
ICPCE
2018



INTERNATIONAL
CONFERENCE ON
PSYCHOLOGY
COUNSELLING AND
EDUCATION

icpce2018.psychreg.org

CONFERENCE PROCEEDINGS

International Conference on Psychology, Counselling and
Education (ICPCE 2018)

2nd–4th August 2018
New Era University
Quezon City, Philippines

Special Issue of Psychreg Journal of Psychology

Volume 3, Issue 1

Dennis Relajo-Howell
Editor-in-Chief
Psychreg, United Kingdom

Berney Wilkinson
Associate Editor
Webster University, United States

Richard Marshall
Associate Editor
Webster University, United States

EDITORIAL BOARD MEMBERS

Amy Johnson
Northumbria University
United Kingdom

Andy Lane
University of Wolverhampton
United Kingdom

Anne-Marie Bagnall
Leeds Beckett University
United Kingdom

Antoinette Schembri
University of Warwick
United Kingdom

Clare Sarah Allely
University of Salford
United Kingdom

Dara Mojtahedi
University of Huddersfield
United Kingdom

Elizabeth Braithwaite
Staffordshire University
United Kingdom

Heather Ness
Middle Georgia State University
United States

Irina Roncaglia
National Autistic Society
United Kingdom

Jean-Luc Vannier
University of Cote d'Azur
France

Jennifer Drabble
Sheffield Hallam University
United Kingdom

John Perry
Mary Immaculate College
Ireland

Judith Johnson
University of Leeds
United Kingdom

Karen Carlucci
New York University
United States

Laura Jenkins
Loughborough University
United Kingdom

Liliana Mata
Vasile Alecsandri University of Bacau
Romania

Luke Felton
University of Roehampton
United Kingdom

Maria Cunha Louro
Lusofona University
Portugal

Rohit Sagoo
Anglia Ruskin University
United Kingdom

Marieke Ledingham
University of Notre Dame
Australia

Ryan Anderson
James Cook University
Australia

Melleah Strautins
University of Western Australia
Australia

Scott Furtwengler
University of Houston
United States

Roberto Maniglio
University of Basilicata
Italy

Stanislava Stoyanova
South-West University Neofit Rilski
Bulgaria

MANUSCRIPT ASSISTANTS

Graham Howell
Psychreg, United Kingdom

Maxwell Guttman
Fordham University, United States

ACKNOWLEDGEMENT

We would like to thank the excellent reviewers who have contributed their time and expertise to making this publication possible. Their voluntary efforts enable us to bring you quality articles in a timely manner.

Bruce Cohen
University of Auckland
New Zealand

Kristi Tackett-Newburg
The Chicago School of Professional Psychology
United States

Danielle Hett
University of Birmingham
United Kingdom

Laura Hamilton
University College London
United Kingdom

Davut Akca
University of Ontario Institute of Technology
Canada

Paul Colin Pugsley
University of Derby
United Kingdom

Fraser Smith
Glasgow Caledonian University
United Kingdom

Raquel Peel
James Cook University
Australia

Ian Felton
Saint Mary's University Minnesota
United States

Roxana Ghiatau
Alexandru Ioan Cuza University
Romania

Jodie Goldney
Charles Sturt University
Australia

Sarah Netzky
Argosy University
United States

Kimberly Hershenson
Revitalife Therapy
United States

Mental health benefits of playing snooker

Rohit Sagoo

Anglia Ruskin University
United Kingdom

Correspondence: rohitsagoo@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Social pedagogy encompasses both theory and practice in its entire holistic embodiment. It can be suggested that social pedagogy can be seen as a response to the needs of holistic development within children and young people. Social pedagogy explores different theoretical concepts, and when implemented, asks how a practitioner can evolve and change their perspectives when working with children and young people through the practice of social pedagogy. The fundamental trait of this pedagogy embeds many different relational aspects involving children and young people, for example communication skills with children, or how the practitioner may deal with common or turbulent problems that may arise with young people through their adolescent lives. Previous works also describe social pedagogy as a 'function of society' that reflects social attitudes to the way we think about children and young people. This thinking also relates to supporting children and young people in their upbringing, as well as the development of relationships, with this sometimes marginalised and disadvantaged group of society, additionally from the lens of supporting mental health. Hence, social pedagogy shares many different philosophies and theoretical concepts in enhancing the child or young person's mental health and well-being, learning and relationships in making a positive contribution to their life experience.

