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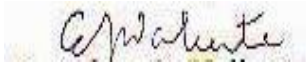
FOREWORD

This 2020-2021 issue of the Graduate School Journal includes theses and dissertations for Academic Year 2019-2020 and Academic Year 2020-2021.

Abstracts for this 2020-2021 issue include the following disciplines: doctoral and masteral studies in Nursing, masters in Organization Development, masters in Educational Management, masters in Hospital Administration, masters in Psychology, masters in Physical Therapy and masters in Occupational Therapy.

In subsequent publications of this journal, many graduate researches in the health sciences will come from: masters in Medical Technology, masters in Pharmacy and masters in Dentistry..

What is printed in this journal are just abstracts of the different studies. Should there be a need to read the hardbound copies, please come to the Graduate School for this purpose..



Efren S. Valiente, Ph.D.
Dean, Graduate School

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COMPLIANCE OF THE REFERRAL SYSTEM POLICIES AND GUIDELINES AMONG THE GOVERNMENT HEALTH CARE FACILITIES IN CEBU: PROPOSED IMPROVEMENT

Josie Ann B. Danes, MD - MAHAD 2020
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Mandaue City

ABSTRACT

A health care facility has to follow referral guidelines and protocols which were agreed by a network of health facilities within their local health system. These serve as guide for the health care facilities to implements effective referral system and ensure quality health referrals through proper coordination. However, there are times that these policies and guidelines are not appropriately adhered and/or by passed by the health care facilities during the referral process.

This study aimed to determine the compliance of the twenty-seven (27) healthcare facilities in a province to the policies and guidelines on the referral system. A descriptive study was employed with the use a survey questionnaire made by the researcher which underwent validity and reliability assessment. Only twenty-one (21) healthcare facilities consented to participate on the study. The survey questionnaire was administered to a medical officer for every healthcare facility after a permission from their chief of hospital and the medical officer signed the informed consent.

The healthcare facilities that participated on this study were mostly primary care facilities (62%) and with authorized bed capacity of greater than 25 (62%). Majority of the healthcare facilities with level 1 classification and with bed capacity of 25 or more beds have high compliance to the policies and guidelines of referral system. Those with low compliance were mostly healthcare facilities that are primary care - infirmary in classification and with bed capacity of 25 or less. All the healthcare facilities through the response of a selected medical officer were not 100% compliant to all policies and guidelines

of the referral system. The lowest rate and highest rate of compliance to the referral system policies and guidelines were 5% and 81%, respectively. Majority were involved in the existing referral system with their medical officer who led the initiation of the referral process. Most of the medical officers responded that they always inform the receiving facility of their referral with coordination but they only sometimes follow up the patient if it had completed the referral and had shared that only sometimes a person from their healthcare facility follow the patients on referral. The referring healthcare facility only sometimes received feedback from the referral hospital and perform back referral. Likewise, majority of the doctors responded that they are sometimes to never got invited to participate on an audit for analysis of referral data in their healthcare facility.

The compliance of the referral system policies and guidelines among healthcare facilities has moderate association to their classification and weak association to their bed capacity.

**RELATIONSHIP OF KNOWLEDGE, ATTITUDE AND BEHAVIOR
TOWARDS SUBSTANCE ABUSE AMONG RESIDENTS IN THE
POBLACION BARANGAYS OF DULAG, LEYTE: PROPOSED
PSYCHOEDUCATIONAL PROGRAM**

Francis Brian S. Palencia - MAPSYC 2020
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ABSTRACT

This study determined the knowledge, attitude and behavior towards substance abuse among the poblacion residents of Dulag, Leyte. The relationships among these three variables were also determined. This study is important because despite the efforts of the Philippine government on war on drugs, the existence of illegal drugs is still rampant.

Data were collected from the 378 randomly-selected, 18 to 50 year-old residents of the poblacion barangays of Dulag, Leyte through the use of validated questionnaires that measured knowledge, attitude, and behavior towards substance abuse. Descriptive statistics such as mean, frequency and percentages were used to describe the level of knowledge, attitude, and behavior towards substance abuse. Contingency coefficients and chi-square tests were used to describe the degree of relationships among domains of knowledge, attitude, and behavior towards substance abuse and significance of relationships, respectively. Null hypotheses were tested at 0.05 level of significance.

Based on findings, poblacion residents of Dulag were found to have adequate level of knowledge and positive attitude towards substance abuse. However, it was not manifested in their behaviors. To address the findings of the study, a proposed psych educational program was constructed to further increase the drug-related knowledge of the members of the population in order to develop behaviors that could reduce social stigma on substance addiction and to protect them from harm caused by substance abuse in the locality.

ATTITUDES TOWARDS RESEARCH AND RESEARCH UTILIZATION AMONG OCCUPATIONAL THERAPY PRACTITIONERS IN METRO CEBU: PROPOSED GUIDELINES

Brian Anthony N. Pasaol – MAOT 2021
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Cebu City

ABSTRACT

The study aimed to determine the relationship between the attitudes towards research and the level of research utilization among OT practitioners in Metro Cebu as a basis for proposed guidelines on research utilization in Occupational Therapy practice. The respondents of the study were eighty-one (81) occupational therapy practitioners in Metro Cebu. The study utilized a descriptive correlational method and used two (2) researcher-made tools which is the Research Attitude Rating Scale (RARS) which measures the attitude towards research, and the Adapted Research Utilization Measure (A-RUM) which measures the research utilization of the respondents.

After conducting the study, the results showed that 50.6% of the respondents reported neutral attitude towards research while in terms of the research utilization among the respondents, majority or 58% of the OT practitioners reported that they have moderately utilized research in relation to their overall research utilization. The researcher also found out that the three domains of research utilization reported with moderate research utilization with the respective results: Conceptual Research Utilization (CRU) domain with 51.9% of the respondents, Instrumental Research Utilization (IRU) domain with 59.3% of the respondents, and Persuasive Research Utilization (PRU) domain with 42% of the respondents. Moreover, results from the Spearman rank correlation the researcher also found out that the Relationship between Attitude towards Research and Level of Research Utilization yielded high or strong correlation from both overall research utilization ($r_s(81)=.663$) and each domain of

research utilization (CRU: $r_s(81)=.560$, IRU: $r_s(81)=.617$, PRU: $r_s(81)=0.530$) all of which at $p < .001$. Furthermore, the researcher made proposed guidelines intended for occupational therapy practitioners and the organization where they belong to improve their attitude towards research and improve their research utilization in their practice through enhancing the facilitators and reducing the barriers that affect their attitude towards research and their research utilization in both personal and organizational aspects.

After the analysis of all results, it was concluded that the attitude towards research among OT practitioners in Metro Cebu is significantly correlated with their research utilization in their Occupational Therapy practice. Wherein, majority of the OT practitioners have a neutral to positive attitude towards research and have utilized research moderately in their practice. The researcher also gave suggestions for the utilization of the guidelines among OT practitioners to facilitate better attitude towards research and research utilization in practice. Recommendation for further research would include studies that will determine facilitators and barriers of research utilization in the Philippine setting.

**THE EFFECT OF PELVIC STABILIZATION EXERCISES ON
SACROILIAC JOINT PAIN AND LOW BACK
DISABILITY AMONG POSTPARTUM
WOMEN IN LAPULAPU CITY:
PROPOSED AWARENESS
PROGRAM**

Dianne Criselda Y. Imson, PTRP - MSPT 2021

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Mandaue City

ABSTRACT

The study determined the pain and functional disability among postpartum women of Lapu Lapu City. It aimed to determine the sacroiliac joint pain scores before and after pelvic stabilization exercise and formulate a proposed plan of care for treatment based on the results gathered. The study utilized a randomized controlled pre - post-test experimental design. There were five (5) postpartum women in the control group wearing the pelvic belt and the experimental group the stabilization exercise treatment. The researcher utilized the Numeric Pain Rating Scale and Oswestry Low Back Pain Questionnaire before and after the 10-day intervention. The pre and post assessments of the Sacroiliac Joint Pain median score of the control group was 6.00 and 2.00, and the experimental group, 5.00 and 2.00. Mann-Whitney U Test showed a U-value of 11.000 and p value .841, interpreted as no significant difference between groups in the post-assessment of joint pain scores. The pre and post assessments of the Low Back Pain Disability median score of the control group was 37.00±11.31 and 16.80±6.72, and the experimental group, 29.20±9.86 and 12.40±3.58. Mann-Whitney U Test results showed U-value of 7.500 and p value of .310, revealing no significant difference between groups in the post-assessment of the disability scores.

