagement and reduced stress. Meanwhile, personal achievement significantly increased to 37.62, suggesting enhanced job satisfaction. Statistical analysis confirmed the intervention's effectiveness, with emotional exhaustion ($t = 3.749$, $p = .001$), depersonalization ($t = 3.090$, $p = .006$), and personal achievement ($t = -3.79$, $p = .001$) showing significant changes. These findings demonstrate that structured relaxation and self-care techniques are effective in mitigating burnout symptoms and fostering a more fulfilling teaching experience. Based on these results, it is recommended that school administrators integrate stress reduction programs into professional development activities, conduct regular assessments of teacher well-being, and establish peer support systems. Further research is encouraged to explore the long-term impact of such interventions and compare their effectiveness with other stress management strategies.

Keywords: *burnout, emotional exhaustion, depersonalization, personal achievement, teacher well-being*

Establishing Adventist Funeral Service Provider in Caloocan City: A Feasibility Study

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ABSTRACT

The rising death rate concern has created an emphasis on the need for a faith-based funeral service provider for a religious organization. This study aimed to establish a suitable marketing strategy, technical operations, human resources, strategic management, financial and socio-economic responsibility, and a streamlined service process from immediate assistance to post-funeral service. The significance of the study enables the business to give hope and comfort in serving the bereaved families within the Adventist community in Metro Manila and Rizal Province, with 43,835 church members as of 2024. The proposed business uses the descriptive quantitative method through distribution and collection of surveys to gather data from the church members and the qualitative research method through interviews with the same business owner. The researcher's sample size of 396 was proportionally distributed across the area based on their population. It reveals that in 2024, the projected supply is 57% of total demand, leaving a 43% gap and a market share of 28%. The business is a single proprietorship that projected an average annual revenue of Php9,774,791 and an average net income of Php2,232,484 per year. The capital investment is Php5,521,069 for the initial six months. The ROI projected in 2026 is 37%, increasing annually with the payback period of 2 years and 2 months and an NPV of ₱1,122,823. The Adventist community will be directly benefited, together with an increase in the government's revenue. The result of the study indicates a business project's feasibility and financial profitability.

Keywords: *Advent Funeral Home, Caloocan City, Comfort and Hope*

Establishing an Event Venue in Rizal: A Feasibility Study

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ABSTRACT

The Adventist community is known for its religious and social gatherings. However, organizing programs is a challenge due to venue set-up, as it influences the atmosphere and overall experience of the gatherings. The study analyzed the viability of establishing a premier event venue regarding marketing, operation, organization and human resources, strategic management, financial, and socio-economic responsibility aspects. The result can guide business owners, religious institutions, and researchers in establishing event venue businesses. The researcher used descriptive and survey in quantitative research design, and interviews in qualitative research design for gathering data. The target market population is the Adventist households in Area 3-Rizal in the Central Luzon Conference territory, with a 1564 total population. The survey questionnaire was distributed through purposive sampling technique and retrieved 100% from 319 respondents. The demand and supply analysis indicates a strong demand, revealing a 31% unmet demand and 54% market share. The projected annual average net income resulted in ₱11,828,867.46 from 2025 to 2029. The service process includes inquiry, package discussion, contract signing, pre-event meeting and set-up, same-day execution, and post-event feedback. The sole proprietor business, with its initial investment of ₱49,051,897.29, with a projected average return on investment of 24% and a payback period of 4.1 years. The business will be beneficial to its customers, employees, owners, suppliers, government, and church. The result shows that the business is feasible and viable. It allows future researchers to focus on investing in the event business trend, ensuring business profitability.

Keywords: *event venue, event management, event industry*

Viability of Establishing Accommodation for In-Patient Watchers in Adventist Hospital Palawan

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ABSTRACT

The Adventist Hospital Palawan has no existing accommodation within the hospital for watchers with patients admitted to the NICU and ICU. The study explored the viability of establishing an accommodation for inpatient watchers in Adventist Hospital Palawan. Survey questionnaires were used to gather the needed information and were given to 60 respondents. Data were analyzed using a straight-line method and financial analysis tools such as Return on Investment (ROI) and cost-volume-profit (CVP) analysis. The results revealed that the demand for the proposed service is high, and there is a market share of 100 percent for the proposed accommodation since there are no competitors in and around Adventist Hospital Palawan. The proposed accommodation will be part of Adventist Hospital Palawan's operation as an add-on non-medical service for the hospital. It has five part-time employees. The operation of the business in delivering the service is simple and easy, and the needed equipment, machinery, furniture, and fixtures are at an affordable value. The total cost of investment is P 2,145,440.00, and the NPV, IRR, and BCR are acceptable. The payback period is in the fourth year of operation. The proposed project will prove to be financially viable. The author concludes that this project will have both quantitative and qualitative benefits for Adventist Hospital-Palawan, its employees, the patients, and the community. It is, therefore, recommended for implementation.

Keywords: *In-Patient watchers, NICU/ICU, accommodation*

Establishing a Training Center for Engineering Graduates in San Pablo City, Laguna: A Feasibility Study

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ABSTRACT

The world rapidly shifts towards advanced technology and artificial intelligence. Through this, global and local challenges have arisen in engineering and IT-related sectors due to inadequate technical skills. This feasibility study explores the potential establishment of an engineering training center in the City of San Pablo, which has only one registered engineering training center as of 2024. This research aimed to build a business that will enhance the technical competencies of engineering graduates and ensure that their skills are aligned with the industry requirements. This study utilizes a combination of descriptive-survey quantitative research and a qualitative research approach through observation and interview, using purposive sampling. A total of 275 respondents, from 364 populations in 2023, were gathered over Google Forms from three universities and colleges that provide engineering programs in San Pablo City. To execute the business's operation, its service processes include inquiries, registration, payment, training classes, payment completion, and certification. This training center houses 11 specialized courses across different engineering disciplines. Based on the survey, 78% of unserved engineering graduates led to a 13% market share. As a sole proprietorship business with 6 staff, the initial investment amounted to ₱4,997,843.35. It has an average rate of return of 32% in 5 years with a payback period of 1.75. The study reveals that the SAB Engineering Training Center is feasible and a valuable initiative for addressing essential industry needs while taming the employability and technical skills of engineering graduates in San Pablo City.

Keywords: *feasibility study, engineering, training center, technical skills*

Establishment of Pressure Swing Adsorption Oxygen Plant: A Viable Study

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ABSTRACT

Cabahug Constructions is a newly established construction firm specializing in industrial infrastructure projects, with a primary focus on energy solutions for the mining industry. This study presents the development and implementation of an oxygen power plant designed to enhance gold mining operations in Masara, Maco, Davao de Oro. The project aims to improve operational efficiency, reduce environmental impact, and provide a sustainable energy source for mining activities. The introduction outlines the significance of integrating oxygen power technology in mining operations. The methods section details the engineering processes, material selection, and site assessment undertaken to ensure optimal plant performance. The results highlight key performance metrics, including energy output, cost efficiency, and environmental benefits observed during initial operations. Lastly, the discussion evaluates the feasibility of scaling this technology for broader industrial applications. This initiative underscores the role of sustainable energy in modern mining and demonstrates the potential for replicating such solutions in similar industries.

Keywords: *construction, oxygen power plant, gold mining, sustainable energy*

Establishing a Healthy Plate Corner in Valencia City

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ABSTRACT

This feasibility study assesses the viability and feasibility of establishing the Healthy Plate Corner in Valencia City, Bukidnon. The study utilizes primary and secondary data sources, including surveys conducted among the local community and data from relevant publications, articles, and market research reports. The market study identifies a strong demand for healthy food options in Valencia City, with a growing trend of individuals seeking nutritious and balanced meals. The market size for healthy food services in the area is estimated to be substantial, indicating a potential opportunity for the Healthy Plate Corner. The study highlights the importance of offering menu options that cater to various dietary preferences, including vegetarian, vegan, gluten-free, and low-calorie alternatives. Market analysis reveals a projected business capacity in both quantity and pesos spanning the number of customers. Over a five-year period, the Healthy plate Corner is projected to experience steady growth in yearly capacity in pesos, with the revenue projected to reach 3,514,734.10 pesos by year five. These findings highlight the potential for sustained growth and profitability of The Healthy Plate Corner, underscoring its ability to meet the growing demand for healthy food 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 and potential grants. In conclusion, The Health Plate Corner emerges as well-positioned to cater to the varied healthy foods in Valencia City, aligning with local preferences and demands. Recommendations for future research involve continuous monitoring of market dynamics and evolving healthy options to ensure the sustained success of The Healthy Plate Corner.

Keywords: *healthy food, lifestyle, feasibility study*

Establishment of Sports Facility Center: A Feasibility Study

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ABSTRACT

Despite the proven low cost of doing financial transactions online, Zimbabwe still has very low acceptance and usage of digital banking services. Therefore, the researcher intended to establish the factors that affect the level of usage of undergraduate students at Solusi University towards practicing the use of digital banking services. Using descriptive research design and random sampling, 175 undergraduate students participated using survey questionnaires. The five factors generated from exploratory factor analysis include knowledge, attitude, security, usefulness, and practices. The 31-item level of usage scale with a 5-point Likert-type response was used in this study for further analysis. Findings show that undergraduate students practiced the use of digital banking services with an average mean of 4.04 (SD .79), with high knowledge as 4.03 (SD .81); the respondents agreed that attitude has high effects on the usage with 4.37 (SD .71). To note, the students rated security measures with a mean of 3.68 (SD .79) and perceived usefulness of 4.32 (SD .65). Factor analysis shows that the stated factors were found to be significantly influencing the practices to the level of usage of digital banking, with a significant value of $.000 < 0.05$, an $F(4, 137) = 43.270$, and $p < 0.05$. Results are recommended to be used by Zimbabwean banks to further enhance their security measures, server capacity, expand marketing efforts, and customer service evaluation. Further studies can be explored on the challenges and application to the services to have a better grasp of the level of usage of the online services.

Keywords: *sport facility center, Old Philippine Publishing House, sustainability*

Factors Influencing Undergraduate Students' Usage of Digital Banking Services Using Exploratory Factor Analysis

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ABSTRACT

Despite the proven low cost of doing financial transactions online, Zimbabwe still has very low acceptance and usage of digital banking services. Therefore, the researcher intended to establish the factors that affect the level of usage of undergraduate students at Solusi University towards practicing the use of digital banking services. Using descriptive research design and random sampling, 175 undergraduate students participated using survey questionnaires. The five factors generated from exploratory factor analysis include knowledge, attitude, security, usefulness, and practices. The 31-item level of usage scale with a 5-point Likert-type response was used in this study for further analysis. Findings show that undergraduate students practiced the use of digital banking services with an average mean of 4.04 (SD .79), with high knowledge as 4.03 (SD .81); the respondents agreed that attitude has high effects on the usage with 4.37 (SD .71). To note, the students rated security measures with a mean of 3.68 (SD .79) and perceived usefulness of 4.32 (SD .65). Factor analysis shows that the stated factors were found to be significantly influencing the practices to the level of usage of digital banking, with a significant value of $.000 < 0.05$, an $F(4, 137) = 43.270$, and $p < 0.05$. Results are recommended to be used by Zimbabwean banks to further enhance their security measures, server capacity, expand marketing efforts, and customer service evaluation. Further studies can be explored on the challenges and application to the services to have a better grasp of the level of usage of the online services.

Keywords: *knowledge, attitude, security, usefulness, practices*

A Feasibility Study on Establishing Rice Coffee Production in Valenzuela City

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ABSTRACT

In response to the growing health consciousness and sustainability concerns among consumers, there is a rising demand for healthier beverage options. The objective of this study is to determine the feasibility of establishing rice coffee production in terms of marketing, production, organization and human resources, strategic management, financial, and socio-economic responsibility aspects. This study is significant to researchers, consumers, rice farmers, and the Central Luzon Conference (CLC). Descriptive and survey were used in quantitative research design through face-to-face distribution and collection of survey questionnaires, while interviews and observation were used in qualitative research design. From the population of 4697 individuals engaged in food and beverage business enterprises in Manila, a sample size of 451 was computed using the purposive sampling technique in the distribution of survey questionnaires with an 80% retrieval rate. Demand showed 82% of enterprises underserved and a 2% market share. The projected annual revenue is Php24,255,000, with an estimated 32,235 kilograms of rice coffee produced annually. The production process of rice coffee includes cleaning, drying, roasting, grinding, quality control, packaging, labeling, and distribution. As a sole proprietorship, the business will employ fourteen people, with an annual payroll of Php4,589,000. The owner's initial investment of Php10,280,317 is expected to generate an average ROI of 271% over five years with a payback period of one year. The socio-economic study underscores the benefits for customers, employees, suppliers, owners, the community, and the government, emphasizing rice coffee's health benefits and its potential to diversify agricultural economies.

Keywords: *eco-friendly beverage, rice coffee, health conscious, feasibility study*

Establishing a Physical Therapy Clinic in Adventist Medical Center – Valencia City, Inc., Valencia City, Bukidnon

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ABSTRACT

This study was conducted to determine the viability and feasibility of establishing a physical therapy clinic in Adventist Medical Center-Valencia City, Inc. (AMCV), in Valencia City, Bukidnon. The target population used in the study was the patients of AMCV, particularly the neurological and orthopedic patients. In addition, the employees and outsourced personnel of AMCV were included in the study. A total population of 438 was taken in 2023, of which a sample size of 205 was obtained using Yamane's formula with a 5% margin of error. Primary data were obtained from survey questionnaires distributed and phone interviews conducted. Secondary data were taken from online articles that were helpful to the study. The descriptive research design was used to understand the processes for the proposed business. From the survey, 27.73% of the respondents indicated that they are willing to patronize the new physical therapy clinic. Financial analyses show an increasing trend in profitability ratios and liquidity ratios, an average rate of return of approximately 7.70%, and a payback period of almost 7 years. They also show a negative net present value (₱-422,686.54), a negative internal rate of return (-6%), and a benefit-cost ratio of 0.70. Further, the study looked into the technical and organizational requirements of the business, the strategic framework, and the possible benefits to society. It was determined that the proposed business is feasible and worthwhile to invest in.