Keywords: holistic development, mental health, pedagogy, social pedagogy, well-being

(Gen X) marks the spot: Examining the generational differences of Filipinos on media influenced attitudes and imagined interactions towards the mentally ill

Luke Yap

University of the Philippines

Correspondence: ldyap1@up.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study examined the effects of positive and negative film portrayal of schizophrenia on the attitudes and imagined interactions (IIs) of Filipinos towards the mentally ill while moderated by generation. The study's method followed a 2x3 quasi-experimental design with a sample of 140 participants coming from the Filipino 'masa'. The researchers produced their own unsensationalised film portrayals of schizophrenia which served as the study's stimuli. Pre-test results suggested that disparity on attitudes existed only between two age groups: the 'young', composed of Gen Y's; and the 'old', composed of Gen X's; and, baby boomers. Post-test results revealed, however, that attitudes of Gen X's became comparable to both the attitudes of Gen Y's and of baby boomers, suggesting that Gen X's variedly learn media messages. Positive film portrayal influenced the participants to initiate more engagement, more assistive contact, and to commit less avoidant behaviours towards the mentally ill in their IIs. Negative film portrayal influenced the participants to imagine making more hasty pre-judgements behind the mentally ill person's back in their IIs. Lastly, film exposure was found to be a stronger predictor of attitudes, while generation was found to be the stronger predictor for IIs.

Keywords: attitudes, film portrayal, generations, mental illness, schizophrenia

Excessive smartphone use, anxiety, interpersonal relationships and sleep quality among selected adolescents

Sarah Jane Macaraeg

University of Santo Tomas
Philippines

Correspondence: sarahmacaraeg123@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Smartphones have become a necessity for adolescents to connect with their family and friends as well as to entertain themselves. The portability of smartphones allows users to multitask and access the internet. However, these devices could also develop dependence to a higher degree than regular mobile phones or internet accessed from a computer. This research investigated the effects of adolescents' excessive use of smartphones on the following factors: anxiety, interpersonal relationships and sleep quality. It was aimed at answering if there was a significant relationship between excessive smartphone use and the three variables, and if frequent use of smart phones predicts the latter. The participants of the study were university students (N = 386) studying in both public and private universities in Metro Manila. Smart Phone Addiction Inventory (SPAI), Zung Self-Rating Anxiety Scale, Inventory of Parental and Peer Attachment (IPPA) and Pittsburgh Sleep Quality Index (PSQI) were employed as measures of the study. The results of the study showed a strong significant relationship between excessive smartphone use and anxiety ($r = .388, p < .01$), excessive smartphone use and interpersonal relationships (mother) ($r = -.136, p < .01$), and excessive smartphone use and sleep quality ($r = .160, p < .01$). Results also revealed that there is a significant difference in excessive smartphone use when grouped according to gender; hours spent using a smartphone; and, the activities done. Regression analysis also showed that excessive smartphone use is a significant predictor of high level of anxiety ($\beta = 5.077, p < .0001$); poor interpersonal relationships (mother) ($\beta = -0.163, p = .008$); and, poor sleep quality ($\beta = 0.831, p = 0.002$). This study concludes that frequent use of a smartphone can affect the daily life of adolescent and further recommendations are provided to help parents, teachers, and the community in dealing with this adverse phenomenon that is happening in our society.