Based on the findings, the pelvic stabilization exercise produced an effect same as the pelvic belt. The result leads to the formulation of the awareness program to be utilized by Physical Therapy Professionals in alleviating symptoms and prevention of Sacroiliac Joint Pain and Low Back Pain disability among postpartum women.

**ASSESSMENT ON QUALITY OF LIFE AMONG POST-STROKE
PATIENTS IN COMMUNITY-BASED REHABILITATION CENTERS
IN METRO CEBU: PROPOSED ENHANCEMENT
FOR OCCUPATIONAL THERAPY
INTERVENTION PROGRAM**

Sherry G. Ampo-on, OTRP, RN - MAOT 2021

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Mandaue City

ABSTRACT

This study aimed to assess the quality of life among post-stroke patients in community-based rehabilitation centers in Metro Cebu. Specifically, it determined the profile, the extent of the quality of life, and the differences in the quality of life when grouped according to their profiles among post-stroke patients. Based on the results, a proposed enhancement for Occupational Therapy program was designed. The researcher utilized a descriptive comparative method wherein 78 post-stroke patients were included based on the inclusion criteria. These patients have undergone rehabilitative services from a duration of six (6) months to one (1) year in the community-based rehabilitation centers involved across Metro Cebu. The researcher only used the WHOQOL-BREF Cebuano Version made by the World Health Organization (WHO, 1998) to determine the quality of life among the respondents.

Based on the assessment tool used, the results showed that the respondents of the study consisted of post-stroke patients ranging from ages 20 to 81 years old. Out of the 78 respondents, 29 of which were females while the other 49 were males. Only 6 of the respondents experienced stroke twice as the other 72 only had stroke once. 9 of the respondents only had Occupational Therapy (OT) services, 32 only had Physical Therapy (PT) services while the remaining 37 had both PT and OT services. Only 4 respondents had therapy sessions once a week, 51 respondents had therapy sessions twice a week and 27 of them had therapy sessions thrice a week. Under physical health domain, there were 42 respondents who had average to poor quality of life. In the psychological domain, there were

40 respondents who had average to poor quality of life. While in the social relations domain, there were 48 respondents who had average to poor quality of life, and in the environmental domain, there were 48 respondents who had poor quality of life. It was noted that there is a minimal difference between the number of post-stroke patients who have good quality of life and those who have poor quality of life when grouped according to the different profiles involving age, gender, number of strokes experienced, treatment services availed, and frequency of treatment in a weekly basis.

The study concluded that majority of post-stroke patients in the community-based rehabilitation centers in Metro Cebu have a high number of poor scores in social relations and environmental domains in their quality of life. Thus, a proposed enhancement of Occupational Therapy program was constructed to help improve average and poor quality of life among post-stroke patients which in turn can optimize their occupational performance. The designed program consisted of interventions targeting the domains of the quality of life.

**COMPETENCIES AND PERFORMANCE OF OPERATING ROOM
NURSES IN THE PRACTICE OF SURGICAL ASEPSIS IN
TERTIARY HEALTH CARE FACILITIES IN
BACOLOD CITY: PROPOSED
DEVELOPMENT PROGRAM**

Dr. Rhona T. Balinas - MAHAD 2021
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ABSTRACT

This descriptive study aimed to determine the clinical competencies of the operating room nurses in the practice of disinfection and sterilization of instruments; control of staff movement within a sterile field; and use of standard precautions. Further the operating room nurses' quality of performance in terms of creating and maintaining the sterile field and preventing microorganisms from contaminating the surgical wound and finally the proposed development program based on the result of the study of the operating room nurses in the practice of surgical aseptic technique in two (2) tertiary health care facilities in Bacolod City.

This study was influenced by the Theory of Novice to Expert: Excellence and Power in Clinical Nursing Practice and Theory of Rowley (2001) on aseptic practice and termed it Aseptic Non-Touch Technique, or ANTT which became the basis in the formulation of the assessment skills of the operating room nurses. A total of seventy (70) nurses of the two (2) tertiary hospitals consented and completed the two-part researcher-made questionnaire.

Among the 70 operating room nurses in the competency of performing surgical asepsis, 34.3 % are highly competent and 62.9 % are competent and 2.9 % are moderately competent in the area disinfection and sterilization of instruments with a mean score of 4.09; control of staff movement within a sterile field 25.7 % are highly competent and 74.3 % are competent with a mean score of 3.9 while in the use of standard precaution 32.9 % are highly competent and

67.1 % are competent with a mean score of 4.1. On the quality of performance, among 70 OR nurses, 31.4 % performs excellently and 68.6 % is very good with a mean score of 4.3 in the area creating and maintaining the sterile field while in the area of preventing microorganisms from contaminating the surgical wound 44.3 % are excellent and 52.0 % are very good with the mean score of 4.15 respectively which is interpreted as very good. The proposed development program was made based on the finding of the study. This program interceded to improve competency and performance in preventing microorganisms from contaminating the surgical wound, nursing actions in controlling movement within a sterile field and the use of standard precaution specifically in inspecting for package integrity and sterilization process indicators. It is further intended to sustain the necessary competencies expected of an operating room nurse in the practice of surgical asepsis to prevent surgical site infection.

This study concluded that operating room nurses in two health care facilities of Bacolod City are competent in three identified areas of surgical practices namely on disinfection and sterilization of instruments, control of staff movement within a sterile field, and the use of standard precautions. They have a very good performance in creating and maintaining the sterile field and preventing microorganisms from contaminating the surgical wound

This study recommends that nursing actions must be more process-oriented so as not to compromise the sterility of the surgical procedure and increase the risk of surgical site infection and more extensive orientation, seminars, and updates to create better understanding and active participation in all surgical procedures. The proposed development program was developed based on the finding of the study which intervened to improve and sustain competency and performance of the operating room nurses in the practice of surgical asepsis to prevent surgical site infection.

**PARENTING STYLES AND CHARACTERISTICS OF THE
CLINICAL INSTRUCTORS AND THEIR CHILDREN'S
BEHAVIOR IN NURSING SCHOOLS WITHIN METRO
CEBU: PROPOSED GUIDELINE TOWARDS
PROMOTION OF STRONG
FAMILY TIES**

Sitti Shierwina I. Al-Jumayile, RN, MAN - PhDNSc 2021

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Mandaue City

ABSTRACT

The study determined the parenting styles and parenting characteristics of the Clinical Instructors including their children's behavior in different nursing schools in Metro Cebu. A total of 46 Clinical Instructors and 46 Eldest children participated in the study. The study employed the descriptive method to determine the parenting styles, parenting characteristics of the respondents and their children's behavior with the proposed guideline towards promotion of strong family ties. There were three standardized tools utilized in this study: Parenting Practices Questionnaire, Parenting Behaviors and Dimensions Questionnaire and Parenting Behavior Frequency Questionnaire-Revised. The Parenting standardized tools questionnaire determines the parenting styles of the Clinical Instructors, their parenting characteristics and children's behavior in Nursing Schools within Metro Cebu, proposing a guideline towards promotion of strong family ties. The parenting styles and characteristics are associated to Baumrind's theory while children's behavior is based on the understanding of Mowder's theory. The profile of the clinical instructors in terms of socio-demographic characteristics underwent descriptive analysis utilizing the frequency and percentage distribution while the mean and the standard deviation determined the parenting styles, parenting characteristics and children's behavior. Ranking was done based on the mean scores of the subscales which enable to identify the dominant parenting styles, parenting characteristics and children's behavior in this study.