Keywords: *physical therapy, clinic, feasibility*

Four-Day Sweat Program: Enhancing Social Connectedness and Mitigating Burnout Through Active Engagement Among Health Care Employees in a Private Hospital

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ABSTRACT

Healthcare professionals play an essential role in maintaining public health, yet their own mental well-being is often overlooked. Due to constant emotional demands, heavy workloads, and the need to provide high-quality care, many healthcare professionals are prone to burnout. This study examined the effectiveness of the Four-Day Sweat Program, a structured psychological intervention, covering active listening, positive reinforcement, and team collaboration that integrated physical activity, in reducing burnout and enhancing social connectedness among employees in a private hospital. Specifically, the study sought to determine whether there were significant differences in participants' levels of burnout and social connectedness before and after the intervention. Thirty (30) healthcare professionals voluntarily participated in the program, which ran for four (4) consecutive days. A pre-test and post-test design was employed, with data collected through the Maslach Burnout Inventory (MBI) and the Social Connectedness Scale-Revised (SCS-R). The results showed statistically significant improvements across all three dimensions of burnout. Emotional exhaustion scores decreased from a mean of 16.80 to 13.30, depersonalization scores dropped from 11.83 to 8.60, and personal accomplishment increased from 34.50 to 38.90. Social connectedness also significantly improved, rising from a mean of 87.23 to 120.30. These findings suggest that brief, structured interventions that promote both physical wellness and social connection can effectively reduce burnout symptoms and strengthen interpersonal bonds among healthcare professionals. Future research may explore the program's long-term impact, sustainability, and adaptability in other organizational settings.

Keywords: *burnout, healthcare professionals, physical activity, social connectedness, psychological interventions*

A Feasibility Study on the Establishment of Free-range Chicken Farm in Bodega Floridanlanca, Pampanga

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ABSTRACT

As people search for more healthy choices, organic chicken farming is expanding in the Philippines. This study aimed to determine the feasibility of establishing an organic chicken farm in terms of marketing, production, organization, human resources, strategic management, financial, and socio-economic responsibility aspects. The researcher used descriptive and survey methods in quantitative research design and interviews and observation in qualitative research design. The target market of this study was the 63 egg distributors who participated in the survey questionnaires with a 100% retrieval rate. This study looks at whether an organic free-range chicken farm might be built in Pampanga to meet 61% over five years and 39% of annual demand. The need is expected to rise from ₱22.61 million in 2025 to ₱26.67 million by 2029, while supply rises from ₱8.83 million to ₱10.41 million, therefore generating an unmet need of ₱75.08 million. Following the production process, starting at chick procurement, free-range growing, egg collecting, packing, and distribution make up the organic 12-to 14-week production line with a business capacity of 9600 egg trays annually. With a 9-person workforce, the business will be owned by the Central Luzon Conference (CLC), under which CLAA would serve as managing partner to guarantee sustainability and efficiency with a total of ₱1,316,004 annual salary. The capital investment amounted to ₱4,520,000. It will support CLC's finances, evangelism, and mission-driven ministry opportunities. Based on the findings, the researcher concludes that the proposed project is feasible.

Keywords: *organic chicken farming; free-range chicken; organic eggs*

Establishing an Adventist Campsite in Tanay, Rizal: A Feasibility Study

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ABSTRACT

The campsite industry contributes a trillion-dollar global market share yet remains under-researched. Notably, there is no existing Adventist campsite dedicated for religious purposes. This study on the establishment of a campsite aimed to determine the viability and feasibility of putting an Adventist campsite in Tanay, Rizal, Philippines, in terms of marketing, operation, human resources, strategic management, finances, and socio-economic responsibility. The study is significant to researchers, the Adventist community, churches, local government, the tourism sector, and investors. The researcher used descriptive and survey methods in quantitative research design through the distribution and collection of survey questionnaires within Metro Manila and the province of Rizal, while qualitative methods were employed through interviews and observations with businesses of the same outlook. The researchers identified 218 churches distributed appropriately to elders, each for every church based on their area population, and 100% were retrieved. The study reveals a demand in quantity of 66,810 in 2025 to 81,069 in 2030, capturing a market share of 9%. The study incorporates service flow from booking to customer feedback. The business is a single proprietorship with an initial projected annual revenue of P2,400,000 and a net income of P996,384 in the first year of operation, and it is expected to increase annually, requiring four personnel with an initial capital investment of P6,442,000 and projected to redeem the return on investment in one year and two months. The Adventist churches, the government, and the local community of Tanay will benefit from this project and conclude that Grow Camps is feasible.

Keywords: *grow camp, eco-tourism, adventist campsite, feasibility study*

Viability of Establishing an Expansion of AHP Laundry in Adventist Hospital Palawan

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ABSTRACT

The study explored the viability of establishing an Expansion of Laundry Service in Adventist Hospital Palawan. It has taken into consideration the different aspects of business such as marketing, operations, financial outlooks, and human resources. Different literatures were reviewed to support the study. The target markets are primarily the employees of the Adventist Hospital-Palawan. Survey questionnaires were used to gather data. The market study revealed that there is a market share of 47 percent for the proposed expansion. The necessary equipment, human capital and processes were established to yield the best quality of service at the least cost. The total cost of investment is P 2,417,800 and the NPV, IRR and BCR are acceptable. Payback period is on the second year of operation. The study will be benefited by the Adventist Hospital and its employees. It is, therefore, recommended for implementation

Keywords: *laundry service, NPV, IRR, BCR, payback period*

Establishing a Haven of Rest – Bed and Breakfast in Leveriza, Pasay City

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ABSTRACT

In a densely populated urban area like Pasay City, where the demand for affordable, clean, and spiritually grounded accommodation continues to rise, particularly among medical tourists and faith-based travelers, this feasibility study explores the potential of establishing Haven of Rest—Bed and Breakfast. It specifically addresses the need for value-oriented lodging near Manila Adventist Medical Center for churchgoers, patients' families, and transient guests. The study examines whether a 17-room bed and breakfast can meet the area's demand and maintain sustainable operations. The methodologies employed include market surveys, SWOT analysis, site evaluations, and financial forecasting. Results indicate a strong and steady demand with an average monthly occupancy of 98 rooms and 235 beds, representing a 70% occupancy rate. The operational flow involves six key stages: booking, check-in, stay experience, breakfast service, check-out, and post-stay follow-up. Financially, with an average room rate of Php1,200, monthly revenue is projected at Php164,640, while operating expenses covering salaries, utilities, maintenance, and supplies are estimated at Php60,422. This results in a projected monthly net income of Php214,956 and an annual average net income of approximately Php4 million. The total capital investment required to launch the business is Php10.4 million, with a projected payback period of two years and three months, suggesting strong financial viability. The study concludes that Haven of Rest—Bed and Breakfast presents a promising business opportunity. Future research is recommended to explore and integrate health and wellness services to broaden its market appeal and improve long-term sustainability.

Keywords: *bed and breakfast, Adventist, travelers*

Establishing a Commercial Space for Lease Management in Balibago Santa Rosa, Laguna

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ABSTRACT

Entrepreneurship is rising as people seek financial freedom, flexibility in the community. While online businesses grow, physical stores remain essential, offering direct customer access and personal shopping experience. Both models can thrive in today's market. However, opening a physical store requires significant capital, posing challenges for middle-class entrepreneurs. Subleasing retail spaces offers a low-capital alternative for income generation. This study examined the feasibility of establishing a commercial space for lease in Balibago, Sta. Rosa, Laguna in terms of marketing, production, organization and human resources, strategic management, financial, and socio-economic responsibility aspects. The proposed project is significant to researchers and business owners. The researcher used descriptive and survey in quantitative research design and interviews and observation in qualitative research design. Data was collected from 103 retailers with 56% retrieval rate. Findings project an average demand of P26,875,722 and supply of P6,488,563 from 2026 to 2030, with a 53% market share. The service flow leasing process, averaging 5.5 hours per client, includes presenting options, providing details, scheduling viewings, reviewing applications, signing agreements, processing payments, and unit handover. Operating as a partnership with four employees requires an initial capital investment of P4,862,839. Financial analysis shows an average return on investment (ARR) of 30.35% and payback period of 3 years and 2 months. In socio-economic responsibility, this study will benefit the customers, employees, creditors/suppliers, owners, community, and government. In conclusion, establishing a commercial leasing space in Balibago is feasible with recommended operations starting in 2026.

Keywords: *subleasing, community impact, physical store, feasibility, commercial space*

Establishing Credit Cooperatives in Central Luzon Conference in Potrero, Malabon, Metro Manila: A Feasibility Study

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ABSTRACT

The post-pandemic economy created financial challenges for workers, particularly in education, housing, and emergencies. Many employees turn to high-interest financial institutions but often face disqualification due to low income, worsening their financial distress. This study aimed to determine the feasibility of establishing a credit cooperative in the Central Luzon Conference (CLC) in terms of marketing, operation, organization and human resources, strategic management, financial, and socio-economic responsibility aspects. The study is significant to CLC workers, researchers, and administrators. The researcher used descriptive research design and interviews and observations in qualitative research design. The target market population is 235 regular workers, with a sample size of 148, and 100% were retrieved. The demand for loans has an average of P 885,112,753, while the supply is P 16,536,321 and the unmet demand is P 868,576,432. Processing of a loan application includes membership, submission of forms, assessment, evaluation, and fund disbursement. The average annual business capacity per unit of loan is 105, equivalent to P 14,468,691. Under the CLC, the project needs 3 volunteers with a total annual allowance of P216,000.00. An initial investment of P 2,134,200 is required, and a projected annual revenue of P 13,345,890 highlighting strong market potential. A return on investment on the fifth year is 720.77% and a payback period of 0.16 years. The projected income ranges from P 13,345,890 to P 15,636,837 from 2025 to 2029. As a voluntary institution, this project is feasible and will cater to CLC employees by offering low-interest loans.

Keywords: *Credit Cooperative, Central Luzon Conference, loaning money*

The Establishment of Disposable Paper Cup Production in Silang, Cavite: A Feasibility Study

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ABSTRACT

The increasing demand for disposable paper cups in the food and beverage industry highlights the need for a reliable and cost-effective production facility. This feasibility study examines the establishment of a disposable paper cup manufacturing business in Silang, Cavite, which had 577 registered food and beverage establishments in 2023. The study evaluates market potential, operational costs, financial sustainability, and regulatory compliance while analyzing economic, technical, and managerial aspects to ensure competitiveness and local economic contribution. A descriptive research design combines quantitative and qualitative methods such as surveys and interviews. Utilizing a stratified random sampling technique, data was gathered from 322 businesses in selected barangays, with a focus on 236 micro and small enterprises. A total of 236 survey questionnaires were distributed and successfully retrieved, achieving a 100% response rate. Findings revealed a strong market demand, with 62% of enterprises underserved. The proposed business is expected to generate an annual revenue of Php 3,001,585, producing an average of 31,059 dozen cups per year to meet local demand. Operating as a sole proprietorship with four employees, the business requires an initial capital investment of Php 2,965,399. The production process includes sourcing raw materials, handling paper rolls, cutting, forming, quality control, packaging, and storage. Financial projections indicate an average return on investment of 14.25% over five years, with a payback period of two years. This study supports the development of a competitive and sustainable disposable paper cup manufacturing business in Silang, Cavite.

Keywords: *disposable paper cup, feasibility, Silang, Cavite*

Establishing Adventist Elementary School in San Ildefonso, Bulacan: A Feasibility Study

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ABSTRACT

This feasibility study aims to establish the Adventist Elementary School. The main proponent of this research is the researcher, and the participants are members of the church and non-members of the church who have children between the ages of 5 and 12. The goal of the study is to determine the possibility of establishing Adventist Elementary School in San Ildefonso, Bulacan, in different aspects, namely, management, marketing, technical, financial, and socio-economic, respectively. This study used researcher-made questionnaires to gather data from the respondents. The researchers used questionnaires with randomly selected respondents and a total of 372 from the three different barangays in San Ildefonso, Bulacan. Based on the conducted research, the researchers found that the Bulacan province mission is feasible in all aspects covered by this study. 96 % of the target respondents are willing to support the school with appropriate facilities and equipment for their constituencies. With proper management and competent personnel in imposing policies and guidelines, the Adventist Elementary School will be efficient and effective in the conduct of business operations. The Adventist Elementary School demonstrates that profitability is feasible, and the investment is expected to be replevined within five years. This feasibility study will contribute a social and economic advantage to the community. The best investment we can invest in our children is knowing about Christ. "Adventist education is mission. Through Adventist education, children and youth experience accession and retention for the ultimate purpose of redemption." (Taylor, T. (2017).

Keywords: *purpose, Adventist, operation, investment, effective, achieve, redemption*

Establishing a Diagnostic and Medical Laboratory Clinic in Puting Kahoy, Silang, Cavite: A Feasibility Study

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ABSTRACT

This feasibility study assesses the viability of establishing a Diagnostic and Medical Laboratory Clinic in Barangay Puting Kahoy, Silang, Cavite, employing a mixed-method research strategy. Quantitative information was gathered from surveys of 371 households to measure healthcare needs, spending patterns, and laboratory services utilization, and qualitative information was obtained from interviews with medical laboratory professionals to capture contextual health needs and health facility preferences. Results identified a large unmet need, which is around 30,847 diagnostic and laboratory services per year, representing 42% of the community's overall diagnostic demand. Starting at Php6.28 million in the first year of the operations of this clinic, finance research also projected phenomenal growth in revenues with steady profit improvement on the back of judicious cost-cutting and strategic market share growth. Operating research indicates that by streamlining operations, selecting the best locations, and employing the latest laboratory equipment, the clinic would be able to provide 17,222 more services a year. By clearly defining the roles, offering competitive salaries, and following regulatory standards, the planned organization structure also attains maximum efficiency and service delivery. Easy access, quality service, and participation in the community are among the strategic priorities of the clinic. For example, it uses electronic means of scheduling appointments, results sharing, and environmentally friendly processes. Overall, the study illustrates that the clinic has tremendous potential to penetrate new markets efficiently, be profitable, and help the social and economic welfare of the community around it.