Keywords: adolescents, anxiety, interpersonal relationship, sleep quality, smartphone

Prevalence of perceived stress and mental health indicators among government workers: Basis for psychological intervention

Eva Pacayra

Centro Escolar University
Philippines

Correspondence: adbautista@ust.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Government workers encounter stressors in their everyday living and experience being stressed out at home, in their government offices, and in the community they serve. Stress, particularly when perceived as intense and chronic by an individual, increases the likelihood of serious mental and physical problems. Long-term experience of stress predicts mental health. Studies found out that as many as 3 out of 10 government employees have mental health problems. Yet, there is a scarcity in the literature on perceived stress and mental health of Filipino government workers. Hence, this study is conducted as a response to the need for intervention programmes. Descriptive research methods were utilised to explore the prevalence of perceived stress and mental health indicators among 130 (N = 347, 37%) government workers in Lower Bicutan, Taguig, which were identified through random sampling. Descriptive statistical treatment of the gathered data yielded significant relationship between perceived stress and mental health. Further, the study investigated which mental health indicators are affected by some demographic characteristics. These results were used as bases for a psychological intervention that, hopefully, may confer positive changes.

Keywords: government workers, mental health, mental health indicators, psychological intervention, stress

Loneliness: Examining the unpleasant experience in psychologically healthy and distressed individuals

Saif Farooqi

University of Delhi
India

Correspondence: saif.farooqi@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Loneliness is an unpleasant feeling that develops due to the inability to have satisfying relationships. Research suggests that loneliness triggers a risk in developing other psychological problems. Further, loneliness has been found to be growing in prevalence among all age groups, and thus, is being considered to be larger societal problem. The fast-paced, consumerist lifestyle of individuals all over the society, has led to experiencing emotional isolation leading to loneliness. Thus, almost everyone is at risk of developing loneliness and experiencing other psychological problems related to it. The purpose of this paper is to examine the extent to which (1) psychologically healthy and distressed people have a tendency to experience loneliness; and (2) tendency of loneliness may predict related factors in psychologically healthy and distressed people. A total of 257 individuals (80 males and 177 females, mean age = 23.91 years), from New Delhi and nearby areas participated in the study. The findings show that loneliness is experienced in a significantly greater manner in psychologically distressed individuals as compared to psychologically healthy individuals. However, in both psychologically healthy and distressed individuals, loneliness was found to predict social anxiety and depression in a similar manner. This indicates that a tendency of loneliness is a risk factor for social anxiety and depression even in individuals who are less likely to have mental health issues. The overall findings suggest that even though the tendency of loneliness occurs in a greater manner among distressed individuals, it cannot be ignored among psychologically healthy individuals, and therefore, efforts need to be made to curb the risk factors associated with it.

Keywords: distress, emotional isolation, loneliness, psychological problems, risk factors

The role of psychological well-being as a mediator in the relationship between dispositional mindfulness and adjustment to university among students

Regina Retno Putri Manjali & Pratiwi Widyasari

University of Indonesia

Correspondence: reginaputri@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Adjustment to university life is an important aspect needed during the transition period from secondary school. Without the ability to adjust oneself in a new environment, student might face higher adversity that could affect their social life, mental health and physical health. Dispositional mindfulness has been proven to have a role in adjustment to university. However, research about the relationship between dispositional mindfulness and adjustment in university is still needed, especially about its relationship with psychological well-being that is often involved. Participants were 207 first year university students in Indonesia who were administered a self-report measure of Mindfulness Attention Awareness Scale (MAAS), Student Adaptation to College Questionnaire (SACQ) and Ryff's Scale of Psychological Well-being. From the result of mediation analysis, there is a direct effect ($\beta = .37, p < .01$) and indirect effect ($\beta = .54, p < .01$) that lies in the model proposed. Therefore, the relationship that occurs between the dispositional mindfulness and adjustment to university can be done through psychological well-being as a partial mediator. The importance of psychological well-being in the relationship is discussed.