Results of the study has shown that the dominant parenting style is authoritative type of parenting, the dominant parenting characteristic is emotional warmth and the dominant children's behavior as perceived is responsivity. In terms of profile and socio-demographic, majority of the clinical instructors' are 41 years old, married with Master's degree. The most dominant religion of the respondents is Roman Catholic and majority also has number of children of one to two. Moreover, majority of the eldest child are between ages of 22 to 27 years old, mostly females and are college graduate. The respondents have one to two sibling and they had been taken cared by their biological parents while growing up. Based on the results, the mean varies but shows no difference in the ranking among the dominant parenting styles, parenting characteristics and child's behavior. Results of this study demonstrate the parental involvement of the majority of the mother's in upholding their roles relative to effective parenting.

The proposed guideline towards promotions of strong family ties was based on the findings of the study to help improve the parenting practices of the parents or clinical instructors where they obtained the lowest scores.

ASSESSMENT ON THE SCHOOL COUNSELING NEEDS OF THE STUDENTS OF CEBU DOCTORS' UNIVERSITY: PROPOSED SCHOOL COUNSELING CURRICULUM

Mary Gaudette S. Matahum – MAPSYC 2021

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Mandaue City

ABSTRACT

This study aimed to develop, design and deliver school counseling programs that improve a range of student learning and behavioral outcomes. These programs are comprehensive in scope, preventive in design and developmental in nature ASC (2017). Moreover, the researcher aimed to develop a program that is proactive in a model that consists of preventive and responsive activities that is designed based on the needs of Cebu Doctors' University students.

Respondents acknowledge that there is a high need for implementation for academic programs. The need for having a positive interest in learning has the highest total frequency and percentage of 147 or 49%. Corresponding with the same total frequency and percentage of 147 or 49% which is concerned with increasing the knowledge and application for critical thinking skills. It is followed by having a need for developing skills related to time and task management and as well as developing an effective learning style with a total frequency and percentage of 145 or 49%. It is evident that based on the result, there is also a need for implementation of the program under personal/social domain. The need for a stress management program with 142 or 447% has the highest total responses. Building resiliency and coping strategies with 135 or 45% number of frequency and percentage ranked second among all needs under this domain. The need for developing conflict management and developing a positive help-seeking attitude with the same total of responses of 134 or 45%. Compared to academic and personal/social domains, the majority of the respondents claimed that they have an average need for a career domain. The following needs ranked the highest. The need for being able to link the respondents' personal

abilities, interest and skills for future career choices with 145 or 40% total number of responses. Followed by the need to have knowledge of the different career choices that will help them achieve their personal goals and success with a total number of responses of 135 or 45%. There is also an average need for having skills on how to investigate the world of work in relation to knowledge to self and to make informed career decisions with 131 or 44% total number of responses.

Based on the gathered data, it can be concluded that the majority of the respondents answered that there is a high need for programs relating to Academic domain. Moreover, the majority of the respondents also answered that there is a high need for programs relating to the Personal/Social domain. Lastly, there is an Average need for programs relating to Career domain. Lastly, based on the assessment, a school counseling curriculum was generated.

**LEVEL OF PARENT'S SATISFACTION WITH THE
OCCUPATIONAL THERAPISTS INTERACTION
IN SELECTED CENTERS IN PAMPANGA:
PROPOSED STAFF-CLIENT
RELATIONSHIP GUIDELINES**

Roxylle May C. Gozun – MAOT 2021
Cebu Doctors' University
Mandaue City

ABSTRACT

The study aimed to determine the level of parent's satisfaction on occupational therapy interaction and correlate the occupational therapist's demographic profiles such as number of years of practice, number of attended seminars and acquisition of certification courses in selected centers in Pampanga. The output aimed to create staff-client relationship guidelines to help occupational therapists understand the expectations and needs of parents of children with disabilities therefore provide the appropriate intervention for children with disabilities. The researcher utilized 154 parents of children with disabilities and 27 occupational therapists. The research locales are the three selected private centers in Pampanga namely: Play Matters Therapy Center, Gesu Child Development Center and Crownvale School Inc. The Filipino Parent Satisfaction Scale was used to determine the satisfaction of the parents to occupational therapy interaction. Data processing and analysis were done with the aid of IBM SPSS version 22.

The majority of occupational therapists in the selected centers in Pampanga have 1 – 3 years of experience. There are 23 occupational therapists who have attended three (3) or more seminars in their years of practice. There are only four (4) occupational therapists with specialty certification courses. The parents of children with disabilities in the selected therapy centers in Pampanga have high satisfaction with occupational therapy interaction. The demographic profiles such as the number of years of practice, the number of seminars attended and the acquisition of specialty certification courses of the occupational therapists have a

correlation coefficient of 0.118, 0.021 and 0.063 respectively. The demographic profiles of the occupational therapists have weak correlation to the parents' level of satisfaction. A staff- client relationship was designed to help improve their interaction with clients and parents of children with disabilities. This is created to address the needs of parents. This was based on the item analysis and informal interview to parents.

The parents of children with disabilities in the selected center in Pampanga have high satisfaction with occupational therapy interaction. The parent's satisfaction with the occupational therapy interaction is not greatly affected by occupational therapists' number of years of practice, their attendance in seminars and their acquisition of specialty certification courses. The parents value the interaction and communication skills of occupational therapists. It is highly recommended that the guidelines be embedded in the services of therapy clinics in Pampanga to help clinic owners understand and know the needs of parents in handling their children. It is also highly recommended for the future researchers to explore other variables affecting parents' satisfaction and find the effects of staff-client relationship guidelines to parents' satisfaction to occupational therapy services.

**CROSS-SECTIONAL STUDY ON THE PROFILE AND THE
DEGREE OF BURNOUT AMONG RESIDENT PHYSICIANS IN
PRIVATE TERTIARY HOSPITALS IN BACOLOD CITY:
A PROPOSED LIFE-SKILLS PROGRAM**

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ABSTRACT

Burnout is exhaustion brought about by work. It is prevalent among healthcare workers. This study aimed to determine the profile and the degree of burnout among resident physicians in tertiary hospitals in Bacolod City. At the end of the study, proposed life-skills were recommended based on the findings of this research.

The study surveyed three private tertiary hospitals in Bacolod City. Maslach Burnout Inventory-Human Services Survey (MBI-HSS) and profiles of the respondents were used and gathered in this study. The data that were collected were analyzed using the IBM SPSS version 22. The researchers utilized mean and frequency distribution. Moreover, the study determined the differences in the percentage of distribution.

There were 93 resident physicians included in the study. The mean age of the respondents was 29.44 years. The majority (68.8%) of the participants were females. The majority (87.1%) of them were single. Barely a minority (15.1%) of the residents exercised regularly. The majority (81.7%) were practicing their religion. Among the resident physicians, 37.6% were in their 1st year; 34.4% were in their 2nd year; 24.7% were in the third year, and 3.2% were in their 4th year of training. Residents in Internal Medicine comprised 52.8%, followed by Pediatrics at 27%, Obstetrics-Gynecology at 9%; General Surgery at 7.9%; Anesthesiology at 4.3%; and Family Medicine at 3.4%. Among the respondents, in the Emotional Exhaustion (EE) domain: 24.7% were low; 37.6% were moderate, and 37.6% were high. While in the Depersonalization (DP) domain: 43% were low, 34.4% were moderate, and 22.6% were high. And in the Personal Achievement (PA) domain: 33.3% were low; 35.5% were moderate,