Keywords: *feasibility study, diagnostic laboratory, medical laboratory, healthcare demand, financial viability, operational efficiency, strategic management*

Determining the Viability of Establishing Adventist Academy in Rizal Province

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ABSTRACT

This study examines the establishment of Rizal Adventist Academy in Antipolo, Rizal Province—an area under the Central Luzon Conference currently lacking an Adventist school. With an initial investment of ₱149,981,000, the proposed academy aims to serve as a Center of Influence, promoting values-based education while strengthening the Adventist presence in the region. The study assesses market demand, financial sustainability, and long-term viability using data from 1,662 Adventist families across ten districts, excluding non-Adventist enrollees who may also patronize the school. Utilizing descriptive quantitative analysis, qualitative interviews, and stratified random sampling, findings indicate strong demand, with a 64% projected growth rate, a 36% market share, and a 5% margin of error. The academy will offer junior and senior high school programs, featuring 12 classrooms with a maximum capacity of 40 students per section, accommodating an estimated annual enrollment of 480 students. Financial projections suggest an annual revenue of ₱21,653,333, with an average net income of ₱ 49,195,194, ensuring sustainability. The investment is expected to yield a 66% return over 5 years, with a 4.6-year payback period, positioning the school as a competitive player in the private education sector. The study underscores the academy's long-term viability, backed by a stable business model, conference support, and potential government subsidies. By offering a values-driven curriculum and a strategic financial plan, Rizal Adventist Academy has the potential to become a leading private educational institution in the province. These findings provide a solid foundation for investors, stakeholders, and the Conference to move forward with the project, ensuring sustainable growth and a positive socio-economic impact.

Keywords: *Rizal Adventist Academy, in Rizal Province, sustainability*

Establishment of Home for the Healthcare Service: A Feasibility Study

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ABSTRACT

The rising demand for home homecare services, with an annual increasing growth rate, suggests a sustainable market for elderly assisted living, routine checkups, and physical therapy. This feasibility study evaluates the establishment of a home for healthcare services to examine marketing, operations, organization and human resources, strategic management, financial considerations, and socio-economic desirability. The study used a survey and descriptive quantitative research design, interviews in qualitative data collection methods, and a purposive sampling technique. The business's target market is Adventist households in CAMANAVA (Caloocan, Malabon, Navotas, Valenzuela), with a total population of 752 and a 100% questionnaire retrieved from 262 respondents. The demand and supply analysis indicates a strong demand, revealing an average of 39% unmet demand and a 28% market share. The building's measurement is 1411 sqm, located in Malabon City, with an average business capacity of ₱9,008,640.00. The facility will implement a service process for the elderly, such as checkups, elderly living, and physical therapy, to enhance workflow and quality assurance. The sole proprietorship business has 12 staff members, including medical professionals, caregivers, social workers, and administrative personnel. Financial projections indicate an annual personnel budget of ₱4.16 million, with an initial investment requirement of ₱7,338,775, will have a 33% return on investment and a payback period of 2.9 years. Strategic marketing initiatives, including digital promotions, community engagement, and partnerships, aim to strengthen market presence. The study confirms the feasibility of the proposed project, ensuring socio-economic desirability to customers, employees, creditors/suppliers, owners, and the government.

Keywords: *Advent Funeral Home, Caloocan City, Comfort and Hope*

Social Media Marketing Strategies on the Growth and Sustainability of Small Business: A Theoretical Analysis

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ABSTRACT

Small enterprises consistently encounter formidable obstacles in their quest for growth and sustainability, particularly within competitive market environments and amidst resource limitations. Introducing social media platforms—such as Facebook, Instagram, TikTok, and WhatsApp—has opened transformative channels for small enterprises to showcase their products, engage with patrons, and develop loyal communities, even in light of their limited financial and technical resources. This paper explores effective social media strategies for small businesses, with a particular focus on the African context. Employing the Resource-Based View (RBV) theoretical framework and Asset-Based Community Development principles (ABCD), this research investigates how intrinsic capabilities—such as digital proficiency, creativity, and the adept utilization of analytical tools—can function as strategic advantages for small enterprises in navigating external market challenges. The evaluation indicates that regular content generation, user-generated content, and strategically targeted paid advertising substantially elevate brand visibility and customer loyalty. Moreover, the research identifies significant impediments, including digital skill deficiencies, constrained financial resources, and insufficient internet connectivity, which hinder small enterprises' optimal utilization of social media tools. Based on the results, the study advocates for specialized training programs in digital marketing, enhanced access to affordable internet infrastructure, and adoption of cost-effective digital tools to maximize marketing efficacy. It further suggests that policymakers should support small enterprises through digital grants and capacity-building initiatives. Future investigations should delve into sector-specific implementations of social media and emerging platform dynamics to enrich the comprehension of their influence on small business sustainability.

Keywords: *social media, marketing strategies, growth sustainability, theoretical analysis*

The Moderating Role of Demographic Variables on the Relationship Between Entrepreneurial Factors and SME Sustainability

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ABSTRACT

This study explores the moderating role of demographic variables in the relationship between entrepreneurial factors and the sustainability of small and medium-sized enterprises (SMEs). Anchored on key constructs such as entrepreneurial capacity, business governance, and organizational resilience, the research aims to determine how business owner characteristics—specifically number of employees, type of business registration, years in operation, and educational attainment—influence the strength of these internal drivers on SME sustainability. Using a quantitative correlational research design, data were gathered from 400 SME owners and analyzed using SmartPLS. Results revealed that entrepreneurial strategies, skills, and knowledge significantly predict sustainability outcomes, accounting for up to 46.2% of the variance. Governance and resilience construct likewise contributed positively to sustainability through their influence on entrepreneurial capacity. More importantly, patterns in the data suggest that demographic characteristics moderate these relationships, with higher education levels, firm size, and operational longevity enhancing the impact of entrepreneurial initiatives on sustainability. These findings underscore the need for differentiated support strategies based on firm and owner profiles to optimize sustainable outcomes in the SME sector.

Keywords: *SME sustainability, entrepreneurial capacity, business governance, demographic moderators, business longevity, education level*

A Feasibility Study of Establishing a Music Café in Asis I, Mendez, Cavite

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ABSTRACT

Despite the rising popularity of cafés, limited evidence exists on the impact of musical elements and live performances on customer satisfaction and social interaction. This research analyzes the viability of opening a music café in Asis I, Mendez, Cavite, focusing on marketing, operation, organization and human resources, strategic management, financial, and socio-economic responsibility aspects. This study is significant to researchers, university libraries, and the community while offering market insights and fostering cultural expression and social interaction in the community. The researcher used a descriptive survey research design. The target market population is 1,974 individuals aged 18-40 in 2024, with a sample size of 333. Three hundred seventy survey questionnaires were distributed, and 343 were retrieved. A strong market demand shows 100%, a total supply of 63%, and an average market share of 35%. The café is projected to generate ₱8,640,000 in its first year (2026), with promising revenue growth thereafter. The process flow includes customer arrival, order placement and payment, order preparation, music assistance if requested, and bussing tables with an annual average serving capacity of 120,960. Operating as a sole proprietorship with the owner and four staff for streamlined decision-making, the café requires an initial investment of ₱2,200,074 and is expected to yield an average return on investment of 274% over five years. For socio-economic responsibility, this study will benefit the customers, employees, suppliers, owners, church, and government. In conclusion, the proposed study is feasible.

Keywords: *feasibility, MusiKapehan, music café*

Establishing a Convention Center in Puting Kahoy, Silang, Cavite: A Feasibility Study

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ABSTRACT

The lack of a modern convention center in Puting Kahoy, Silang, Cavite, limits the ability to host large-scale events, leading to missed economic opportunities and business inconvenience. This study aimed to determine the viability and feasibility in terms of marketing, operation, organization, human resources, and socio-economic responsibility aspects. The significance of this study will benefit the event organizers, tourists, local government officials, residents, business owners, and future researchers. Descriptive research design and interviews in qualitative design were utilized in this study. The researcher did not apply the sampling technique in the distribution of the survey questionnaire. The 115 respondents' population consists of selected event organizer representatives who participated in this study. The findings indicate an average of P18,548,817 in total demand in pesos, with an average of P5,663,660 supply in pesos, with the unmet demand of P12,885,156, an average demand of P11,992,737, and an average market share of 93.08%. The process includes preparation and setting up tables, chairs, lights, and AV equipment. The building has a total of 1,464 square meters with a two-floor convention center and a capacity of 50-300 people. The proposed business will function as a partnership, and it will employ seventeen (17) individuals. The capital investment is P30,094,010, with a projected average return on sales ranging from 16.88% to 18.39%. In socio-economic desirability, this study will benefit the customers, employees, suppliers, owners, community, and government. Based on the findings, the proposed business is feasible and viable.

Keywords: *convention center, venue, business tourism, feasibility*

A Feasibility Study Establishing A Commercial Building for ASI in Central Luzon Conference, Potrero, Malabon City

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ABSTRACT

The study aimed to determine the feasibility of establishing rental stalls in a commercial building within the Central Luzon Conference (CLC) area, specifically located in Potrero, Malabon City. The research utilized both primary and secondary data, employing survey questionnaires for quantitative research and conducting interviews and observations for qualitative insights. The target market of this study comprised 70 respondents, representing 100% of the intended population. This study sought to evaluate whether the proposed commercial facility could effectively meet the growing demand for rental spaces among Adventist Laymen's Services and Industries (ASI) members. Findings indicate that the current supply of rental spaces meets only 70% of the overall demand, leaving a 30% annual unmet demand. This shortfall suggests a significant market opportunity for CLC and its partners. Projections estimate that the project could potentially capture 4% of the local rental market share in the area, providing a stable income stream. The financial assessment, which includes an estimated initial investment of Php 4,072,700 from CLC funds, shows that the project is financially viable, with a sustainable and scalable revenue model projected over a five-year period. Implementation of the proposed commercial project is recommended to begin in January 2026. A contingency plan for repurposing the stalls has also been included to ensure the project's long-term adaptability in case of unforeseen market shifts. Overall, the study concludes that the proposed commercial facility is not only financially feasible but also aligns with CLC's mission to support ASI members by offering affordable, dedicated business spaces.

Keywords: *commercial building with rental stalls*

Establishing a Media Services and Production in Central Luzon Conference: A Feasibility Study

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ABSTRACT

Several significant challenges arose regarding the establishment of media production services within churches, such as budgetary constraints, limited technological expertise, resistance to adapting to emerging technologies, and concerns regarding copyright compliance and the potential for misuse. The researcher used descriptive surveys. The target respondents of this study are from the Central Luzon Conference (CLC), consisting of 172 communication coordinators and staff of the local churches in 2024 within areas 6 through 10. Survey questionnaires were distributed to the same and retrieved 120 correspondents. The collected survey revealed a robust market demand for media production and services, with unmet demand of 87.7% for film production and 87.9% for podcasting. The market share for film production is 57%, while podcasting resulted in 75%. It projected an average net income of Php 2.11 million from the years 2025 to 2029. The production process includes client consultation, concept development, pre-production planning, the production phase, basic editing, general editing, quality review, final review, and post-project follow-up. The capital requirement totaled Php 258,705. The rate of return on investment is 476% with a payback period of 2.4 months. The study emphasized benefits for several key groups like churches as customers, the employees, the CLC Communication Department, the community, and the government. The researcher therefore came to the conclusion that providing these services with strategic initiative is viable.

Keywords: *film production, podcasting, digital media, feasibility study*

A Feasibility Study on the Establishment of Kindergarten: A Preparatory School in Area 10 of Central Luzon Conference

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ABSTRACT

The increasing demand for quality early childhood education has garnered substantial attention in both policy and academic discourse, particularly in light of its role in fostering educational excellence and long-term sustainability. This feasibility study evaluates the potential establishment of a kindergarten in Parañaque City, which comprises 5,725 household representatives with 1-4 children. Addressing education access and community development, the study incorporates marketing research, technical feasibility, operational and strategic human resource management, financial viability, and socio-economic responsibility—key pillars in educational entrepreneurship. Through descriptive quantitative methods, surveys, and interviews, and utilizing a stratified sampling technique, 382 target markets in Barangay San Isidro were included in the survey. It shows a strong market demand for establishing kindergarten with 35% of the demand and a 3.82% market share. It projected an annual revenue of P2,600,000.00, showing a buoyant market for business. The business is a viable opportunity for parents to envision the best kindergarten in the city. With an initial investment of Php 3,636,002.00, it generates an average return on investment of 71.43% over five years, with a payback period of 4.6 years, aligning with best practices in sustainability educational business models (Brinkerhoff, 2000). This initiative not only offers a financially viable option but also contributes positively to the socio-economic development of the locality, reinforcing the importance of mission-driven initiatives. This feasibility study can be a great help for future research and reflecting on establishing and enhancing education.

Keywords: *Kindergarten School, Area 10, feasible*

Gen Z's Sustainable Consumerism: A Systematic Literature Review of Purchase Intentions Toward Green Products

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ABSTRACT

This study investigates the key factors influencing Generation Z's interest in sustainable products through a systematic literature review (SLR). By systematically analyzing 23 studies from ScienceDirect and Web of Science published between 2019 and 2024, the research adheres to the structured framework of Xiao and Watson (2019). The selection process involved predefined keywords such as "Gen Z," "Green Product," "Sustainable Product," and "Purchase Intention" to ensure relevance, followed by a rigorous screening for credibility and quality. Findings highlight that Gen Z's eco-friendly purchasing behavior is driven by environmental awareness, ethical values, social norms, and practical considerations such as affordability and accessibility. Their concern about climate change and unsustainable practices strengthens their commitment to green consumption, while factors like self-identity, social influence, and trust in transparent brands further shape their decisions. Additionally, perceived behavioral control, green packaging, and product value reinforce their purchasing choices. By synthesizing existing literature, this study contributes to understanding sustainable consumer behavior and provides valuable insights for businesses. Companies aiming to attract Gen Z consumers should prioritize transparency, affordability, and environmental responsibility to align with their values and enhance market engagement. This research underscores the growing significance of sustainability in modern consumer trends and serves as a foundation for future studies on green purchasing behavior.