Keywords: adjustment, dispositional mindfulness, social life, university students, well-being,

Thrive and survive: Exploring adolescents' resilience

Aron Harold Pamoso

University of Southern Philippines Foundation

Correspondence: ahpamoso_guid@uspf.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study sought to explore the adolescents' levels of resilience. The study focused on two areas: (1) the participant's personal experiences; and, (2) how they coped with such adversities. A qualitative method and purposive sampling technique was utilised for this study. Participants were already identified through initial intake interview done during the onset of the academic year. As part of the research process, participants have undergone in-depth interview and focus group discussion. An in-depth interview was conducted in order to ascertain the different challenges they encounter throughout their journey and how they survived. To understand better, researchers explored their stories of survival through a focus group discussion, which involved five activities. Each of these activities aimed to explore participant's way of dealing different challenging situations at hand. Result shows that family members and family dynamics are the most challenging issues among participants. Being able to survive, defence mechanisms and social support emerged as common themes. With this, a close monitoring, teachers coordination and future research are therefore recommended.

Keywords: adolescents, adversity, focus group, interview, resilience

Stress and coping strategies among Grade 11 students in a private school in Manila, Philippines

Ma. Victoria Fajardo

New Era University
Philippines

Correspondence: mvlfajardo@neu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aims to assess the level of stress and to determine the perceived major source of stress and the coping strategies used by the Grade 11 students in a private school in Manila. A quantitative approach has been undertaken throughout the study. The total participants of the study were 152 (76 male and 76 female). All students belong to academic track. The data was collected through Every Student Succeeds Act (ESSA) and self-made questionnaire to determine the major source of stress among students. Worrying about grades ($\mu = 3.18$; $\sigma = 0.32$) was the most important element that cause stress for students. Another factor which ranked to one of the major concerns are facilities and equipment ($\mu = 2.43$; $\sigma = 0.26$). Mann Whitney U test was conducted for analysis of data. Results indicate that there is no significant difference among male and female students in relation to coping strategies except from behavioural disengagement ($p = .005$) and instrumental support ($p = 0.00$) which revealed that male students tend to be more favour using these coping strategies than females. On the other hand, female students tend to be more favour in substance use ($p = 0$) when dealing with academic stress. The results indicate that students experienced a low level of stress.

Keywords: academic stress, behavioural disengagement, coping strategies, stress, students

Means of development and maintenance of friendship among adolescents with autism

Joie Fe Ancheta

University of the Philippines

Correspondence: joiefe@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Adolescence is characterised by heightened interest in social interaction. Relationship becomes the central theme of adolescence. For those with autism, their major limitation is in interacting and forming relationship such as friendship. It is for this purpose that this study was conducted to know how adolescents with autism develop and maintain friendship. The research was qualitative-quantitative study. This study gathered data from 30 adolescents with autism aged 10–19 years old. The required characteristics of the sample were being verbal, being able to comprehend and answer yes-no questions, and questions that require information. This research used two questionnaires for the adolescents with autism, and interview schedules for the adolescents with autism, their parents and teachers. Results showed that adolescents with autism develop and maintain their friendship by using the easiest means which is disclosing information about themselves. Participants develop friendship mainly by helping, introducing self, calling through phone, sharing toys and playing together. In general, they maintain their friendship by talking to friends face-to-face. It is recommended that adolescents with autism should be taught the proper expression of themselves since the chief way of development and maintaining friendship involves disclosing of oneself. Moreover, they should be taught the proper way of talking about themselves and of interpreting non-verbal cues.

Keywords: adolescents, autism, friendship, non-verbal cues, social interaction

Psychological factors of disengagement of irregular schooling among Alternative Learning System Learners

Phillip Ramir Punzalan

De La Salle University
Philippines

Correspondence: phillipramirpunzalan@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study evaluated the psychological factors of disengagement of irregular schooling among 30 alternative learning system (ALS) learners using qualitative action research documentary semi-structured questionnaire through narrative documentary analyses and audio-video recording as evidence data. It showed that family problem, excessive worrying, lack of self-confidence, shyness and ignored by others were the major reasons of not attending the elementary and secondary education before ALS. The experiences of participants as to not being in school for several years were caused by poverty, teenage employment, being emotionally affected, feeling hopeless, regretful and disappointed in accomplishing their goals. Further, it was revealed on the effects of ALS to the participants' present behaviour led them utilise the positive effects of becoming a better individual in transforming them such as: character development, spiritual growth, good interpersonal relationship, learning experience and career development. It was concluded that majority of the participants, manifested the psychological factors of not attending the formal schooling were factors linked to personal, social, emotional development, life events, school, child and family coping strategies and attitudes to learning.