and 31.2% were high. In this study, 22.6% of the residents had high burnout. When grouped according to age, more young adults had higher degrees of burnout in Emotional Exhaustion (39.1% vs. 33.3%), Depersonalization (24.6% vs. 16.7%), and Personal Achievement (34.8% vs. 20.8%) domains than adults. When grouped according to gender, more males had high degrees of burnout in all domains of MBI than females (EE- 44.8% vs. 34.4%; DP- 31.0% vs. 18.8%; PA- 37.9% vs. 28.1%). When grouped according to marital status, more single resident physicians had high degrees of burnout in all domains of MBI compared to married residents (EE- 40.3% vs. 33.3%; DP- 23.5% vs. 16.7%; PA- 35.8%). When grouped according to regular exercise, more residents who do not exercise regularly had higher degrees of burnout in Emotional Exhaustion (21.4% vs. 40.5%) and Depersonalization (14.3% vs. 24.1%) domains than those who regularly exercise. Still, the latter had higher degrees in burnout in Personal Achievement (35.7% vs. 30.4%) than the former. When grouped according to years of training, fourth-year residents had higher degree of burnout in Emotional Exhaustion (66.7%) and Depersonalization (33.3%) than the other year levels while second-year residents had higher degrees of burnout in Personal Achievement (37.5%) than the rest of the residents. When categorized according to the practice of religion, residents who did not practice their religion had a higher degree of burnout in Emotional Exhaustion (58.8% vs. 32.9%) and Depersonalization (35.3% vs. 19.7%) domains. In comparison, residents who practiced their religion had a higher degree of burnout in Personal Achievement (31.6% vs. 29.4%). Lastly, when categorized according to specialization, residents in Family Medicine had higher degrees of burnout in Emotional Exhaustion (66.7%). In comparison, residents in Internal Medicine had a higher degree of burnout in Depersonalization (36.2%) and Personal Achievement (44.7%) domains than the other residents.

High burn out was seen among young (20-30 years old), male, single, and more senior resident physicians. Furthermore, residents who exercise regularly and practice their religion have lower burnout. And Internal Medicine residents were seen to have high burnout compared to other training specialization. Organizational- and physician-directed interventions have an essential role in preventing and reducing burnout in training institutions.

PERSPECTIVES OF ADOLESCENTS IN A COMMUNITY-BASED ENVIRONMENT WITH HIGH INCIDENCE OF SUICIDE: PROPOSED OCCUPATIONAL THERAPY PROGRAM FOR MENTAL HEALTH

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ABSTRACT

This study aimed to understand the perspectives of adolescents living in a community-based environment with an increased incidence of suicide. Specifically, it identified the adolescents' narratives, extracted themes and made phenomenological interpretations from the themes in order to create a tailor-fit occupational therapy program for adolescent mental health in the community. The researcher created a set of guide questions for the interview based on the Occupational Perspective of Health (OPH) model translated into mother tongue. The researcher conducted one-on-one interviews with each adolescent. A total of seven (7) adolescents participated in the study.

Based on the series of interviews, the following are the findings of the study: First, the adolescents' narratives of their perspectives were categorized in the following occupations: Instrumental Activities of Daily Living (Care for Others), Leisure (Recreational Activities), Productivity (Work/ Education) and Social Participation. Second, the study extracted 6 themes namely: Housework and Family Burnout, Virtually Connected but Socially Isolated, Loss of Structure Leads to Idleness and Boredom, Hoping and Building a Better Tomorrow for Self and Family, The Need to Move and Low Self-Esteem.

The study concluded that the adolescents in Barangay Bogo, Argao, Cebu have emerging occupational needs in the following occupations: Productivity (Work, Education and Household Management), Leisure and Social Participation. The adolescents reported feeling a sense of exhaustion, boredom, idleness, isolation, restriction together with low self-esteem hence, the help of an occupational therapist in creating a program for adolescent mental health is necessary to attain occupational balance and positive mental health to prevent increased incidence of depression and suicidal ideation.

**COMMITMENT AND WORK PERFORMANCE OF SELECTED
NON- TEACHING PERSONNEL OF CEBU DOCTORS'
UNIVERSITY: PROPOSED ENHANCED HUMAN
RESOURCE DEVELOPMENT PROGRAM**

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ABSTRACT

Employees' commitment has a big contribution on how they behave, identify and perform to achieve the goal, vision and mission of the organization. The study aimed to analyze and assess the relationship between organizational commitments to work performance of the selected non-teaching personnel of Cebu Doctors' University. Ninety-One (91) non-teaching personnel of CDU participated using the TCM Commitment Survey and Cebu Doctors' University Performance Appraisal Report. A frequency and percentage distribution, and mean with standard deviation were used to interpret the data. Tables were used to present the data gathered.

The results showed that the affective, normative and continuance domain of employee commitment is moderate. The eight work performance factors are mostly average or acceptable performance and that there is a weak relationship between employee commitment and work performance.

With the findings of this study, the research had developed a proposed enhanced human resource development program that will strengthen employee's commitment, increase employee productivity and equipped them with positive work behavior and values. Interventions such as skills enhancement, workshops and training will be implemented.

**LEADERSHIP SKILLS AND WORK PERFORMANCE OF SQUAD
LEADERS AND PLATOON SERGEANTS OF THE 53RD
ENGINEER BRIGADE, PHILIPPINE ARMY,
IN THE VISAYAS REGION: PROPOSED COUNTER
PRODUCTIVE WORK BEHAVIOR
DEVELOPMENT
PROGRAM**

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ABSTRACT

This study intends to evaluate the leadership skills and measure the work performance of the squad leaders and platoon sergeants of 53rd Engineer Brigade, Philippine Army in order to develop a counterproductive work behavior development program beneficial not only to the respondents but also to the whole organization as well.

The study used descriptive correlational design employing standardized survey questionnaires on Leadership Skills by Peter G Northouse (2012) and Work Performance by Koopmans (2015). The respondents of the study were the 50 squad leaders and 20 platoon sergeants of the 53rd Engineer Brigade assigned to strategic locations all over Visayas.

For the profile, half of the respondents were between 25 to 35 years old, most of them had 2 to 10 years in service, the majority finished vocational education, and most were designated as squad leaders.

There was a very high level of leadership skills and work performance score of the squad leaders and platoon sergeants of the 53rd Engineer Brigade, Philippine Army, in the Visayas Region. There was a strong relationship between the leadership skills and work performance. Specifically, the respondents' administrative leadership skills had a strong relationship with the task and conceptual work performances while their interpersonal and conceptual leadership

skills had a moderate relationship with task and conceptual work performances. Likewise, there was a relationship in the level of leadership skills and work performance score when grouped according to profile. However, their leadership skills and counterproductive work behavior were not related to each other. The output of the study is a proposed counterproductive work behavior development program recommended to the 53rd Engineer Brigade and the Philippine Army as a whole.

**SIX (6) - MONTH ANALYSIS ON WAITING TIME IN THE
INTERNAL MEDICINE – OUT PATIENT DEPARTMENT
OF NORTHERN MINDANAO MEDICAL CENTER
IN CAGAYAN DE ORO CITY:
PROPOSED ACTION PLAN**

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ABSTRACT

The study is anchored on the premise that patients' waiting time is an important indicator of quality health care services offered by hospitals and patients' satisfaction. This study presented a 6-month analysis on the waiting time in the Internal Medicine – Out Patient Department (IM-OPD) of Northern Mindanao Medical Center (NMMC) in Cagayan de Oro City for quality improvement. This study utilized a documentary analysis using the records of the IM-OPD patients from June 2016 to November 2016. There was a total of 8,423 patients involved in the study.

The findings of the study showed that the actual average waiting time of the patients is 76.33 minutes. The average registration time is 64.33 minutes and the consultation time is 12 minutes. There is an average difference of 31.33 minutes comparing it to the standard waiting time of 45 minutes. The study found out that the lengthy registration procedure and the large number of patients registered every morning and Monday of the week are factors affecting waiting time.

Based on the documentary analysis utilized in this study from June 2016 to November 2016, the waiting time in the Internal Medicine Outpatient Department exceeds the required institution's target waiting time of 45 minutes due to high patients' load and prolonged registration process. Majority of these patients experienced long waiting times during registration and consultation process. With this, a proposed set of action plans was formulated to shorten this long process to include the respective person in-charge and the expected outcome of each action and strategy implemented.