Keywords: *Gen Z, Green Product, Sustainable Product, Purchase Intention*

The Feasibility Study of Installing Solar Photovoltaic System for the Central Luzon Conference Churches in Area 6 and 7 as Renewable Energy Source

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ABSTRACT

The reliance on fossil fuels in the Philippines has contributed significantly to environmental pollution, highlighting the need for sustainable energy alternatives. This feasibility study examines the installation of solar photovoltaic (PV) systems in the Central Luzon Conference (CLC) churches in Areas 6 and 7 in Metro Manila, which includes Quezon City, Caloocan, Malabon, Navotas, and Valenzuela, as a renewable energy solution. The study employed quantitative research through descriptive and survey designs and qualitative research through interviews and observations to assess the feasibility of installing solar photovoltaic systems in 60 churches in the conference and revealed a strong market demand through 60 distributed and retrieved questionnaires with 100% market share. The process includes planning, system design, procurement, installation, testing, maintenance, and evaluation. The project is projected to have an annual average revenue of 2,989,600 pesos, which indicates a promising market for the services of the conference. The business will be under the service enterprise department of CLC and will be located at the basement level of the office building. CLC will allot 5 million pesos per year for 5 years and will generate an average return on investment of 46.12% over 5 years, with a payback period of 3.6 months. This study contributes to the sustainable growth and positive socio-economic impact in the emission of greenhouse gases. This study highlights the potential of PV systems to support CLC's mission of stewardship while ensuring economic benefits. The study concludes that adopting solar PV technology is a viable and strategic investment for CLC churches.

Keywords: *solar photovoltaic system, renewable energy, feasibility study, cost-benefit analysis, sustainability, Central Luzon Conference*

A Feasibility Study on the Establishment of Manufacturing Eco-Friendly Packaging in Silang, Cavite

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ABSTRACT

The increasing environmental concerns have spotlighted the need for sustainable practices and the packaging industry, in particular, has faced significant scrutiny due to its contribution to environmental degradation. This feasibility study assesses the viability of establishing an eco-friendly packaging manufacturing business in Silang, Cavite, which comprised 1,642 registered medium and large-scale enterprises as of 2023. The results may assist business owners in providing a comprehensive foundation for understanding the municipality's critical need for sustainable packaging solutions. Employing descriptive quantitative and interviews in qualitative data collection methods and utilizing a stratified random sampling technique, 322 businesses in selected barangays were included in the survey. It revealed a strong market demand for sustainable packaging solutions with 66% of enterprises underserved and 4% market share. It projected an annual revenue of P17,424,000, indicating a promising market for the business. The manufacturing process includes cutting and shaping, printing and labeling, assembly, quality control check, finishing, packaging, and distribution with a projected average annual business quantity of 9,671 boxes. The single proprietorship business presents a viable opportunity for a team of fifteen that envisions being the leading player in the packaging industry. With an initial investment of P17,551,509, it generates an average return on investment of 79% over five years, with a payback period of 3.6 years. This study contributes to sustainable growth and positive socio-economic impact in the competitive packaging industry. This feasibility study paves the way for future research to focus on enhancing operational efficiency and adopting lean manufacturing services.

Keywords: *eco-friendly packaging, Silang Cavite, sustainability*

Establishing an Ice Plant in Silang, Cavite: A Feasibility Study

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ABSTRACT

This feasibility study explores the establishment of an ice plant in Silang, Cavite, aimed at addressing the growing demand for ice across various sectors such as food service, agriculture, and tourism. The study identifies a significant market need, with surveys conducted among 236 local food business owners revealing that 61% of businesses are currently underserved in terms of reliable ice supply. The projected annual revenue is Php3,456,000 in the first year, indicating a promising market opportunity. The plant's production process will involve key steps such as water treatment, freezing, harvesting, and storage, ensuring consistent high-quality ice. Initially, the plant will have a production capacity of 600 kg per day, with plans to increase this to 1,000 kg per day over the next five years. The business will be located in Silang, Cavite, strategically chosen for its proximity to key markets and easy access to transportation. An initial capital investment of Php4,337,274 is required, with a payback period projected to be around 2.5 years. The business will operate under a sole proprietorship, employing a team of five initially, with a competitive compensation package to attract skilled labor. Financial projections indicate profitability in the second year, with a return on investment (ROI) of 111.95% expected by the fifth year. Marketing efforts will focus on competitive pricing, partnerships with local businesses, and online promotions to build brand awareness. The study concludes that the ice plant is a viable and sustainable business, with a positive socio-economic impact.

Keywords: *ice plant, market demand, financial projections*

A Feasibility Study on the Establishment of Student Dormitory in Pasay City

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ABSTRACT

The increasing demand for accessible housing for senior high school students highlights the need for quality accommodations near educational institutions, considering preferences like affordability, amenities, security, and location. This study assessed the feasibility of the establishment in Pasay City across marketing, operations, organization and human resources, strategic management, financial, and socioeconomics. The proposed project is significant to the researcher as it applies skills to address a real-world issue while contributing to welfare and urban development. The researcher used descriptive surveys. The study focused on several barangays in Pasay City, with surveys distributed to 137 purposively selected parents (65% retrieval rate) from a population of 210. Findings revealed unmet demand in student housing, with current supply valued at ₱1,166,400.00 versus projected demand at ₱1,472,850.00. The process in the student dormitory includes client inquiry, needs assessment, proposal and contract, move-in orientation, regular management oversight, and a structured move-out process. The business will operate as a sole proprietorship with 15 staff covering administration, maintenance, and security to ensure efficient management financial projections show a 145-bed capacity, 78% occupancy rate, and .86% market share. With an initial investment of ₱7,528,708.77, the projected five-year average ROI is 30.8% with a payback period of 1 year and 9.5 months. The project supports various stakeholders—students, staff, the community, and the government—through job creation, compliance, and community initiatives. The study concludes that the project is feasible and recommends exploring similar developments in other urban centers.

Keywords: *student dormitory, Pasay City, student housing, feasibility study*

The Role of Literary Appreciation Skills in Developing Critical Thinking Skills

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ABSTRACT

Critical thinking is vital for analytical reasoning and decision-making, yet its link to literary appreciation is not well understood. This study examines the relationship between literary appreciation and critical learning skills among junior high school students. Using a descriptive-correlational design, 63 students completed a literary appreciation and critical thinking skills questionnaire. Results show moderate critical thinking ($m = 38.7$, $sd = 10.41$) and literary appreciation ($m = 3.56$, $sd = 0.621$). Textual interpretation was the strongest subskill, while inference-making was the weakest. A significant positive correlation ($r = 0.266$, $p = 0.035$) was found, with textual interpretation as the best predictor ($r = 0.758$, $p < .001$). No significant differences were found across gender or age groups, though Grade 9 students scored higher. Regression analysis confirmed literary appreciation as a key predictor of critical thinking ($b = 4.46$, $p = 0.035$), emphasizing the role of literature in developing analytical skills. The study suggests integrating literature-based learning to enhance critical thinking. Future research should explore additional predictors, such as teaching methods, reading motivation, and genre familiarity.

Keywords: *critical thinking, literary appreciation skills, influence, development, educational setting*

Influence of Project-Based Approach on Grade 6 Science Pupils' Learning Autonomy

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ABSTRACT

Using a descriptive correlational research design, this study examined the influence of project-based learning (PBL) on the learning autonomy of 50 grade 6 Thai pupils at a private trilingual school in Thailand. Learning autonomy was indicated by the students' self-directed learning, self-regulation, problem-solving skills, collaboration, reflective thinking, and self-efficacy. A correlation analysis revealed a moderate to strong positive relationship between PBL and learning autonomy, while regression analysis indicated that PBL significantly predicted learning autonomy ($\beta = 0.536$, $p < .001$), explaining 27% of its variance. However, while PBL effectively promoted self-directed learning, collaboration, and problem-solving, its influence on self-efficacy was weaker, suggesting the need for additional instructional support. The findings highlight the importance of integrating structured PBL activities in science education to enhance student autonomy. It is recommended that educators incorporate scaffolding techniques to support students transitioning into self-directed learning while providing targeted interventions to strengthen self-efficacy. Schools should also offer teacher training programs on effective PBL implementation. Future research should explore additional factors influencing learning autonomy, such as motivation, classroom environment, and teacher feedback, to develop a more holistic approach to fostering independent learning among students.

Keywords: *project-based learning (PBL), learning autonomy, student-centered approach, science education*

Influence of Social Media on English Proficiency Among Selected Junior High School Students in the Province of Cavite

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ABSTRACT

This study examines the influence of social media on the English proficiency of junior high school students in Cavite. A total of 100 students from grades 7 to 9 participated, assessing their social media usage and proficiency in grammar, vocabulary, reading, and writing. Findings revealed no statistically significant correlation between social media use and overall English proficiency. While grammar showed a weak negative correlation and vocabulary and reading had slight positive correlations, none were strong predictors of proficiency. Additionally, demographic factors such as sex, grade level, and socio-economic status did not significantly impact English proficiency. This suggests that formal education and structured language instruction play a more crucial role in language development than social media engagement. Given these findings, educators should prioritize strengthening traditional language instruction while exploring ways to integrate social media as a supplementary tool. Future research should focus on specific social media content and its potential effects on language learning. Despite its limitations, this study highlights the minimal impact of social media on English proficiency and the need for balanced, structured learning approaches.

Keywords: *social media, English proficiency, language learning, junior high school, digital education*

Common Errors in Narrative Writing Among Grade 12 Students

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ABSTRACT

Writing is a powerful way to express thoughts, ideas, and emotions. It allows individuals to communicate effectively and connect with others on a deeper level. This study seeks to identify and analyze the common errors of Grade 12 STEM students in narrative writing in a private school in Calabarzon Philippines. The researcher used a quasi-experimental method and a descriptive and comparative design to understand the common errors these students encountered in writing fully. The gathered data were taken from the written compositions of 128 students. Data were from two different phases: initial-writing assessment with the title, "Navigating the Challenges of Senior Year: My Journey as a Grade 12 Student" and final-writing assessment with the title of, "The Impact of Technology in our Daily Lives". Between the two writing tasks, an intervention was given to the participants in three (3) sessions on the dominant errors. The study found that in the initial writing assessment, students in both intervention and control groups made the most errors in punctuation errors, followed by simple tense errors, subject-verb agreement (SVA), capitalization errors, preposition errors, spelling errors, conjunction errors, and creativity errors. The taxonomy of errors highlighted addition and omission as the most common challenges, while misinformation and misordering were less frequent. Moreover, after the intervention process, it was revealed that there is a significant difference between the intervention group ($M=6.3175$) ($SD=8.345$) compared to the control group ($M=-5.0308$) ($SD=11.505$). Similarly, there is a significant difference in the taxonomy of errors, the intervention group mean (1.0323) compared to the control group (-10.462), with a significant difference of ($p<.001$) and a large effect size (0.563). Therefore, the intervention was highly effective in reducing errors, demonstrating substantial and meaningful improvements across all measured categories. Overall, this study highlights the importance of structured interventions in improving grammatical skills and reducing errors, particularly in complex language categories, offering valuable insights for future educational practices and programs.

Keywords: *common errors, grammatical errors, taxonomical errors, writing*

Stepping into Leadership: Narrative of Novice Principals in Faith-Based Schools

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ABSTRACT

With an emphasis on their experiences, difficulties, and methods for successful leadership, this study examines the leadership development of recently appointed school principals. The results show that principals are either appointed to their positions by others or feel a particular sense of divine calling, which affects their drive and tenacity. New principals must be flexible and resilient since they frequently face difficulties with staff relations, time management, and budgetary limitations. Delegation, mentoring, relationship-building, and sound decision-making stand out as crucial success factors. Principals claim professional accomplishments and personal contentment despite the demanding nature of school administration. Despite the demands of the role, many principals report a sense of personal satisfaction and professional achievement. Leadership, as shown in the study, is both a responsibility and a personal commitment. Based on these findings, it is recommended that schools offer strong mentorship programs to guide new principals and provide regular training to help them grow in areas like time management and problem-solving. Supporting their mental health and well-being is also important, as the role can be stressful. Encouraging teamwork and shared leadership can also help reduce pressure and build a positive school environment. Future research should look at how principals grow over time, the impact of spiritual calling on leadership, and the kinds of support systems that help them the most. Studies could also compare experiences between different school settings and explore the unique challenges faced by leaders from diverse backgrounds. These insights can help better prepare and support future school principals.

Keywords: *mentorship, leadership challenges, support system*

Influence of Leadership Styles on Teacher and Organizational Performance in Selected Schools in China

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ABSTRACT

Leadership style is an important research subject in the field of leadership. At the same time, leadership style is one of the important factors affecting the performance of teachers and organizations and plays a crucial role in the organization. This study uses a descriptive correlation design to investigate the impact of the five different leadership styles, such as the transformational leadership style, transactional leadership style, laissez-faire leadership style, pedagogical leadership style, and servant leadership style, on the performance of teachers and organizations in some Chinese schools. The data was collected through a survey of 238 teachers. The results of the study show a significant positive correlation between various leadership styles and organizational performance. About 65% of the variation in teacher and organizational performance can be explained by these leadership styles. The study suggests that school leaders should attach importance to the application of leadership styles and choose positive and supportive leadership styles, especially transformational and directive leadership styles, to achieve higher levels of teacher and organizational performance.

Keywords: *leadership style, organizational performance, teacher performance*

Proficiency in the Four Basic Mathematical Operations Among Junior High School Students: Assessment and Intervention Plan

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ABSTRACT

This study examines the proficiency levels of junior high school students in the four basic mathematical operations—addition, subtraction, multiplication, and division—across various grade levels. The results indicate a generally low level of proficiency, with most students classified as low proficient in all operations. Notably, subtraction and division emerged as the weakest areas, particularly for Grade 8 students, who demonstrated the lowest performance. The study highlights significant variations in performance across grade levels, with Grade 9 students performing better than their Grade 8 counterparts, especially in multiplication and division. The data reveals inconsistencies in students' performance, even within operations where they showed relatively better proficiency, such as addition and multiplication. These findings underscore the importance of addressing foundational gaps in basic arithmetic skills to prevent long-term academic difficulties. In response to the identified gaps, the study proposes the “Math Mastery: Subtraction & Division Blitz” intervention program, specifically designed to target the challenges faced by Grade 8 students in mastering subtraction and division. The program combines structured learning with high-energy, bootcamp-style drills, aiming to improve accuracy, speed, and real-world application of these operations. By emphasizing interactive learning tools, peer collaboration, and practical scenarios, the intervention seeks to increase student engagement and proficiency. The study concludes that early, targeted interventions are essential to bridge the proficiency gap and ensure students' readiness for more advanced mathematical concepts.