Keywords: alternative learning system, coping strategies, disengagement, irregular schooling, schooling

Intellectual quotient and problem behaviours among selected children diagnosed with attention deficit hyperactivity disorder

Lara Magguad & Maria Raña Violetta Cabrera

De Maguad Psychological Clinic
Philippines

Correspondence: laramaguad@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

For years, several studies have evaluated relationships involving intelligence quotient (IQ), attention deficit hyperactivity disorder (ADHD), and problem behaviours. Despite this, only a few have evaluated the relationship of all these three areas and an even fewer amount have also considered their subtypes and subsections in such relationships. The correlation of these three areas including their subtypes is of paramount importance in determining and crafting efficient interventions for children diagnosed with such cases. Using the framework of Wechsler (1958) and Horn and Cattell (1966), Quay and Peterson (1987), and Gilliam (1995) as the foundation of IQ, Problem Behaviour, and ADHD concepts respectively, this study aimed to determine the relationship of IQ and problem behaviour in children diagnosed with ADHD. The analyses conducted were based on self-made instruments, whereby IQ test involved verbal and visual elements, while ADHD test measured inattention, impulsivity and hyperactivity. Meanwhile, problem behaviour includes conduct disorder, social aggression, attention problems-immaturity, anxiety-withdrawal, psychotic behaviour, and motor tension-excess. Furthermore, the Spearman rank correlation analyses ($\alpha = .05$) revealed that not enough evidence exists to show that there is a statistically significant relationship between IQ subtypes and ADHD subsections as supported by existing literature. On the other hand, a significant moderately positive correlation exists between hyperactivity and motor-tension excess ($p > .05$) while a moderately negative correlation exists between verbal IQ and attention problems-immaturity ($p > 0.05$). These correlations can be attributed to genetic, physiological, and environmental factors as explained in this study.

Keywords: attention deficit hyperactivity disorder, emotional quotient, intelligence quotient, problem behaviour

HIV health beliefs, need-based intimacy, and mortality salience as predictors of sexual abstinence self-efficacy among business process outsourcing agents in Metro Manila

Charliemagne Jasperleh Pocong

University of Santo Tomas
Philippines

Correspondence: cpocong@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Using a cross-sectional design, the study aims to determine the relationship between HIV/AIDS, abstinence health beliefs, need-based intimacy attitudes, and mortality salience among young adult employees in BPO companies in Metro Manila with their sexual abstinence self-efficacy. A convenience sampling was utilised to recruit 123 participants who are currently working as BPO agents in Metro Manila to complete the following instruments: data sheet, HIV/AIDS-Abstinence Health Belief Model Scale, Need-based Intimacy Attitude Scale, Attitude Towards Death Scale, and Sexual Abstinence Self-Efficacy Scale. The Pearson's product-moment correlation and multiple regressions were utilised to determine significant relationship between variables. Findings of the study revealed that perceived severity to HIV/AIDS and perceived benefits of sexual abstinence were positively correlated with sexual abstinence self-efficacy. Among the variables, perceived severity to HIV/AIDS ($\beta = 0.204, p < .05$), perceived barriers to sexual abstinence ($\beta = -0.199, p < .05$), need for sex ($\beta = -0.541, p > .05$), and need for affiliation ($\beta = -0.581, p > 0.05$) has significant relationship with sexual abstinence self-efficacy. Findings of this study can be utilised in formulating programmes and strategies targeted among BPO companies that will motivate its employees to engage in safe sexual practices and behaviour.