THE ODYSSEY OF THE WANDERING FEMININITY: PROPOSED AWARENESS PROGRAM

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ABSTRACT

This qualitative study aimed to explore and understand the experiences of adult women with polycystic ovary syndrome utilizing Husserl's phenomenological approach and Colaizzi's method of qualitative analysis. Purposive snowball sampling was used to choose seven participants who underwent a series of interviews until data saturation has been met.

The synthesized data produced three essential themes: Upsurge of Hormones, A Ton of Weight and Pillars of Strength. The first essential theme, Upsurge of Hormones, refers to how the participants felt the uprising feeling of anger upon experiencing the signs and symptoms of the condition and the confirmation of its diagnosis. This led to the subtheme Exasperated Sigh and A Bitter Pill to Swallow that reveals the feeling of frustration and envy of the participants. A Ton of Weight, the second essential theme, focuses more on the heavy feelings that these women experience during the course of the condition due to its physical signs and symptoms and the comorbidities that might affect their future as a woman. It is supported by three subthemes, Damsel in Distress, Unbearing Blues and An Apprehensive Future. The third essential theme is the Pillars of Strength. It focuses on how the participants have conquered and adjusted with their condition with the help of their family, friends and themselves that brought hope into them. The subthemes are: No Woman is an Island, Embracing the Truth and Hopeful Hearts.

The findings showed that women with polycystic ovary syndrome may look healthy and undisturbed on the outside but they are silently having a battle on the inside. These women went through a lot of ups and downs. The themes are stages that these women undergo as they experience having polycystic ovary syndrome. These stages are cyclical, which means they follow a specific regular cycle or sequence when it transpires. This is because PCOS is a chronic illness and these women can be reminded of their feeling everytime that they would have their irregular menstruation or maybe because of an acne breakout and experience the cycle of stages again. The challenges of having this condition are still continuously encountered by the participants. They are trying their best to adjust and cope with the situation. The researcher created a website that shares the experiences of women with PCOS and an awareness program that shows the facts about PCOS and some coping strategies for the women to apply and share. Their Odyssey of their Wandering Femininity is still continuous but with resilience and perseverance, they know that they can go through with it.

**A METAMORPHOSIS AGAINST ALL ODDS—THE LIVED
EXPERIENCES OF ADULTS WITH SYSTEMIC LUPUS
ERYTHEMATOSUS IN CEBU: PROPOSED
QUALITY OF LIFE PROGRAM**

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ABSTRACT

The study explored the lived experiences of adults living with systemic lupus erythematosus (SLE) living in Cebu utilizing Husserl's phenomenological approach and Colaizzi's method of qualitative data analysis. Snowball sampling was used to carefully select seven participants who went through a sequence of online interviews conducted until data saturation. The participants were composed of seven (7) participants between the ages of 18-60 years old, diagnosed with systemic lupus erythematosus, and currently residing in Cebu, Philippines.

The synthesized data explored four (4) essential themes: Molting Identity, Heart of the Chrysalis, Cracks in the Wall, and Emergence. For the first essential theme, Molting Identity, refers to how an adult's identity as a healthy and independent gradually changes to that of a sick and dependent individual upon diagnosis of SLE. The first subtheme, 'Like a Thief in the Night' explores how the onset of SLE is sudden and unexpected, how it is preceded by a stressful event, and how seemingly general and benign symptoms progress over time to significantly disrupt activities of daily life. The second subtheme, 'Shedding off of Old Skin', refers to how participants have become more aware and conscious of their identity as a sick person brought about by the changes towards physical abilities and appearance the condition brings to their lives and to their bodies over the course of time. The third subtheme, 'Inside the Glass House', describes how the participant experiences being treated differently by family and friends, especially upon learning of the diagnosis or as their

symptoms become more prominent, and the different opinions they may hold towards it. Essential theme two, 'Heart of the Chrysalis', focuses on the client's illness experience, from the feelings of isolation from being unable to relate with others to the anxiety, confusion, and loss in response to the uncertain course and outcome of the condition. The first subtheme, 'The Solitary Instar', explores the feelings of isolation the participant feels because of not being able to relate with others or due to the fear of being misunderstood or of comparing self to others with the disease. The second subtheme, 'Enveloping Darkness', refers to the feelings of anxiety and confusion over the uncertainty surrounding the cause of SLE, its symptoms, and prognosis. The third subtheme, 'Unravelling of the Self', refers to the impact SLE has on their lives and the need to greatly modify their current life, roles, ambitions, and life goals, including giving up or stopping certain roles or activities. The third essential theme 'Cracks in the Wall' talks about the client's journey towards well-being and the steps they have taken to manage their lives and condition and hopefully reintegration in society. Playing a vital role in the support of the participants is their own relationship with God and their families. The first subtheme 'Costs of Life' describes the participant's need to adhere to constant medical follow-ups, routine laboratory diagnostic tests, and medical regimens which can also pose a financial burden. The second subtheme 'Constant Safety Net' refers to the presence of family, friends, and community throughout the illness experience of the client and the support that they have provided. The third subtheme 'Inexorable Hope' describes the role of God and Spirituality in the client's coping with the uncertainty of SLE and the hope and strength they draw from it. The fourth essential theme, 'Emergence', explores how the adult with SLE is able to respond towards their illness experience, accept their identity and how available support has helped influence their mindset towards adaptation and reintegration with life and society. The first subtheme, 'Unfurling Wings' describes how the participant consciously decides to accept the reality of their condition and take more active steps in informing themselves and learning how to manage their life while moving forward. The second subtheme, 'Taking Flight' explores how the participants have begun finding ways to adapt and even reintegrate to society, resuming known responsibilities or taking on challenges, old or new, while living with SLE. A proposed quality of life model was formulated based on the

findings of this study.

The researcher concluded that the transition from wellness to illness for a client with systemic lupus erythematosus is a profound experience unique to each one of them. Among the biggest challenges the adult with SLE faces that goes beyond notable physical concerns is the uncertainty surrounding their condition and the loss and isolation felt by many of the clients towards changed lifestyles, goals, and other aspects of life. Despite this, help is available in the forms of a supportive family, faith, health care teams, and as well as communities of fellow individuals living with Lupus, with whom they can share the weight of their unique experiences. Life for the adult living with lupus is a profound, transformative journey of finding one's identity beyond the uncertainties and limitations brought about by the systemic lupus erythematosus; a journey of discovering one's innate strengths, finding a home anchored in the safety of God, family and loved ones, accepting of the reality of SLE as part of life, and breaking through towards the possibility of a maximized, unhindered living.

**PERSONALITY PROFILE, WORK MOTIVATION AND
PERFORMANCE AMONG SELECTED EMPLOYEES OF
A BPO COMPANY: PROPOSED ENHANCED HUMAN
RESOURCE PROGRAM**

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ABSTRACT

The aim of the study was to find out if there is a relationship between personality profile, type of work performance and work motivation in a BPO company. The study was conducted at a BPO company in Lapu-lapu city with two hundred (200) selected employees within the three (3) criteria's; working full time, rank and file and has been with the company for three (3) years. The study utilized the descriptive correlational survey method. This method determined the relationship between the employee's profile to type of motivation and level of performance. The instruments – DISC Personality Test, Work Extrinsic and Intrinsic Motivation Scale (WEIMS) and the company's very own performance appraisal tool.

Based on the findings, the dominant personality was steadiness with 90 employees or 45%. While majority's type of motivation was intrinsic with 100 employees and got a percentage of 50%. Lastly majority for the level of performance was Distinguished performers with 63.5% or 127 employees. As for the relationship, Work performance had a weak correlation of .132 to the type of work motivation. While the relationship between respondent's personality profile scored .167 which shows a weak correlation to the level of work motivation. Lastly respondent's personality profile also has a weak correlation of .198 to the level of work performance.

Through the sufficient data and statistical analysis, the researcher concluded that the employees of BPO exhibits the four personality types of Dominance, Influential, Steadiness and Conscientiousness. They have both intrinsic and extrinsic level of motivation. Most of them are distinguished performers. However, in the study, there is no strong relationship between all three factors which are personality profile, level of work performance and type of motivation. Research also came up with two (2) Human resource programs to bridge the gap of those the employees scored low.