Keywords: *junior high school students, subtraction, division, proficiency levels, intervention program*

Influence of Differentiated Instruction on Students' Engagement in Science Class

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ABSTRACT

In today's increasingly diverse educational landscape, understanding the complex dimensions of student diversity is paramount for fostering inclusive learning environments and promoting equitable educational outcomes. Getting students engaged is a critical factor for effective science teaching. The study explored the influence of differentiated instruction (DI) and student engagement in science classes, focusing on how DI components impact student engagement. A quantitative correlational research design was employed, utilizing a self-made survey questionnaire administered to 46 Grade 9 and 10 students. Findings showed that DI was widely implemented ($M = 4.02$, high). The relatively low standard deviations (≤ 0.85) suggest that responses were consistent among students, while student engagement was at a moderate level ($M = 3.33$). Correlation analysis revealed a significant positive relationship between DI and student engagement ($r = 0.627$, $p < 0.001$). The strongest relationships were found in Process ($r = 0.621$) and Product ($r = 0.662$). Content ($r = 0.562$) and learning environment ($r = 0.557$) showed moderate positive correlations. Regression analysis confirmed that DI significantly predicts student engagement ($R^2 = 0.393$, $p < 0.001$), explaining 39.3% of the variance. The study revealed that differentiated instruction (DI) significantly shapes student engagement in science classes. Further studies may explore other factors that affect student engagement to increase student engagement.

Keywords: *differentiated instruction (DI), student engagement, behavioral engagement, emotional engagement, cognitive engagement*

The Role of Educational Technology Utilization on The Social – Emotional Learning Competency of Senior High School Students in the Science, Technology, Engineering, and Mathematics (STEM) Strand

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ABSTRACT

With the increasing prevalence of technology in education, there is a growing interest in leveraging EdTech tools to support students' SEL development. This study investigates the relationship between educational technology (EdTech) utilization and social-emotional learning (SEL) among STEM Senior high school students. The research employed a descriptive-correlational design, utilizing surveys to collect data from 148 STEM Senior high school students in a private secondary school in Cavite. The results indicate a "High" level of EdTech utilization, with students frequently using technology for information gathering and academic tasks. Students also demonstrated "Highly skilled" SEL across various dimensions, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. A moderate positive correlation was found between EdTech utilization and overall SEL ($r = 0.344$, $p < .001$), suggesting that technology integration positively impacts students' social-emotional development. Furthermore, there is no significant differences were found in SEL based on gender, age, or grade level. Overall, the findings indicate that while students frequently use EdTech and demonstrate strong SEL skills, there is a moderate positive relationship between EdTech utilization and SEL. It is recommended that educators continue to explore and implement strategies that effectively leverage EdTech to enhance students' social-emotional learning competencies.

Keywords: *educational technology, social-emotional learning competences, utilization, STEM Senior high school students*

Assessing Teachers' Competency in Integration Faith, Values and Learning: A Basis for a Training Development Program

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ABSTRACT

This research deals with a critical need to assess teachers' competence in integrating faith, values, and learning (IFVL) within the educational environment based on faith to inform about the development of effective educational programs. The study aimed to systematically evaluate teachers' competencies in theological knowledge and pedagogical skills for integration based on faith, apply contextual strategies IFVL and examine how these competencies differ across demographic factors such as age, sex, and years of teaching experience. Using quantitative research, data was collected through structured online questionnaires distributed via Google Forms to 100 teachers in the Seventh-day Adventist (SDA) institutions, selected using purpose sampling techniques. Statistical analysis included descriptive statistics to identify competency levels and relationships between variables. The results revealed that the highest-rated competencies were Personal Spirituality and Faith Commitment, with a grand mean of 4.53 (SD = 0.494), which was interpreted as "Very High Competency," reflecting the respondents' strong spiritual foundation. This is followed by Knowledge of Student Spiritual Development (M = 4.46, SD = 0.527) and Cultural and Contextual Awareness in Faith Integration (M = 4.42, SD = 0.507), both categorized as "High Competency," indicating proficiency in understanding student spirituality and adapting faith integration to diverse contexts. Strengths were identified in integrating faith into teaching, creating inclusive learning environments, and connecting learning experiences to real-world community issues. However, areas of improvement were observed when discussing complex biblical concepts, adapting teaching methods to accommodate different learning styles, and facilitating students' participation in social justice problems from a faith-based perspective. The study concludes that while teachers in SDA institutions possess a solid foundation for IFVL, targeted training programs are needed to improve specific competency areas. The proposed training development program enhances educators' abilities to integrate faith, values, and character-building principles into their teaching practices. This initiative aims to foster holistic development in learners while improving teaching methodologies and professional collaboration among educators. Future research should investigate the impact of cultural diversity on faith integration within classrooms and explore comprehensive frameworks to guide teacher training programs in enhancing IFVL.

Keywords: *faith integration, teacher competency, faith-based education, training development, theological knowledge*

The Influence of Servant Leadership Practices, Self-Efficacy, and Job Satisfaction on Employee Turnover Intention among Beginning Teachers: Basis for a Program

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ABSTRACT

Understanding the factors contributing to beginning teachers' turnover intention is essential for ensuring stability, quality education, and resource efficiency. High turnover disrupts learning, increases recruitment costs, and affects teacher well-being. Identifying key factors that influence employee turnover intention is therefore important. This study aimed to determine the influence of servant leadership practices, self-efficacy, and job satisfaction on employee turnover intention among beginning teachers: basis for a program. Quantitative research employs the descriptive-evaluative, descriptive-correlational, and descriptive-comparative designs. The respondents were 148 beginning teachers from the territory of the North Philippine Union Conference. The researcher used the adapted and self-constructed questionnaire. A convenient sampling method and purposive sample technique were utilized in choosing the respondents. The study found that principals, as perceived by respondents, demonstrated very good servant leadership practices ($M = 4.13$, $SD = 0.85$), particularly in authenticity, stewardship, empowerment, and humility. Respondents exhibited high self-efficacy ($\pm.67 \pm .67$) in personal values and motivation and were generally very satisfied with their jobs ($\pm.75 \pm .75$), especially regarding pay and benefits, recognition, and coworker relationships. Their turnover intention ($\pm.93$) remained neutral, indicating a moderate inclination to leave. While servant leadership and self-efficacy were not significantly related to turnover intention, job satisfaction played a key role in reducing it. Additionally, self-efficacy ($\beta = 0.251$, $p = 0.014$) positively predicted turnover intention, suggesting that highly self-efficacious teachers may seek better opportunities, whereas job satisfaction ($\beta = -0.336$, $p = 0.001$) negatively predicted turnover intention, meaning more satisfied teachers are less likely to leave their job.

Keywords: *Servant leadership practices, self-efficacy, job satisfaction, employee turnover intention*

Strategic Reading Material (*Science Research Associates*): Its Effect on the Palawan Adventist Academy Grade 7 Students' Reading Comprehension Level

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ABSTRACT

This study examines the effectiveness of the Science Research Associates (SRA) strategic reading materials in improving the reading comprehension levels of Grade 7 students at Palawan Adventist Academy. The research was conducted to address the need for evidence-based interventions to enhance reading comprehension, particularly in rural and multilingual settings. A one-group quasi-experimental design was used, employing pre-test and post-test assessments to measure students' comprehension levels before and after exposure to the SRA materials. The study included 53 students, and statistical analysis using a paired t-test was conducted to determine the significance of the results. Findings indicate a significant improvement in students' reading comprehension scores following the intervention. The results suggest that the structured and leveled approach of the SRA reading materials effectively supports the development of reading skills. This study recommends integrating reading strategies into curriculum design to enhance literacy outcomes among students.

Keywords: *Science Research Associates (SRA), reading comprehension level, reading comprehension test*

Inquiry-Based Learning and Student Engagement in Science Class: A Multidimensional Analysis

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ABSTRACT

Student engagement plays a crucial role in shaping learning outcomes and fostering scientific competence, especially in science education where curiosity and active participation are key. With inquiry-based learning (IBL) emerging as a promising approach to enhance engagement and promote critical thinking. This study explored the relationship between inquiry-based learning approaches including structured, guided, and open inquiry and on student engagement in terms of behavioral, emotional, cognitive, social, and agentic aspects. Results revealed significant positive correlations between all inquiry types and overall student engagement, with open inquiry exhibiting the strongest association. Regression analysis confirmed a significant positive effect of open inquiry on student engagement. While minor gender and age differences were observed, they were not statistically significant. These findings emphasize the effectiveness of inquiry-based learning, particularly open inquiry, in fostering a more engaging and effective learning environment. The interconnectedness of different engagement dimensions underscores the holistic nature of student engagement within inquiry-based learning contexts.

Keywords: *Inquiry-Based Learning (IBL), students' engagement, science education*

The Digital Push: Influence of Specialized Educational Social Media on Academic Motivation

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ABSTRACT

Social media and networking platforms have significantly transformed communication, contributing to rapid advancements in education and other sectors. Due to their knowledge-sharing capabilities, these platforms have emerged as valuable tools in teaching and learning, gaining attention for their potential to enhance academic motivation. This study aimed to determine the influence of specialized educational social media (SESM) use on students' academic motivation. Utilizing a descriptive-correlational design, the study involved 156 high school students. Results revealed a high level of SESM usage among participants. Students also reported high levels of both intrinsic motivations driven by personal interest in learning and extrinsic motivation inspired by external rewards and recognition. Notably, the study found a significant positive correlation between SESM use and academic motivation. Both types of motivation were positively influenced by students' engagement with these platforms. These findings suggest that SESM can be an effective tool in fostering student motivation by promoting interactive and collaborative learning experiences. The study highlights the importance of leveraging technology that aligns with students' interests and digital habits to support their academic engagement. It also underscores the need for thoughtful integration of SESM in instructional practices to enhance learning outcomes. This research contributes to a growing body of literature on the educational impact of digital tools and provides insights for educators and policymakers seeking to optimize student motivation through the strategic use of social media in educational settings.

Keywords: *specialized educational social media, intrinsic, extrinsic, motivation*

Qt Dr. O Structure: Its Effect on Student Engagement

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ABSTRACT

Qt Dr. O Structure is a teaching approach that includes the following strategies: pose a question, think time, discussion, random call, and open the floor. This study investigates the level of utilization of the Qt Dr. O Structure and its effect on student engagement across cognitive, emotional, and social domains. A descriptive-correlational research design was employed, collecting data from 180 randomly selected junior high school students. Results show high utilization of the Qt Dr. O structure, with open the floor and discussion being ranked highest. Random call had the lowest mean score. In the dimensions of engagement, cognitive ranked highest, followed by social, while emotional was the lowest. Statistical analysis showed a significant connection between Qt Dr. O structure and student engagement, with discussion ($\beta = 0.449$, $p < .001$) and open the floor ($\beta = 0.208$, $p = .001$) as the strongest predictors. No significant difference in student engagement was observed based on sex ($p = 0.935$). However, engagement significantly differs in terms of grade level ($F = 2.74$, $p = 0.049$), with Grade 9 students being more engaged than Grade 10 students ($p = 0.035$). These results highlight the significance of discussion and open the floor, while improvements in random calling and emotional engagement strategies are needed. Interactive, student-centered, and grade-appropriate activities, combined with ongoing teacher training in effective questioning, can help to sustain participation. Future research may explore qualitative methods, such as the impact of teacher personality, classroom environment, subject-specific applications of the Qt Dr. O structure, and interventions to increase students' emotional engagement.

Keywords: *Qt Dr. O, structure, questioning technique, student engagement*

Influence of Think-Pair-Share and Think-Talk-Write Strategies on Student Engagement in Science

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ABSTRACT

This study explores the impact of think-pair-share (TPS) and think-talk-write (TTW) strategies on student engagement in the context of science education, focusing on 124 STEM students from a faith-based academy. The researcher utilizes a descriptive-correlational design to measure student perceptions and engagement across four key dimensions: cognitive, behavioral, emotional, and social. The results indicate a high level of utilization for both TPS and TTW strategies among students. Engagement assessments reveal strong averages across all dimensions, with cognitive engagement scored at Mean=4.19, behavioral, emotional, and social at Mean=4.13. A significant positive correlation is established between the use of TTW and overall student engagement ($p < 0.001$), suggesting its particular effectiveness in fostering active participation and collaboration among students. Conversely, TPS does not present a significant predictive relationship with engagement levels, indicating potential limitations in its application. Additionally, no significant differences in engagement are noted based on students' sex or grade level. These findings highlight the potential of TTW as an effective teaching strategy to enhance student engagement in science, advocating for its broader implementation in educational settings. The research highlights the potential of integrating TTW more broadly in educational settings to promote active participation and improve learning outcomes. Further investigation is recommended to optimize TPS implementation and explore how writing components contribute to enhanced engagement.

Keywords: *think-pair-share (TPS), think-talk-write (TTW), students' engagement*

Effects of Discovery Teaching Strategy on Mathematical Quantifiers Understanding of High School Students

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ABSTRACT

Mathematics education in the Philippines continues to face significant challenges as reflected in the country's lowest ranking among 58 countries in the Program for International Student Assessment (PISA). This study investigates the effectiveness of the discovery teaching strategy in enhancing high school students' understanding of mathematical quantifiers. Employing a two group-quasi-experimental design, the study involved 48 students, aged 15-17 divided into two groups: one taught through discovery learning and the other through explicit instruction. Students in both groups showed significant improvement in their posttest scores compared to their pretest scores. Results showed that the discovery teaching strategy improved students' understanding largely by a gained score of 1.83 points while explicit instruction, the traditional method, resulted in a gained score of 2.63. However, a t-test analysis revealed that the differences in the gained scores are not statistically significant. These findings suggest that both teaching strategies are effective and thus calling into question the strong endorsement of discovery-based methods by educational policymakers in the country. By highlighting the need for creative techniques to enhance student achievements in this crucial subject area, this study also adds to the continuing conversation about successful teaching strategies in mathematics.