Keywords: AIDS, business process outsourcing, HIV, intimacy, sexual practices

Teeter-totter model of burden-bearing among Filipino teenage mothers: Implication to sex education and psychosocial intervention programme

Florence Nawew-Bahni

Saint Mary's University
Philippines

Correspondence: florencebahni@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Teenage pregnancy is very challenging because teenagers are often given burdens they are not prepared for. This qualitative study attempted to typify the burden-bearing experiences of ten Filipino teenage mothers. Using the phenomenological design, a teeter-totter model of burden-bearing among Filipino teenage mothers was uncovered. This model describes that the Filipino teenage mothers' experiences various sources of difficulties (loads) and satisfaction (lifts). Moreover, their journey through motherhood consists of three phases. In the 'launching into teenage motherhood' phase, the Filipino teenage mothers' loads consist of the family, self and education while their romantic relationship is found to be a lift. In the 'being a teenage mother' phase, the loads consist of financial problems, childcare and partner while their goals in life is a lift. Embracing teenage motherhood is the last phase where parenting and marriage plans are sources of difficulties and motherhood is a lift. Recommendations related to sex education in secondary schools as well as a psychosocial intervention programme for Filipino teenage mothers are presented.

Keywords: difficulties, family, satisfaction, teenage mothers, teeter-totter model

The use of eye movement desensitisation and reprocessing in sexually abused youth

Joseph Marquez

Hospicio de San Jose
Philippines

Correspondence: yoemarquez1987@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study investigated on the efficacy of the eye movement desensitisation and reprocessing (EMDR) to children who were abused and experienced trauma as a consequence of the traumatic sexual experience. The researcher utilised purposive sampling in choosing 10 sexually abused children from Hospicio de San Jose. The participants underwent EMDR to alleviate their symptoms. On the basis of the result of this research, it can be concluded that the use of the EMDR for sexually abused children with posttraumatic stress disorder who are in residential care facilities is an effective intervention to alleviate such distress. This research hoped to offer all residential care facilities in alleviating posttraumatic stress disorder to children who are victims of abuse and thus, make a small contribution to further studies.

Keywords: children, EMDR, sexual abuse, residential care, stress disorder

The perception of high school students and teachers towards reproductive health: Basis for reproductive health education and counseling programme

Marissa Plantinos

Doña Montserrat Lopez Memorial High School
Philippines

Correspondence: mplantinos@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Concerned of the future of the students of Doña Montserrat Lopez Memorial High School, Silay City, proponent embarked on a study that would help each student develop an awareness of their sexuality and promote reproductive health. The researcher would like to find out if there are significant differences on the level of perception towards reproductive health (RH) when the students and teachers are grouped, according to their selected characteristics and if there is significant relationship between students' and teachers' level of perception towards RH. Descriptive analysis and qualitative design were conducted to 375 students and 119 teachers who were identified through stratified random sampling. Data were collected through a valid and reliable questionnaire, and analyses through SPSS software. Results of the study revealed that both students and teachers have high perception towards RH and that there is no significant difference between the levels of perception of students as well as teachers when they were grouped according to selected characteristics. Taken as a whole, there was no significant relationship on the levels of perception between students and teachers.

Keywords: cultural beliefs, reproductive health, sexuality, students, teachers

Towards measures of mattering in Malaysian occupational context

Harris Shah Abd Hamid¹, Abdul Rahman Badaya², Hariyati Shahrima Abdul Majid³, & Khairil Shahrim Abdul Majid³