AN UPHILL JOURNEY WITH THE BIG C: THE LIVED EXPERIENCES AMONG MALE SPOUSES OF BREAST CANCER CLIENTS IN CEBU: PROPOSED SUPPORT GROUP PROGRAM

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ABSTRACT

The study explored the lived experiences among male spouses of breast cancer clients. Seven (7) male spouses of breast cancer clients were interviewed using a semi-structured approach until data saturation. Husserlian descriptive phenomenology was utilized. Colaizzi's method of data analysis outlined the process of theme generation which involved seven (7) steps from the transcription of data until validation of the themes formed. The researcher obtained a consensus agreement from the informants regarding the final themes established.

Guided by Colaizzi's method of phenomenology, the study yielded four (4) essential themes, namely: (1) *In The Beginning, The Genesis* which focuses on what happens after the diagnosis was made, with the sub-themes *Doubting the Truth, Dying on the Inside, and Being Struck by Lightning*. (2) *The Water in the Wilderness*, which reflects how the couple journeyed their experience with breast cancer, with the sub-themes *Tightening the Bond, and Struggling to Live*. (3) *The Three Remains: Faith, Hope, and Love* focuses on finding enlightenment, strength, and comfort, with sub-themes *Getting Supported* and *Divine Intervention*. (4) *A Paved Way to a Brighter Glory* focuses on what the informants can do best and not dwelling on the negative physical and mental consequences of being a spouse of a breast cancer client with the sub-themes *Challenge Accepted* and *Blueprint for the Future*. The results shed light on the experience among male spouses of breast cancer clients.

The researcher found out that becoming a spouse of a breast cancer client has its struggles and hardships ranging from feeling of hurt to exhaustion, disbelief, and stress. Family support and spirituality played a big role in helping them beat the negativity of the situation. A proposed support group program was established through a creation of a new online support system. The online support system was established in coordination with the concerned institution involved.

KEEPING ONE'S HOPES ALIVE: THE LIVED EXPERIENCES OF ADULT CLIENTS WITH PERMANENT COLOSTOMY IN CEBU: A PROPOSED ANTICIPATORY REHABILITATION PROGRAM

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ABSTRACT

The elucidation and understanding is to explore and understand the experiences of adult clients with permanent colostomy. There were seven informants obtained through Cebu Doctors University- Center for Wound and Ostomy Care and Hyperbaric Medicine. A series of interviews were done for data gathering until data saturation was acquired. The study utilized the Husserlian phenomenological approach and Colaizzi methodology.

The data synthesized produced three essential themes: Meeting You for the First Time, Grasping Straws, and Getting Through. The first theme, Meeting You for the First Time, covers how the informants react upon the diagnosis and their reaction after they see the permanent colostomy with denial and the concealment of negativity in the forefront which results in anger and displeasure each adult client feels towards the stoma which results to displacing it toward others, and themselves. Their subthemes are Out of the Blue, Every Day is a Walk of Shame, and Sinking in Despair which contributes to their depressive states. The second essential theme, Grasping Straws, reveals the everyday struggles, limitations, and challenges the adult clients had gone through with their permanent colostomy. The subthemes are Daily Troubles and Unbound Freedom, Uneased Slumber, Spoiled Appetite, and Laid off with A Whole in the Wallet that helps the adult clients adjust and adapt to their current situation with the permanent colostomy. Lastly, Getting Through talks about the emotional factor that helped the adult clients come to embrace their situation. The sub-themes for the last essential theme are We Leave

It Up to Him, Embracing Oneself with Hope, Two Hands are Not Enough.

This research has found that this permanent colostomy influences the adult clients significantly and it causes emotional, physical, and social changes in lifestyle specifically it would undergo complex emotions when they first encounter the permanent colostomy, difficulties, and limitations pertaining to daily living activities, including financial difficulties, sleep disturbances and adjusting to new ways of living brought about by the permanent colostomy.

The researcher created an anticipatory rehabilitation program specifying all the stages they have encountered from the time they first have the permanent colostomy, the daily challenges that one needs to face and the coping strategies they encounter to overcome, and how these adult clients progressed throughout these stages as they continued with their everyday lives.

However, there is always hope to live a normal life. This study provides an understanding of the quality of life of the adult client with permanent colostomy, allowing oneself to provide appropriate care.

**EXPERIENCES OF GOLFERS WITH SPECIAL NEEDS AND
OCCUPATIONAL THERAPISTS ON OCCUPATIONAL
ENGAGEMENT IN DAVAO CITY: PROPOSED
GUIDELINES FOR THE FRIENDLY
GOLF PROGRAM**

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ABSTRACT

This study was conducted to explore and understand phenomenologically the lived experiences of Golfers with Special Needs and Occupational Therapists on occupational engagement in the Friendly Golf event on October 19, 2018 in Davao City, Philippines. Qualitative research design was used in this study. In-depth personal interviews were implemented with the three (3) Golfers with Special Needs and four (4) Occupational Therapists to extract their lived experiences. The method was based on the phenomenological design as the researcher aimed to understand occupational engagement through both lens of the clients or the Golfers with Special Needs and their Occupational Therapists, respectively.

The findings resulted to the overall essence of occupational engagement which reflects the doing, being, becoming, and belonging experiences of the participants. This study concludes that all dimensions must be considered in Friendly golf to ensure that the goals of the Golfers with Special needs are met and their health and well-being are achieved. For the Occupational Therapists, professional development can be attained when they experience all four dimensions as they steward occupational engagement for the Golf Participants through the Friendly Golf program. The output of this study is a guideline for the future Friendly Golf program which will benefit both the Golfers with Special Needs and the Occupational Therapists.

PERCEIVED CARE PROVIDED BY STAFF NURSES AND CARE RECEIVED BY SELECTED CLIENTS IN THE MEDICAL AND ORTHOPEDIC UNITS IN TWO HOSPITALS IN CEBU CITY: PROPOSED MODEL OF SUSTAINED CARING ATTITUDE IN CONTEMPORARY NURSING SOCIETY

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ABSTRACT

This study determined the relationship between the care provided by staff nurses and the care received by selected clients in the medical and orthopedic units in two hospitals in Cebu City. Seventy (70) staff nurses in the medical units and thirty (30) staff nurses in the orthopedic units of Vicente Sotto Memorial Medical Center and Perpetual Succour Hospital with their corresponding clients were the participants of the study. The participants were chosen through purposive sampling. A descriptive correlational design was utilized to determine the participants' profile and the association between the care provided by nurses and care received by the clients. This study used the Caring Factor Survey-Care Provider Version (CFS-CPV) for staff nurses and Caring Factor Survey-Care Recipient Version (CFS-CRV) for clients, developed by Dr. Jean Watson and Dr. John Nelson but with some modifications. Both instruments were designed to measure caring using the ten carative factors and utilized one to seven 7 Likert-type scales with higher scores indicating a greater sense of caring from the client's and nurse's perspective. The tools were pretested with a reliability coefficient of 0.884 for the ten CFS-Care Provider Version and 0.877 for the ten CFS-Care Recipient Version items. These values showed that the items are acceptable.

Results showed that staff nurses rated the perceived care provided with a mean of 6.17, which would indicate a fairly significant extent since it is almost near the seven maximum ratings. This means that

nurses perceived that they are taking good care of their clients. On the other hand, clients rated the perceived care received from nurses with a mean of 5.83, interpreted as a high level, which means that nurses are treating patients with love and kindness despite specific issues such as lack of human resources and physical stress.

The correlation analysis revealed that out of the ten carative factors, only Carative factor 7 of perceived care, which is about "Developing helping-trusting relationships with patients and families," and Carative Factor 8, which focuses on "Creating a healing environment that recognizes the connection between body, spirit, and mind," have shown stronger relationship, having a coefficient of .232. The result implied that when nurses establish a helping-trusting relationship with the clients, they feel they were provided with a healing environment that promotes overall well-being during their stay in the hospital.