Keywords: *discovery learning, explicit instruction, mathematics teaching strategy, high school mathematics education*

Effects of Artificial Intelligence Assisting Tools on the Writing Skills and Learning Motivation of Grade 11 Students

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ABSTRACT

Developing writing skills and a drive to learn are critical abilities for senior high school students preparing for academic and career success. Artificial intelligence (AI) tools such as ChatGPT and Grammarly have gained popularity in education in recent years, providing real-time writing assistance and immediate feedback to improve accuracy, coherence, and content organization. However, the effectiveness of these AI-assisted writing tools in Filipino senior high school students in a faith-based academy has received little attention. The aim of this investigation is to look at how AI-assisted tools affect the writing skills and learning motivation of Grade 11 students in a faith-based academy. Over four weeks, 30 students participated in organized writing exercises through the help of a research design that is a quasi-experimental of a one-group pre-test post-test design that included ChatGPT and Grammarly. The methodology consisted of writing exams graded by two external expert raters and learning motivation questionnaires modified from approved tools. The results showed considerable improvements in sentence construction, vocabulary, grammar, accuracy, vocabulary usage, and overall writing coherence. Students demonstrated greater internal and extrinsic motivation scores. Further analysis found that both the frequency of AI tool use and gender had significant effects on writing performance and motivation, with female students and those who used the tools for more than three hours per week exhibiting the greatest gain. The findings indicate that, when used correctly, AI tools can improve both writing ability and motivation. Nevertheless, caution is suggested to prevent over-reliance, which may hamper the development of autonomous critical thinking and creativity. Future research is recommended to evaluate long-term results and to expand this study in different educational environments.

Keywords: *AI writing tools, learning motivation, ChatGPT, Grammarly, writing proficiency*

Effect of Physics Education Technology (PhET) Interactive Simulations on Students' Achievement in Chemistry

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ABSTRACT

Students have difficulties in learning chemistry because of its abstract concept; thus, it needs innovative teaching strategies for promoting conceptual understanding. The aim of this study was to explore the effectiveness of Physics Education Technology (PhET) interactive simulations in enhancing students' achievement in chemistry, specifically in balancing chemical equations, molarity, pH scale, and phase changes. This study specifically investigates the effectiveness of the PhET simulations on students' performance. The study used a one-group pretest-posttest design, in which students took a pretest to measure their prior knowledge following the integration of simulation learning sessions and a posttest to evaluate their learning progress. Statistical analysis using a paired t-test showed a significant improvement that suggested that the PhET simulations improved post-test scores across all specified topics. The Likert-type questionnaire was used to evaluate the students' level of agreement on the effectiveness of the simulations in terms of their performance, engagement, motivation, and comprehension, which resulted in high levels of agreement with a grand mean score that indicates a high response across all categories. The research aligned with earlier work backing PhET simulations as a valuable educational resource in STEM fields. However, limitations such as the small group studied and short timeframe suggest more investigation is needed even with the encouraging results. This study supports incorporating PhET simulations into chemistry discussions to encourage hands-on learning and boost student achievement in the subject. Future studies should look into how these simulations impact different types of students and their ability to remember information over time.

Keywords: *PhET Interactive Simulations, chemistry education, student engagement, conceptual understanding, active learning*

Exploring the Role of Project-Based Learning in Enhancing English Proficiency: A Systematic Review of Secondary School Learner's and Integrated Language Skills

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ABSTRACT

This paper analyzes the effects of project-based learning (PBL) on the enhancement of English proficiency in terms of speaking, listening, reading, and writing skills among secondary school students. Thus, it analyzes 26 studies that were selected based on their focus on secondary school students and the integration of English language skills within PBL frameworks and published over the 2019-2024 period. The review also investigates PBL compared to traditional language instruction and identifies the cognitive, social, and environmental factors affecting PBL's efficiency. Findings show that PBL enhances speaking and listening competence, with average improvements of 75% and 70%, respectively, due to the use of interpersonal and context-based language activities. Fairly significant gains in reading and writing were obtained, most especially with students in urban English as a Second Language (ESL) contexts that experienced exposure to multiple language inputs and utilities such as multimedia. However, the implementation of PBL in rural and under-resourced areas had some concerns, including their limited opportunity for meaningful language use and lower ability students were not adequately supported. These findings indicate that there is potential for improving such learning environments by providing training for teachers' information on scaffolding approaches and the application of materials that include technology to support PBL. Future studies should also consider how well students maintain their language skills after participating in PBL and further research on PBL in terms of its application to various educational settings towards learners' better and more comprehensive language acquisition.

Keywords: *project-based learning, English language skills, secondary education, ESL, rural education*

Parents' Socio-Economic Status as a Correlate of the Academic Performance of Elementary Pupils

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ABSTRACT

There are many factors that affect children's academic performance. As one of the main resources for children, parents' socioeconomic status has naturally attracted the attention of many researchers. This study aims to determine the relationship between parents' socioeconomic status and elementary pupils' academic performance in a specific school; specifically, it analyzes the relationship between father's education level, mother's education level, father's occupation, mother's occupation, parents' income, and students' academic performance. The chi-square independence test was used for statistical analysis of various categorical variables. The results show that all indicators of parents' socioeconomic status are significantly correlated with students' academic performance ($p < 0.001$) and have a high degree of correlation. The results confirm that there is a high correlation between parents' socioeconomic status and students' academic performance in their schools and also provide new empirical support for the current social status of uneven educational resources. At the same time, in the context of uneven distribution of educational resources, differences in family background may further aggravate educational stratification. Future research needs to continue to explore the interaction between family, school, and society and work together to find effective ways to promote educational equity.

Keywords: *socio-economic status, elementary pupils, academic performance*

Growth Responses of *Gymnocalycium baldianum* to Varying Concentrations of Arbuscular Mycorrhizal Inoculum

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ABSTRACT

The use of Arbuscular Mycorrhizal Inoculum (AMI) in improving plant growth has been widely studied in agricultural crops, but limited research has been done on horticultural plants such as *Gymnocalycium baldianum*. This study addressed the gap by evaluating the effects of different concentrations of AMI on the different growth parameters of *G. baldianum*. A complete randomized design (CRD) was used with four treatments: control group with no AMI application (T1), low concentration with 1.25g AMI per plant (T2), medium concentration with 2.5g of AMI per plant (T3), and high concentration with 3.75g of AMI per plant (T4). The seedlings' height and diameter were measured every two weeks in the span of 19 weeks and the root length was measured after the 19-week study. Statistical analysis using one-way ANOVA showed significant differences in height and diameter between the control group and those with AMI applications, but it also showed no significant differences between the AMI treated group, with medium concentration (T3) producing the highest mean both in diameter and height of the seedlings. Root length did not show any significant difference between all groups, including the control, indicating that AMI have no effect on the root growth of *G. baldianum*. The high concentration group produced the shortest root length suggesting that AMI may cause inhibition in the root growth when excessively used. These findings indicate that AMI improves growth rate in terms of diameter and height but adding more inoculum more than the moderate level might not provide additional benefits. This study contributes to the limited knowledge on the use of AMI in cacti propagation and further investigations on the long-effect and on other cacti species.

Keywords: *Gymnocalycium baldianum*, arbuscular mycorrhizal inoculant (AMI), plant growth, cactus cultivation, biofertilizer, root development, plant diameter, plant height, sustainable propagation

Protist Abundance and Diversity in the Phytotelmata of Trees

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ABSTRACT

Protists are the most diverse eukaryotic organisms on the planet and play an indispensable role in our ecosystem. Despite their microscopic sizes, they occupy diverse habitats, from terrestrial to aquatic environments. However, limited studies have been done on the presence and role of protists in unique microhabitats like tree phytotelmata. This study investigated the physicochemical properties of tree-hole microhabitats and the abundance and diversity of protists in the phytotelmata of selected tree species at the Adventist University of the Philippines. Physicochemical analysis of the tree's phytotelmata showed 0.012-1.27 g of fine particulate organic matter (FPOM), water volume 188.75 - 598.84 mL, and pH ranging from slightly basic to alkaline were recorded across the three sites. The protist abundance ranged from 0.30 to 1 and diversity from 0.41 to 3.02 (Shannon Index). A total of 43 protists were documented from the phytotelmata of different tree species in three sites. They belong to a taxonomically different group, like flagellates, testates, pseudopods, naked amoeba, ciliated protists, diatoms, and algae. The study provides baseline data on phytotelmata protists' abundance and diversity, highlighting the critical ecological role of protists in nutrient recycling and food web dynamics within the tree microhabitats.

Keywords: *protist, abundance, diversity, phytotelmata, microecosystem*

Validity and Reliability of Instruments Assessing Hypertension Knowledge and Lifestyle Factors

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ABSTRACT

Hypertension is a critical public health issue and a leading risk factor for cardiovascular disease and mortality. Effective prevention and management of hypertension rely on comprehensive knowledge and the adoption of healthy lifestyle behaviors. This study aimed to evaluate the validity and reliability of a survey instrument designed to measure hypertension knowledge and lifestyle factors, specifically focusing on diet, physical activity, and sleep. A cross-sectional survey design was adopted, involving 31 purposively sampled adults from a barangay in Pasay City who had been previously diagnosed with hypertension. Content validation was performed by experts in public health, lifestyle medicine, statistics, and research, as well as two laymen. The experts ensured comprehensive coverage of relevant content, alignment with hypertension management guidelines, and adherence to evidence-based practices. Feedback from validators led to modifications that improved the clarity and relevance of the items. Data were collected using questionnaires comprising a 10-item dichotomous (true/false) hypertension knowledge questionnaire, evaluated for reliability using the Kuder-Richardson Formula 20 (KR20), and a 21-item Likert-scale questionnaire assessing lifestyle factors, with reliability analyzed using Cronbach's Alpha. Reliability analysis demonstrated acceptable internal consistency for the Hypertension Knowledge Scale (KR20 = 0.78) and good reliability for the lifestyle factors scale (Diet: 0.83, Physical Activity: 0.81, Sleep: 0.85). The validated survey instrument effectively measured hypertension knowledge and lifestyle behaviors, making it a valuable tool for assessing self-care practices among hypertensive individuals. This instrument can be utilized in future research and public health initiatives to enhance hypertension awareness and promote healthy lifestyle practices.

Keywords: *hypertension, reliability, validation, Kuder-Richardson Formula 20, Cronbach's Alpha*

Evaluation of a Workplace Exercise Program Among Overweight and Obese Healthcare Workers in a Hospital Environment

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ABSTRACT

Overweight and obese healthcare workers are at higher risk of developing chronic diseases, which can affect their health and job performance. This study evaluated the effects of a six-week workplace exercise program on 31 overweight and obese healthcare workers from a hospital in Batangas. Participants were selected based on WHO BMI standards for the Asian population. A quasi-experimental one-group pretest-posttest design assessed the effects of the program. Before the program, participants exhibited an overweight BMI ($M = 27.5$, $SD = 2.77$), high body fat ($M = 34.8$, $SD = 4.58$), and low skeletal muscle percentage ($M = 24.1$, $SD = 3.03$). After the program, there was a reduction in the mean scores; however, participants still fell within the same classifications, showing an overweight BMI ($M = 27.1$, $SD = 2.87$), a high body fat ($M = 34.5$, $SD = 4.66$), and a low skeletal muscle percentage ($M = 24.2$, $SD = 2.97$). The Wilcoxon Signed-Rank Test revealed a significant difference in BMI ($p < .001$) before and after the program. However, changes in body fat were observed but not statistically significant ($p = .089$), and there was no significant change in muscle fat percentage ($p = .182$). These results suggest that the program helped lower BMI but did not significantly impact body fat or muscle composition. More intensive interventions may be needed for better outcomes. The study highlights the value of workplace exercise programs in promoting healthy weight and awareness to support wellness. Future studies could explore how work conditions influence weight gain.

Keywords: *overweight, obesity, healthcare workers, physical activity, body mass index*

Social Media Usage and Sleep Quality Among Adolescents in a Faith-Based Urban Community

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ABSTRACT

The increasing prevalence of social media usage among adolescents raises concerns about its potential impact on sleep quality and daytime functioning. This study seeks to determine the level of social media usage, assess sleep duration and disturbances, and explore relationships between these variables. A quantitative, descriptive-correlational design was employed, utilizing the Social Media Addiction Scale-Student Form (SMAS-SF) and Pittsburgh Sleep Quality Index (PSQI) to collect data from adolescent respondents. The results indicate that the respondents are undecided on whether their social media usage is high or low. Respondents had high engagement in seeking internet connectivity and frequent social media checks. Sleep analysis reveals that the majority of respondents sleep between 11:00 PM and 12:00 AM, with most receiving 6 to 7 hours of sleep. Sleep disturbances were generally low, with difficulty falling asleep and experiencing pain while sleeping being the most reported issues. A significant negative correlation was found between social media usage and sleep quality and daytime functioning ($r = -0.588$, $p = 0.001$), as well as between sleep disturbances and sleep quality ($r = -0.568$, $p = 0.002$), indicating that higher social media usage is associated with reduced sleep quality and daytime alertness. These findings emphasize the need for awareness campaigns promoting responsible social media use and improved sleep hygiene among adolescents. Future research should explore the longitudinal impacts of social media engagement on adolescent sleep health and incorporate qualitative insights into behavioral influences on sleep patterns.

Keywords: *social media usage, sleep quality, adolescents, digital addiction, well-being*

Hypertension Awareness, Lifestyle Habits, and Blood Pressure Among Older Adults in a Barangay of Pasay City

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ABSTRACT

Hypertension is a prevalent yet often underdiagnosed condition among older adults, leading to considerable morbidity and mortality. This study assessed the levels of hypertension awareness, lifestyle habits, and blood pressure among 31 hypertensive older adults in a barangay in Pasay City, Philippines, using a purposive sampling method. Hypertension awareness had a mean score of 8.13 (SD = 3.629), indicating above-average awareness regarding risks, symptoms, and management strategies. Lifestyle habits, including diet (M = 2.72, SD = 0.926), physical activity (M = 2.72, SD = 0.986), and sleep (M = 2.58, SD = 1.190), were generally good, though improvements could enhance overall lifestyle quality. The mean systolic blood pressure (SBP) was 145.26 mmHg (SD = 19.57 mmHg), placing respondents in Hypertension Stage 2, while mean diastolic blood pressure (DBP) was 80.32 mmHg, indicating Hypertension Stage 1. No significant correlations were observed between hypertension awareness, lifestyle habits, and blood pressure readings. However, moderate positive correlations were found between diet and physical activity ($r = 0.3889$, $p = .0306$), diet and sleep ($r = 0.4079$, $p = .0227$), and between physical activity and sleep ($r = 0.4681$, $p = .0079$). Similarly, findings reveal no significant correlations between lifestyle factors such as diet, physical activity, sleep, and blood pressure. The study highlights that despite above-average awareness, hypertension remains inadequately managed, as reflected in high blood pressure readings. The significant correlations observed between lifestyle factors suggest that integrated lifestyle modifications are needed to enhance hypertension management. This study recommends the implementation of health programs aimed at managing hypertension using a holistic approach that combines nutritional counseling, fitness plans, sleep, and hygiene education.