¹University of Malaya

²National University of Malaysia

³HR Wellness Development
Malaysia

Correspondence: harris75@um.edu.my

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

There is growing evidence that mattering contributes to psychological well-being. Mattering is conceptualised as a personal resource in the form of the perception of oneself in relation to significant others, society in general, and attending behaviour from specific others. It includes the thoughts that other people depend on us, interested in us, and important for their self-identity. This paper presents arguments for adapting existing measures of mattering for use among employees in diverse occupations. The arguments are based mainly on: (1) its postulated importance as part of an employee's job resource; and (2) the limitations in the existing measures. With regards to its measurement, mattering is considered distinct from closely related construct but may be confounded with social support. In the employment context, a general mattering scale is shown to explain variances in job satisfaction, but to a lesser extent than holistic wellness. While there is one mattering scale developed specifically for work setting, the scale is not immediately suitable for a wide range of occupations. A measure that is more flexible and adaptable to a wide range of occupations would allow comparison of employees across different occupations. Thus, this paper presents the justification and conceptualisation of mattering in occupational context. This is the first step towards translating and adapting mattering measures into Bahasa Melayu.

Keywords: construct, employees, mattering, occupation, well-being

The law of harvest: Prosocial behaviours of volunteers

Alicia Tablizo

Our Lady of Fatima University
Philippines

Correspondence: tablizoalicia@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Prosocial behaviour such as volunteerism is beneficial to both the volunteer and the individual receiving the act. Rewards or incentives are often not the motivating factors to volunteer but for public good. This study sought to get the essence of volunteerism using Filipino volunteers (N = 60) from the National Capital Region and Rizal. By means of questionnaires and unstructured audio tape, interviews were conducted in six distinct organisations. Making use of regression analysis based on these four facets of volunteerism (self-interest, virtues, competency and social interaction), in relation to: (1) age; (2) gender (3) type of volunteer organisation; and, (4) number of years volunteering, consequently interpreting qualitative data. Results showed that age is a predictor of competency (0.11); type of volunteer organisation (0.41); gender (0.17); and, number of years volunteering (0.38) are important on the volunteers' social interaction level. Moreover, volunteers have to be passionate about their roles for them to be committed and other peoples' negative perceptions will not be a hindrance to their obligations. They gain fame, leave legacies, developed good discipline in time management and manage conflict resolutions. It is not obvious that they expect something in return but it emerged they feel happy when appreciated, given certificates, awards and acquire knowledge. They developed good camaraderie with fellow volunteers and opted to stay in the same organisation. Volunteer organisations edify their volunteers' capability which advances with age. Time frame devoted volunteering and one's gender enhances good relations promoting prosocial behaviour.

Keywords: organisation, prosocial behaviour, social interaction, volunteering, volunteerism

The effects of gratitude journaling to life satisfaction

Alyssa Genela De Leon

Centro Escolar University
Philippines

Correspondence: alyssa.deleon18@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Adolescence is a crucial stage of development among individuals. It presents various challenges and changes in the life of adolescents. Thus, it is vital that they are equipped with positive values and behaviours to meet the demands of their everyday lives. Through reinforcing positive emotions such as gratitude, positive effects in one's life can also be obtained. The present research sought to find out the effects of gratitude journaling to the life satisfaction of early adolescents, specifically Grade 7 students. The study utilised a pre-test and post-test design whereby participants' overall life satisfaction and domain-specific life satisfaction (family, friends, school, living condition, and self) levels were measured thru the Multidimensional Student's Life Satisfaction (MSLSS). Afterwards, gratitude journaling was employed as the intervention to the experimental group. The results of the pre-test and post-test were analysed with the use of Wilcoxon Signed Rank Test and Mann Whitney U test. The analyses revealed that there was significant difference in the level of over-all life satisfaction ($Z = -4.060, p < .05$) as well as in the friends ($Z = -2.005, p < .05$); school ($Z = -2.431, p > .05$); living condition ($Z = -3.049, p < .05$); and self ($Z = -3.565, p = .05$) domains of the experimental group during post-test ($p = .05$). Moreover, a significant difference was found between the experimental group and control group ($U = 222.00, p < .05$) at post-test. This implies that gratitude journaling has a significant effect with students' life satisfaction. A proposed homeroom activity was formulated based on the results.