The Model of Sustained Caring Attitude in Contemporary Nursing Society was developed to help nurses assess, plan, and implement nursing care by providing a framework to work, thus, sustaining their caring attitude.

**EXPERIENCES OF MASTER OF ARTS IN OCCUPATIONAL
THERAPY GRADUATE STUDENTS AT CEBU DOCTORS'
UNIVERSITY IN THESIS WRITING AS AN
OCCUPATION: PROPOSED GUIDELINES**

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ABSTRACT

The purpose of this study is to explore the experiences of Cebu Doctors' University Master of Arts in Occupational Therapy Graduate Students' narratives on their experiences in writing their thesis paper as an occupation

The study utilized a qualitative approach using a phenomenological approach. The research participants of the study are the seven (7) Cebu Doctors' University MAOT graduate students from Manila, Cebu and Davao. Interviews were audio-taped and transcribed. Themes were extracted to describe the current experiences of the occupational therapists.

The occupational therapy graduate students' experiences in thesis writing as an occupation through seven (7) themes namely 1.) Grass is Greener on the other side 2.) To be or not to be? 3.) Tears, Stress, Pain and Love 4.) No man is an island 5.) A sheep without a shepherd, go astray 6.) Learning is a Lifelong Process 7.) Many are called but few are only chosen.

The findings revealed that the occupational therapy graduate students' participants and their experiences of enrolling in the graduate school and accomplishing their thesis paper was, despite numerous hardships, involved overcoming remarkable challenges to reach completion with feelings of satisfaction and achievement. For the participants, being a researcher in the field of OT is a calling and only those with passion in research may consider research as an occupation

**SOCIAL MEDIA ENGAGEMENT AND MENTAL HEALTH STATUS
AMONG SELECTED ADOLESCENTS in DUMAGUETE
CITY, NEGROS ORIENTAL: PROPOSED
MODEL PROGRAM TO PROMOTE
MENTAL HEALTH**

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ABSTRACT

This Research study sought to determine the significant relationship of social media engagement and the mental health stability/instability of selected adolescents in Dumaguete City, Negros Oriental. This being the basis to formulate a Model Program to Promote Mental Health.

A descriptive correlational study involved 625 adolescent respondents from four (4) Nursing Universities – level one Nursing students, three (3) Public grade 12 Senior High School students and three (3) Private grade 12 Senior High School students in Dumaguete City, Negros Oriental. Three standardized research tools were utilized to determine the relationship of the social media engagement and the mental health stability/instability of the selected adolescents, administered into two (2) separate sessions to the respondents: 1) Social Media Disorder Scale, 2) General Well Being Schedule, and 3) the Five Facet Mindfulness Questionnaire.

The profiles were established on: age (373 are 18 years old and 252 are between 19-30 years old), gender (461 are female and 164 are male), religious affiliation (613 claim to have a religious affiliation while 12 are without any religious affiliation), family profile as to people they live with while studying in Dumaguete City (510 live with their immediate family members or relatives and only 115 live alone or in boarding houses) and the usage background on social media (ranges from 1-10 hours/day). There is a ratio of almost half of the target population that has a disordered mental health status as they engage in social media. The distress level impact on the mental health

among the 625 respondents is fairly high. The state of Mindfulness mental health status is gauged in the Five- facet Mindfulness Questionnaire. It depicts much instability in the mental health status among the 625 respondents on the Observe facet (85.1%), Describe facet (64.3%) and Act with Awareness facet (62.2%). While in the Non-Judge facet (71.7%) and Non-react facet (71.0%) the respondents manifest a stable mental health status. There is a likelihood that social media engagement may affect the stability and instability of the adolescents' mental health status. The weak contingency coefficient may possibly be due to the relatively low number of respondents who completed the two (2) session data gathering. There is a category weak contingency coefficient in the social media engagement against General Well Being and Mindfulness, deducing that social media engagement is not all the culprit in the moderate and severe distress in the mental health status of the adolescents. Another prominent factor in prolonged social media engagement could be due to academic demands, taking note of the respondents' academic levels.

Hence, a Proposed Model Program is formulated to promote mental health. It is a consistent parameter facilitating positive social media platforms to maintain a more stable mental health status among adolescents. The Program delineates inventive and positive E-activities as adolescents inevitably and freely engage themselves in social media, in the most varied social networking sites and social media platforms.

**EVALUATION OF THE ORGANIZATION AND ADMINISTRATION
OF SCHOOL COUNSELING SERVICES IN CEBU DOCTORS'
UNIVERSITY GUIDANCE OFFICE: PROPOSED OPERATIONAL
SCHOOL COUNSELING SYSTEM**

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ABSTRACT

This study aimed to evaluate the administration and organization of the school counseling services in Cebu Doctors' University to create an operational school counseling manual. The study utilized the descriptive evaluative research design. The instrument used was the International Model Program Audit by Brooke Fezler and Cheryl Brown (2011). In order to select the 107 participants, convenience sampling was used. They consist of Deans, Department Heads, Guidance Staffs and Faculty Members.

The result of the study showed that most of the respondents are not aware of the different standards in School Counseling such as the Foundation in terms of Beliefs and Philosophy (43, 40%), Vision-Mission of the School Counseling Service (31, 29%) and its Domains and Goals (45, 42%). They have no knowledge in the Delivery System in terms of School Counseling Curriculum (46, 43%), Individual Student Planning (51, 48%), Responsive Services (39, 37%) and System Support (43, 40%). They were not aware of the Management System in terms of School Counseling Council (50, 47%) and Use of Time (61, 57%). They have no knowledge of the Accountability System in place in terms of Results Report (59, 55%) and Counselor Performance Evaluation (57, 53%). Lastly, they are not aware whether the CDU School Counseling Services is Audited (74, 69%).

Therefore, it was concluded that the organization and administration of school counseling services in Cebu Doctors' University School Counseling Office as evaluated, needs further enhancements. To this effect, it is recommended that Administrators

are recommended to have an active role in the implementation of the School Counseling Services most especially in the formation of the Foundation of the CDU School Counseling Services. They should supervise and regularly evaluate the CDU School Counseling Services since the school counseling is an important aspect of the overall student success, School Counseling Office is recommended to move out from the traditional practices of counseling and adopt the International Model since the change in generational characteristics have prompted students to be global citizens, Teachers are recommended to participate and become active members in the delivery of school counseling services since they are at the frontier in the student's academic life, Parents are encouraged to have active partnerships with school counselors and teachers for better communications about relevant issues and problems and Students are suggested to take advantage of the accessibility of school counseling services provided for them. As for future researchers, it is recommended to explore the hindrances in implementing the ASCA model and identity problems encountered by students in the consumption of School Counseling Services.

**LEVEL OF OCCUPATIONAL ENGAGEMENT OF PARENTS OF
CHILDREN WITH AUTISM SPECTRUM DISORDER IN
THERAPY CENTERS IN THE CITY OF DAVAO:
PROPOSED HEALTH PROMOTION PROGRAM**

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ABSTRACT

Occupational therapists focus on promoting and facilitating engagement on valued occupations of individuals. Pediatric occupational therapists often focus on the child's occupational performance and tend not to consider the parent's occupational engagement. This descriptive-correlational study aimed to determine and correlate the parent profile and the level of occupational engagement of parents of children with Autism Spectrum Disorder (ASD) in therapy centers in Davao city. A researcher-made questionnaire was utilized to collect data on their level of occupational engagement in the domains of functional jobs, emotional jobs, social jobs, pains and gains.

There were a total of 112 respondents in the study. Majority of the respondents have a form of employment composed of employed and self-employed parents and had socio-economic status on average of P10,000-60,000 monthly income. It was also found that married parents and parents with one to two children were the majority of the respondents. Findings of the study show that parents of children with ASD have a high level of occupational engagement in Functional jobs, Emotional Jobs, Social Jobs and Gains. Low level of occupational engagement was found in Pains, but is interpreted as a positive result since items in the Pains domain are negatively worded and are intended to determine the level of engagement of parents in negative situations. However, findings revealed a low level of occupational engagement for parents of children with ASD on Supporting jobs. The level of engagement in functional jobs, emotional jobs, social jobs, supporting jobs and pains are associated with socio-economic status.