Keywords: awareness, blood pressure, hypertension, lifestyle choices, older adults

Evaluating Mothers' Nutrition Knowledge, Beliefs, and Practices in Early Childhood Feeding: Implications for Nutrition Programs and Child Health

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ABSTRACT

Early childhood is a critical period of rapid growth, where establishing healthy eating habits plays a vital role in long-term nutrition and overall health. Proper nutrition during this phase helps prevent malnutrition, growth retardation, and other acute nutrition-related issues. This study aimed to assess the knowledge, beliefs, and practices of mothers regarding childhood nutrition. Using a descriptive-correlational design, 40 mothers aged 20 to 45 years, with children aged one to five years, were selected through purposive sampling. A structured questionnaire was used to evaluate mothers' nutrition knowledge, beliefs, and feeding practices. Data were analyzed employing descriptive statistics and Spearman correlation. Findings revealed that mothers exhibited a very high level of knowledge, with a mean score of 9.40 (SD = 0.63). The belief score averaged 2.85, which was categorized as positive, while the practice score was 2.75, which was interpreted as good. Spearman correlation analysis showed no significant relationship between knowledge, beliefs, and practices. A notable finding was the misconception about hydration, as 37.5% of respondents incorrectly believed soft drinks were the best hydration option for children. This underscores the need for targeted nutrition education to bridge the gap between knowledge and practical application, ensuring improved dietary behaviors among caregivers.

Keywords: *beliefs, caregivers, feeding practices, nutrition knowledge, child nutrition*

Needs Assessment and Reliability Testing of a Smoking Cessation Questionnaire Among College Students: Basis for Program Development

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ABSTRACT

Smoking remains a major public health concern, causing over 8 million deaths annually. This study assessed the reliability of instruments measuring awareness, belief, and attitude toward smoking cessation among college students and determined their level of awareness and attitude. A purposive sampling of 40 criminology college students was done in one school in Tiaong, Quezon. Findings indicated low awareness ($M = 2.24$, $SD = 0.60$) of the effects of smoking on their health and negative attitude ($M = 2.45$, $SD = 0.62$) toward smoking cessation. The reliability score for awareness ($\alpha = 0.668$) was acceptable after removing two low-scoring items, while the attitude instrument showed acceptable reliability ($\alpha = 0.726$) with no deletions. However, the belief instrument was not used due to an extremely low-reliability score ($\alpha = 0.184$). The study highlights the need for an education program aimed at enhancing awareness and promoting positive attitudes toward smoking cessation. Such a program can empower students to make informed health decisions, ultimately reducing smoking rates and fostering a healthier campus and community environment. Encouraging smoking cessation at this stage offers long-term health benefits and cultivates a culture of well-being and prevention.

Keywords: *nicotine, second-hand smoker, smoking cessation, vaping, vulnerable*

Ligtas Na Pagbubuntis: A Healthy Pregnancy Promotion Among Pregnant Women in A Barangay In Lucena City, Quezon

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ABSTRACT

In 2020, maternal mortality rates were notably high, with around 287,000 women dying during and after childbirth due to inadequate knowledge and practices related to healthy pregnancy and lifestyle. This quasi-experimental study aimed to assess whether a health education program could enhance knowledge and practices among pregnant women. Thirty participants were recruited to the program. Before the intervention, participants showed low knowledge about healthy pregnancy ($M = 9.2$, $SD = 1.45$) and average knowledge about healthy lifestyle ($M = 14.03$, $SD = 2.03$). Their practices were rated fair for both healthy pregnancy ($M = 3.1$, $SD = 0.864$) and healthy lifestyle ($M = 3.15$, $SD = 1.05$). Post-intervention results showed that knowledge about healthy pregnancy increased significantly to a high level ($M = 22$, $SD = 1.32$), knowledge of healthy lifestyle improved but remained average ($M = 15.6$, $SD = 1.52$), practice level improved to good for healthy pregnancy ($M = 4.17$, $SD = 0.68$) and very good for healthy lifestyle ($M = 4.51$, $SD = 0.87$). Additionally, there is a significant difference in the level of knowledge on healthy pregnancy ($t = -35.75$, $p = 0.002$), healthy lifestyle ($t = -3.29$, $p = 0.003$), practice on healthy pregnancy ($t = -5.4$, $p = <0.001$) and healthy lifestyle ($t = -5.97$, $p = <0.001$) before and after the program intervention. The health education program has proven to be highly effective in promoting a healthy pregnancy and lifestyle. It significantly increased awareness about prenatal care, proper nutrition, and essential lifestyle modifications.

Keywords: *healthy pregnancy, prenatal care, nutrition, health education, health practices*

Knowledge and Attitudes Toward HIV/AIDS Prevention Among Young Adults: A Descriptive Correlational Study in Lucena City

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ABSTRACT

HIV continues to be a significant global challenge, despite ongoing efforts to enhance education, access to treatment, and availability of testing facilities. The stigma and misconceptions associated with HIV/AIDS can adversely affect the health and well-being of young individuals, potentially discouraging them from seeking testing, disclosing their HIV/AIDS status, and pursuing necessary treatment. This study sought to evaluate young adults' level of knowledge and attitudes surrounding HIV/AIDS. Utilizing a descriptive correlational design, the research involved a random sample of 35 participants aged 18 to 24 residing in Lucena City, Quezon. The results indicated an average level of knowledge ($M = 10.11$, $SD = 1.91$) and a positive attitude ($M = 3.58$, $SD = 1.18$) toward PLWHA. The reliability score for attitudes ($\alpha = 0.76$) was found to be acceptable after the removal of two low-scoring items. Additionally, a significant relationship was identified between knowledge and attitude ($r = 0.958$; $p < 0.001$) in the context of HIV/AIDS, suggesting that an increase in knowledge equates to a positive attitude. The findings of this study underscore the necessity of HIV/AIDS awareness programs designed to enhance knowledge and promote positive attitudes among young adults toward HIV/AIDS. It is also recommended that future research should explore the perceived and experienced stigma of PLWHA to enhance the development of HIV/AIDS prevention strategies.

Keywords: *PLWHA, HIV, stigma, youth, awareness*

Viability of Establishing Accommodation for In-Patient Watchers in Adventist Hospital Palawan

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ABSTRACT

The Adventist Hospital Palawan has no existing accommodation within the hospital for watchers with patients admitted to the NICU and ICU. The study explored the viability of establishing an Accommodation for In-patient Watchers in Adventist Hospital Palawan. Survey questionnaires were used to gather the needed information and were given to 60 respondents. Data were analyzed using a straight-line method and financial analysis tools such as Return on Investment (ROI) and Cost-volume-profit (CVP) analysis. The results revealed that the demand for the proposed service is high, and there is a market share of 100 percent for the proposed accommodation since there are no competitors in and around Adventist Hospital Palawan. The proposed accommodation will be part of Adventist Hospital Palawan's operation as an add-on non-medical service for the hospital. It has five part-time employees. The operation of the business in delivering the service is simple and easy, and the needed equipment, machinery, furniture, and fixtures are at an affordable value. The total cost of investment is P 2,145,440.00, and the NPV, IRR, and BCR are acceptable. The payback period is in the fourth year of operation. The proposed project will prove to be financially viable. The author concludes that this project will have both quantitative and qualitative benefits for Adventist Hospital-Palawan, its employees, the patients, and the community. It is, therefore, recommended for implementation.

Keywords: *In-Patient watchers, NICU/ICU, accommodation*

The Need for Nursing Homes as a Place to Care for Lonely Elderly Parents/Grandparents

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ABSTRACT

Loneliness among elderly individuals in nursing homes is a pervasive issue affecting their mental and physical well-being. As the global population ages, the need for effective care solutions that address loneliness becomes increasingly critical. This study explores the impact of loneliness on elderly residents and examines the role of family involvement in mitigating its effects. The research investigates how consistent family engagement influences emotional well-being, social interaction, and overall health outcomes. A systematic research approach was used, incorporating a review of existing literature and qualitative data from nursing home residents and caregivers. Findings indicate that increased family involvement, through regular visits and virtual interactions, significantly reduces feelings of loneliness, improves mood, and enhances quality of life. Policy recommendations include the adoption of flexible visiting hours, technological solutions for communication, and structured family-inclusive activities within nursing homes. Future research should investigate the effectiveness of these interventions and explore the impact of different types of family involvement on loneliness among nursing home residents. Additionally, studies should examine the role of nursing home staff in facilitating family engagement and promoting social interaction among residents. Overall, this study highlights the importance of family involvement in addressing loneliness among elderly individuals in nursing homes. By promoting family engagement and social interaction, nursing homes can provide more holistic care that addresses the emotional and social needs of their residents.

Keywords: *elderly loneliness, family involvement, nursing homes, mental well-being, social interaction*

Knowledge, Self-efficacy, and Their Relationship on Compliance with Health Protocols of Police Enforcers: Basis for a Program

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ABSTRACT

Respiratory-related infections (RRI) are among the most prevalent diseases affecting humans. Previous studies have focused on the general population and health professionals rather than high-risk individuals, such as those in the Philippine National Police (PNP), who were responsible for maintaining public safety during the pandemic. This quantitative descriptive correlational study aimed to investigate if knowledge, self-efficacy, and Compliance with health protocols that guide PNP and public health authorities in the improvement of effective programs to enhance prevention and control of spread among non-medical support groups vital to limit the spread of infections and reduce mortality rates while performing their role and predicting RRI prevention performance outcomes. A total of 394 PNP randomly selected Police enforcers, regardless of their rank, participated in a paper survey consisting of a conceptualized questionnaire on Knowledge, Self-Efficacy, and Compliance. The study's results showed that knowledge was very high, self-efficacy was also high, and compliance to health protocols indicated that respondents were mostly compliant. The result of the study indicates that self-efficacy directly and positively affects the compliance of Police enforcers towards health protocols, which means that the efficacy of Police enforcers increases. Their compliance with health protocols also increases, suggesting that as knowledge and self-efficacy rise, compliance with health protocols also increases. Moreover, none of the demographic factors, such as age, sex, and year of service, significantly affect compliance with health protocols. Hence, the study proposed the development of the PNP Health Protocol Compliance Enhancement Program to strengthen compliance with the health protocol.

Keywords: *knowledge, self-efficacy, respiratory-related infection, compliance, health protocol*

The Lived Experience of Filipino Doctors in Using Telemedicine as the New Outpatient Clinic Gone Digital: A Descriptive Phenomenological Study

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ABSTRACT

The COVID-19 pandemic has changed how medical practitioners interact with their patients. This descriptive phenomenological inquiry explored the medical practitioners' work during the pandemic health crisis. Ten medical practitioners from various hospitals in Laguna, Philippines were interviewed regarding their use of telemedicine services during consultation. After an inductive analysis of the data collected, it was apparent that they viewed their experiences as an opportunity, challenge, and growth, providing evidence that they had embraced their roles as positive contributors to their communities amidst the COVID-19 pandemic. The participants revealed various experiences of life interruptions that introduced actual and potential challenges that they had to cope with. They also shared positive learnings and hopeful prospects for the future.

Keywords: *telemedicine, telehealth, coronavirus, COVID-19, pandemic*

Evaluation of a Comprehensive Community-Based Diabetes Management Program in a Selected Barangay of South Cotabato

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ABSTRACT

This study looked at how age, diabetes duration, and an educational intervention changed diabetes awareness and fasting blood sugar levels in 40 individuals diagnosed with Type 2 diabetes. Each participant took part in a 6-session, 30-day, comprehensive community-based diabetes management program that focused on lifestyle modification and healthy eating. Results showed significant improvements in fasting blood sugar levels and diabetes awareness. Fasting blood sugar levels reduced from 7.1 to 6.1, and knowledge scores rose from an average of 7.2 to 12. The study also examined how post-test knowledge scores and post-intervention fasting blood sugar (FBS) levels differed by age and term of diabetes following the program. Results of Welch's ANOVA revealed no appreciable differences in metabolic response or knowledge retention between diabetes duration groups or age ranges. These findings demonstrate that the intervention was equally beneficial across demographic groups, indicating that factors such as adherence, preexisting health issues, and individual metabolic responses could have been more crucial than age or the length of diabetes. The small sample size of the study could have made it more difficult to spot minute changes. Hence, future research with more diverse participant pools is advised. Future studies should consider longitudinal evaluations to determine the delayed effects of age and diabetes duration on learning retention and metabolic results. Moreover, looking at individualized teaching strategies, psychosocial factors, and adherence rates could lead to better knowledge on enhancing the effectiveness of treatments.

Keywords: *diabetes education, health promotion, rural healthcare, South Cotabato*

The Effect of Growingmazing Intervention Program on the Growth Mindset of State University Students in Panay Island

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ABSTRACT

Success is often considered as the result of innate intelligence and talent leading many students to doubt their potential and avoid putting in the necessary effort to grow. However, success is not merely a product of innate intelligence and talent, but it is often the result of perseverance, learning, and adaptability. Growth mindset is the belief that a person's capacities and talents can be improved over time. A fixed mindset presumes that abilities and understanding are more than fixed with little to no room for improvement. Research shows that an individual's mindset can be positively altered through intervention programs. This study aims to assess the extent of students' growth mindset. This study explores how interventions can facilitate changes in students' mindsets. Using a quasi-experimental research design and selective sampling, 34 university students participated in a survey using Google Forms. A 20-item Growth vs Fixed Mindset Assessment Questionnaire was given to the control and experimental groups before and after the intervention. True enough, this study showed that the growth mindset of the experimental group increased significantly after the intervention program in comparison to the control group who did not receive any intervention at all. This signifies the importance of having intervention in helping the students to embrace challenges as learning opportunities. Future studies may explore long-term effects of growth mindset interventions across diverse student populations and academic disciplines to further understand its impact on student success.

Keywords: *growth mindset, fixed mindset, innate intelligence*

Evaluation of Nurses' End-of-Shift Handoff Processes: Basis for an Intervention Program

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ABSTRACT

End-of-shift handoff processes or endorsements are designed to ensure the safe passage of information from the outgoing nurse to the receiving nurse, thereby enhancing continuity of care. This study assessed the staff nurses' endorsement practices based on the end-of-shift handoff of 60 staff nurses in selected private hospitals with different levels. Findings revealed that the majority of the participants (78%) used both the Kardex and patient's file as handoff methods, while 52% used a checklist of handoff items. Although 52% declared their satisfaction with the handoff processes used in the hospital, 70% claimed that the reasons for their dissatisfaction were the interruptions and distractions of phone calls and visitors. Sixty-two percent (62%) claimed that they handed over exactly, and 65% claimed they took over exactly. Fifty-eight percent (58%) recalled that handoff education was done during the orientation time for new nurses, while 52% learned this verbally from their senior nurses. More than half, or 53%, perceived that handoff education time was sufficient. Despite these results, 73% claimed that there is still a need for departmental-level handoff education. The results of the study imply that hospitals need to develop a department-level training program for end-of-shift handoff processes. The time and manner of providing handoff education should also be reviewed. Moreover, it is essential to redesign handoff processes that would facilitate a smooth end-of-shift process that is applicable to the different levels of hospitals and clinical areas.

Keywords: *communication, end-of-shift, endorsement, handoff, transitions*

A Quasi-Experimental Study on the Effectiveness of the Hypertension Awareness and Lifestyle Enhancement Program Among Senior Citizens in an Urban Community

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ABSTRACT

Hypertension increases the risk of cardiovascular diseases and is a major health concern among senior citizens in the Philippines. This study evaluated the effectiveness of the Kalinga sa Puso: Hypertension Awareness and Lifestyle Enhancement Program, a 10-session initiative designed to enhance hypertension awareness, lifestyle habits, and blood pressure among 31 purposively chosen senior citizens in an urban area. Using a quasi-experimental pre-test/post-test design, the intervention led to a significant improvement in hypertension awareness, with mean scores increasing from 8.13 (SD = 3.629) to 10.00 (SD = 0.000). Dietary habits also improved from 2.72 (SD = 0.57) to 3.41 (SD = 0.267), with a large effect size ($d = 1.64$). Physical activity also increased, with scores rising from 2.72 (SD = 0.629) to 3.28 (SD = 0.313), showing a large effect size ($d = 1.49$). However, sleep habits showed no significant change ($t = -0.69$, $p = .49$). Blood pressure control improved, with systolic blood pressure decreasing from 145.26 mmHg (SD = 19.570) to 135.90 mmHg (SD = 17.513) ($t = -3.58$, $p = 0.001$), showing a moderate effect size ($d = -0.64$). Mean arterial pressure also decreased from 101.97 mmHg (SD = 13.858) to 97.19 mmHg (SD = 11.182), with a significant reduction ($t = -2.90$, $p = .007$) and a moderate effect size ($d = -0.52$). These findings demonstrate the program's effectiveness in improving hypertension awareness, lifestyle practices, and blood pressure control while emphasizing the need for focused strategies to enhance sleep habits.

Keywords: awareness, diet, hypertension, physical activity, sleep

“Tibayin ang Resistensya Laban sa Tb”: A School Based Intervention Among At-Risk Elementary Students in a Public School in Silang, Cavite

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ABSTRACT

Tuberculosis (TB) remains a significant cause of pediatric morbidity and mortality globally. This study evaluated knowledge, attitudes, and practices (KAP) related to TB awareness and prevention serving as the foundation for a school-based program. A cross-sectional needs assessment with objective-based evaluation was implemented. Purposive sampling identified at-risk students, with 73 elementary students aged 9-14 years (45.2% male, 54.8% female). Most of their families had 5-6 members, and 42.5% of their parents had completed primary education. Results showed that students demonstrated high overall TB knowledge (average score: 80%), though gaps appeared in understanding latent TB transmission (22%) and the immune system's role in prevention (57%). Attitudes were positive ($M = 3.12$), and practices were rated very good ($M = 3.25$), with areas scoring below 3.25 were prioritized for intervention. The resulting program, “Tibayin ang Resistensya Laban sa TB” (Strengthen immunity against TB) promoted healthy lifestyles and personal and environmental hygiene and addressed risk behaviors of the people around them like smoking, vaping, and alcohol use. The program included group discussions, lectures, and hands-on demonstrations focusing on proactive prevention. Misconceptions on certain topics were clarified, and students recognized the importance of sustaining healthy habits to boost immunity and reduce TB risk. The program successfully achieved its objectives, demonstrating its effectiveness. The study recommends expanding the program to a community-based initiative involving barangays, local health centers, and non-government organizations to strengthen TB prevention and promote long-term health resilience.

Keywords: *attitudes, knowledge, lifestyle practices, prevention, tuberculosis*

Evaluating the Impact of “Alamin at Maging Protektado”: A Targeted HIV/AIDS Prevention Program for College Students

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ABSTRACT

The rising prevalence of HIV/AIDS in the Philippines presents a major public health challenge, particularly among young adults. This study evaluated the “Alamin at Maging Protektado: HIV/AIDS Prevention Program” using a quasi-experimental pretest-posttest design with 35 college students aged 20-24, guided by the health belief model and social cognitive theory. Before the program, participants showed average knowledge ($M = 7.34$, $SD = 1.41$), positive attitudes ($M = 3.07$, $SD = 0.18$), and very high self-efficacy ($M = 3.65$, $SD = 0.17$). After the intervention, knowledge significantly increased to a very high level ($M = 13.63$, $SD = 1.14$), while attitudes ($M = 3.30$, $SD = 0.18$) remained positive and self-efficacy remained very high ($M = 3.71$, $SD = 0.24$, $p = .054$). Significant differences were found before and after the program implementation on knowledge ($p = .000$) and attitude ($p = .000$). Females reported higher self-efficacy (mean rank = 23.32) than males (mean rank = 15.56). However, knowledge and attitudes showed no gender differences. The findings support the program's effectiveness in enhancing knowledge, fostering positive attitudes, and maintaining high self-efficacy among students. This research highlights the importance of tailored educational initiatives for young people to combat the spread of HIV/AIDS and recommends expanding such programs to wider communities for sustainable impact.

Keywords: *HIV/AIDS awareness, HIV prevention, college student, public health initiative, youth health program*

Prevalence of Color Vision Deficient DMD Students at National University College of Dentistry

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ABSTRACT

Dentistry requires skill, good eyesight, and good color vision to provide the best care and an aesthetically pleasing smile to their patients. Color Vision Deficiency (CVD) affects shade selection and shade matching for dentists. Individuals who are unaware of their condition may encounter numerous problems in terms of visual perception, specifically in an academic or career environment that relies heavily on visual perception. The primary objective of the study was to determine the prevalence of CVD in College of Dentistry students at the National University and assess its impact on their academic and clinical performance. This research would be helpful in guiding their chosen career path. A quantitative-descriptive approach was used, analyzing data from 273 participants. Results showed that CVD was more prevalent in males (41.79%) than females (6.80%), with mild cases being the most common. Fourth-year students had the highest number of CVD cases, and the most affected age group was 22–23 years old. Psychological factors, such as anxiety and lack of awareness, were identified as the most significant challenges among affected students. Statistical analysis revealed no significant differences in challenges based on gender, age, or CVD severity. Future research should explore additional demographic factors and qualitative insights to understand CVD's impact on dentistry better.

Keywords: *prevalence, color vision deficiency, dentistry*

Evaluating the Effectiveness of a Detox Program in a Wellness Center in the Philippines Among Faith-Based Workers with Hypertension

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ABSTRACT

Hypertension remains a significant global public health issue, highlighting the need for effective intervention strategies. This quasi-experimental study assessed the impact of a four-day detox program on weight reduction and blood pressure management among 30 purposively selected employees of a church mission office who have been diagnosed with hypertension. The intervention consisted of juicing, physical exercise, and health lectures, with weight and blood pressure measurements before and after the program. Findings revealed a significant decrease in mean body weight from 68.5 kg (SD = 13.7) to 65.4 kg (SD = 13.4), an average loss of 3.1 kg ($p < .001$). Systolic blood pressure decreased from 141 mmHg (SD = 20.7) to 119.9 mmHg (SD = 9.03), while diastolic pressure declined from 90 mmHg (SD = 10.5) to 82 mmHg (SD = 8.47), both showing significant reductions ($p < .001$). Blood pressure classification analysis showed marked improvement, with 10% of participants achieving normal blood pressure and significant reductions in the Stage 2 Hypertension and Hypertensive Crisis categories ($\chi^2 = 13.90$, $p = .031$). The effect sizes were substantial for weight reduction ($d = 2.01$), systolic ($d = 1.38$), and diastolic ($d = 1.71$) blood pressure reductions, indicating clinically meaningful improvements. These results suggest that a structured detox program incorporating juicing and lifestyle modifications can effectively support weight loss and blood pressure control. Further research is needed to assess the long-term sustainability of these benefits and individual variations in response, providing insights into non-pharmacological approaches to hypertension management.

Keywords: *blood pressure, detox program, health outcomes, hypertension, weight loss*

Knowledge, Attitudes, and Practices Related to Smoking Among Grade 5 Pupils in an Urban Elementary School: Basis for a Smoking Prevention Campaign

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ABSTRACT

Tobacco use remains a significant public health concern worldwide, with alarming trends emerging among youth populations. This study examined the relationships between knowledge, attitudes, and behaviors related to smoking among Grade 5 pupils in an urban elementary school during the academic year 2024-2025. Employing a descriptive-correlational design, stratified random sampling was used to select 109 participants, achieving proportional representation from different sections. Participants showed a very high level of smoking-related knowledge ($M = 12.46$, $SD = 1.005$) and strong anti-smoking beliefs ($M = 1.73$, $SD = 0.39$). Smoking-related behaviors were generally not practiced ($M = 1.21$, $SD = 0.32$). A moderate negative correlation was found between knowledge and beliefs ($r = -0.412$, $p < 0.01$), indicating that higher knowledge was associated with stronger anti-smoking beliefs. A weak to moderate negative correlation between knowledge and practices ($r = -0.287$, $p < 0.01$) suggested that higher knowledge was linked to lower engagement in smoking-related practices. A moderate positive correlation between beliefs and practices ($r = 0.345$, $p < 0.01$) indicated that stronger anti-smoking beliefs were associated with reduced smoking behaviors. These findings highlight the importance of comprehensive education in smoking prevention efforts that address not only knowledge but also attitudes and practice. Regular health education sessions should be conducted to ensure sustained awareness and reinforcement of anti-smoking beliefs and practices.

Keywords: *adolescent, attitudes, behavior, belief, knowledge, smoking*

Effectiveness of Dietary Intervention among Zumba Group in a Village in Silang Cavite

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ABSTRACT

Cavite, a rapidly growing province in the Calabarzon region, ranks among the top seven areas in the Philippines with high obesity and overweight rates (11.81% in 2021). This quasi-experimental study assessed the effects of a health program on participants' knowledge, attitudes, and dietary practices among 30 respondents aged 40 to 60 years. Body composition in terms of body fat, body muscle, body weight were also compared before and after the program intervention. Surveys revealed improvements in participants' mean knowledge ($t = -7.718$, $p < .001$), attitude ($t = -5.568$, $p < .001$), and dietary practice ($t = -6.837$, $p < .001$) after the program. Pre-test and posttest results show a slight but significant improvements in mean body weights ($t = 2.085$, $p = .046$) and muscle mass in the participants ($t = -2/367$, $p = .025$), and a slight reduction in body fat which was not significant ($t = 1.337$, $p = .192$). While the intervention was effective in enhancing knowledge and attitudes, improvements in dietary practices were more modest but still significant. This suggests that although participants became more knowledgeable and health-conscious, additional interventions may be necessary to reinforce long-term changes in dietary habits and overall health.

Keywords: *knowledge, attitude, practices, BMI, overweight, obese*

Assessing Knowledge, Attitudes, and Self-Efficacy on HIV/AIDS: Basis for Developing a School-Based Intervention Program

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ABSTRACT

Despite ongoing efforts, gaps in awareness, prevention, and early diagnosis continue to contribute to the increasing number of cases of HIV/AIDS. Addressing this issue requires targeted interventions that enhance knowledge, promote preventive behaviors, and encourage timely testing. This study explores the relationship between knowledge, attitudes, and self-efficacy regarding HIV/AIDS among young adults to be the basis of a school-based intervention program. A descriptive correlational design was used to assess 35 college students from a Philippine higher educational institution through validated questionnaires. Convenience sampling was used and reliability testing showed acceptable to good internal consistency (Cronbach's alpha: knowledge = 0.823, attitude = 0.754, self-efficacy = 0.784). Data analysis employed mean, standard deviation, and Pearson correlation coefficient at .05 significance level. Analysis revealed an average level of knowledge ($M = 7.34$, $SD = 1.41$), a generally positive attitude toward HIV prevention ($M = 3.07$, $SD = 0.18$), and a very high level of self-efficacy ($M = 3.65$, $SD = 0.17$). A statistically significant correlation between knowledge and self-efficacy ($r = .358$, $p = .035$) suggests that higher knowledge scores enhance confidence in practicing preventive behaviors. However, attitudes did not significantly predict self-efficacy. Findings highlight the need for interventions combining knowledge-based strategies with skill-building to improve self-efficacy. While positive attitudes exist, they may not strongly influence preventive actions. Schools and policymakers should integrate targeted HIV education to strengthen both knowledge and self-efficacy. Future research should examine other factors, such as peer influence and healthcare accessibility, to develop more effective prevention strategies.

Keywords: *attitude, HIV prevention, knowledge, reliability test, self-efficacy*