In addition, an association between social jobs and work status was also found.

The proposed health promotion program focused on aiming to provide support to parents of children with ASD through therapy services for them to promote occupational engagement and achieve health and wellness. Supporting and social occupations such as leisure, connection with other people, recreational or relaxation activities are important activities in the program to facilitate occupation engagement. Activities for other domains were included in the program to sustain a high level of occupational engagement. Based on the findings, it suggests that parents of children with ASD should be given opportunities to engage in their valued occupations, especially in their supporting jobs. The important findings of this study are that parents' socio-economic status and work status are associated with the level of engagement in different jobs and parents of children with ASD have low levels of occupational engagement on supporting jobs. This knowledge helps OTs and therapy centers in providing strategies to promote occupational engagement for parents.

**WORK VALUES AND ITS PRECURSORS AMONG THE
EMPLOYEES OF NORTHEASTERN CEBU COLLEGES,
INC.: BASIS FOR PROPOSED EMPLOYEE
DEVELOPMENT PLAN**

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ABSTRACT

This study aimed to determine the manifestation of work values and its precursors among the employees in Northeastern Cebu Colleges, Inc. (NCC). The results of the study is used as the basis in devising an employee development plan to improve the manifestation of positive organizational behavior. The study utilized the descriptive research design with the use of researcher-made questionnaires to determine the profile of the teachers and non-teaching staff, their manifestation of the work values its precursors. This study employed sixty-four (64) full-time teaching staff and regular non-teaching employees of NCC in Danao City, Cebu. The statistical treatments were frequency and percentage distribution and weighted mean.

The results revealed that for the teaching personnel, there were more respondents who aged 26-30 years old and majority of them were females, single, college graduates, and had served for 1-3 years. Moreover, for the non-teaching personnel, there were more employees within 26-30 years old, 31-35 years old, and aged above 40 years old and had served NCC for 4-6 years and 7-10 years. Further, the majority were males and college graduates. Based on the answers of the teaching and non-teaching personnel, they highly manifested strong work ethics, dependability and responsibility, positive attitude, adaptability, honesty and integrity, self-motivated, motivated to grow and learn, strong self-confidence, professionalism and loyalty. The two groups of respondents strongly agreed that job satisfaction, leadership style, and commitment were the precursors or greatly affect their manifestation of work values in the educational institution. There is a significant difference between the perceptions

of the two groups of respondents on their manifestation of work values in terms of strong work ethics. Therefore, it is concluded that the employees in NCC highly exhibited discretionary work values in the course of performing their respective job functions.

Keywords: human behavior in organization, work values, descriptive, Danao City, Cebu, Philippines

**LEVEL OF PATIENT SATISFACTION ON THE HEALTHCARE
DELIVERY AT THE HIV/AIDS TREATMENT HUB IN VICENTE
SOTTO MEMORIAL MEDICAL CENTER (VSMMC):
PROPOSED ACTION PLAN**

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ABSTRACT

This study determined the correlation between the demographic profiles and the level of patient satisfaction of the healthcare delivery at the VSMMC HIV/AIDS treatment hub. This was a correlational study that took place at the VSMMC hub between March – April 2019. There were 102 study-eligible patients. Means and percentages were calculated and presented in tables and figures. Statistical analysis using eta coefficient and Cronbach alpha were used to correlate demographic characteristics with levels of patient satisfaction.

Majority of the respondents were males (87%) and belonged to the 19-34-year-old age group (68%). Most of them were either college level or graduates (74%) and employed (68%). Fifty-seven percent of the respondents belonged to the middle-income. At the time of hub enrolment, 49% were reported with WHO HIV clinical stage 1 infection. Majority (66%) of respondents were highly satisfied with the overall healthcare delivery at the hub, particularly on the category of Staff Respect and Attitudes. Educational attainment was strongly correlated with patient satisfaction. Respondents' age had a moderate correlation on the satisfaction score of hub staff competence. However, respondents' gender, employment status, estimated monthly income, and clinical stage of HIV infection at time of enrollment had weak correlations with the patients' satisfaction scores. Proposed action plan was developed by the researcher to sustain patient satisfaction based on their suggestions.

The study concluded that the 102 patient-respondents had a high level of satisfaction with the delivery of healthcare at the VSMMC HIV/AIDS treatment hub. Their level of satisfaction was greatly influenced by the patients' educational attainment and moderately affected by patient's aged

**LIVED EXPERIENCES OF PRIMARY CAREGIVERS OF
CHILDREN WITH SPECIAL NEEDS ON THE
SERVICE DELIVERY OF OCCUPATIONAL
THERAPY AMONG SELECTED PUBLIC
SCHOOLS IN DAVAO CITY: PROPOSED
INTERNSHIP ENHANCEMENT
ACTIVITIES**

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ABSTRACT

Children and Youth with Special Needs (CYSNs) ideally need a cohesive group effort through a multidisciplinary approach to be able to make a significant change on the development and achievement in the child's educational progress. However, in the Philippine public schools, it is only the SPED and the general education teachers who are working together to support children with special needs due to the scarcity of licensed occupational therapists in the country. This study aimed to interpret and analyze the lived experiences of primary caregivers of children with special needs on the service delivery of occupational therapy in the Philippine public schools. With the use of a qualitative approach, the researcher interviewed a total of 8 primary caregivers in selected public schools in Davao City using a one-on-one, semi-structured, in-depth interview and a focus group discussion in obtaining their narratives. Recorded data were transcribed and coded for extraction of themes.

Through the narratives obtained from the lived experiences of the primary caregivers, the researcher was able to determine emerging themes: (1) A Growing, but Unfulfilled Need for Occupational Therapy Services in Public Schools, (2) Occupational Therapy, A Necessity We Struggle to Ensure Continuity and Sustainability, (3) Parent Involvement: A must have, (4) A Parent's Desire: A need for Comprehensive and Collaborative approach among Teachers and Occupational Therapists

Based on the findings of the study, it is concluded that the primary caregivers are in great need of occupational therapy services readily available in public schools. As a result, the primary caregivers' narratives contained recommendations that can be seen in the proposed internship enhancement activities made by the researcher of this study.

HOME SAFETY ASSESSMENT OF OLDER ADULTS UNDERGOING REHABILITATION SERVICES IN MANDAUE CITY: PROPOSED OCCUPATIONAL THERAPY GUIDELINES

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ABSTRACT

Home safety and falls are considered primary concerns in older adults that must be significantly addressed. This study aimed to analyze and assess the safety of older adults, who are undergoing rehabilitation services, in their homes and to identify the probable barriers and risks that contribute to falls and accidents. Forty-two (42) older adults participated and had their home assessed using the Home Falls and Accidents Screening Tool (Home FAST). A frequency and percentage distribution, and mean with standard deviation were used to interpret the data. Tables were used to present the data gathered.

The results showed that the 42 older adult patients mostly associated with an increased risk for falls and accidents were the young-older adults (65-71 years old), females, diagnosed with neurologic conditions with existing physical limitations, low socioeconomic status, and living arrangement of older adults. Majority of the older adult patients were identified to be at moderate to high risk of falls and accidents. The common home hazards identified were the absence of grab bars and anti-slip mats in the bathroom, difficulty in transition and mobility around the bathroom or toilet area, inaccessible bedroom lighting for when a person needs to get up during the night, inadequate lighting, and presence of loose mats.

With the findings of the study, the researcher had developed a proposed guideline for occupational therapists in promoting and improving occupational therapy services in the scope of home safety and fall prevention among older adults. As an emerging area of practice in the profession, measures and approaches are needed to extend assistance in increasing awareness on home safety and the benefits of home assessments and modifications to maximize independence, functional performance and prevent risks for falls.