Keywords: adolescence, gratitude, gratitude journaling, journaling, life satisfaction

Humour styles and emotional states

Aviva Domasian

Our Lady of Fatima University
Philippines

Correspondence: aviva.domasian@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Previous research have linked the affiliative, self-enhancing, aggressive, and self-defeating humour styles to psychological well-being, self-esteem, rumination and suicidal ideation, psychopathology, and stress and depression, among other variables. The present study sought to determine if there is a relationship between the four humour styles, as measured by the Humour Styles Questionnaire (HSQ), and the emotional states of depression, anxiety, and stress, as measured by the Depression Anxiety Stress Scale (DASS) 21. One hundred one elementary, high school, and college teachers from various schools in Quezon City and Caloocan City were asked to answer the HSQ and DASS 21. Self-enhancing humour was found to be significantly negatively correlated to stress, confirming the results of previous studies. However, no other significant correlations between humour styles and emotional states were found.

Keywords: humour, psychopathology, rumination, self-esteem, well-being

Indian immigrants and their counsellors: Implications for Australian counselling practice

Madhuri Mathisen

University of Notre Dame
Australia

Correspondence: madhuri.mathisen1@my.nd.edu.au

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Global migration has become a reality in the present era. People from diverse cultures are migrating all around the world. Therefore no society is considered as wholesome collectivist or individualistic. Australia, a predominantly individualistic society, has become home to a growing population of migrants from predominantly collectivist countries. The loss of family networks as a result of migration can necessitate these migrants to seek professional support services such as counselling services, despite these services being grounded on individualistic concepts. Hence, it is important to examine the provision of counselling services for people from predominantly collectivist societies. Considering the substantial Indian community in Australia, and the lack of research in this area, this study aimed to explore the experiences of both Indian migrants accessing counselling and their counsellors. The eight purposively selected participants from both categories, i.e., four counsellors and four Indian clients, constituted the total population of the study. An interpretative phenomenological analysis was conducted on the data collected by semi-structured interview. This study revealed five superordinate themes from the client participant group namely: (1) lack of counselling involvement in India; (2) understanding of counselling; (3) benefits from counselling; (4) challenges of counselling; and, (5) therapeutic relationship. The counsellor participant group revealed three superordinate themes: (1) challenges of counselling; (2) aspects of the therapeutic relationship; and, (3) counsellor's knowledge and experience in multicultural counselling. Regardless of the challenges, overall, the study found counselling to be beneficial for Indian clients and this is aligned with other research findings on multicultural counselling.

Keywords: counselling, counsellors, multicultural, society, therapeutic relationship

The use of self: Towards an expanded critique and paradigm in counselling psychology

Fraser Smith

Glasgow Caledonian University
United Kingdom

Correspondence: fsmith30@caledonian.ac.uk

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The use of self in counselling psychology is a term both widely used in terminology and yet highly debated over with regards to its place in counselling psychology and even its definition. This review seeks to gain clarity from the small body of literature that attempts to quantify the use of self in counselling psychology. The fundamental aim of this paper is to inevitably seek clarity in this topic by looking at the historical significance of counselling psychology and philosophical considerations of counselling psychology in order to better understand the use of self. This work also seeks clarification from analysing the multiple psychological and empirical paradigms in counselling psychology to illustrate the place for the use of self and the inevitable need for further study.

Keywords: counselling, counselling psychology, paradigms, philosophy, self

Counselling needs of students: A framework for the enhancement of the campus guidance programme

Jona Addatu-Cambri & Rosemarie Agpoon

Cagayan State University
Philippines

Correspondence: jonacambri06@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study attempts to bring light to the understanding of the counselling needs of university students and its relation on selected personal variables. A total of 400 randomly selected student-participants took the following measures: Students Needs Inventory; the *Panukat ng Katalinuhang Pilipino* (PKP) Form A; the 14-Item Resilience Scale; and the Self-Motivation Quiz. Aside from the questionnaires, interview and documentary analysis were also used to deduce the data needed in the study. The result indicated that the five counselling need areas namely: (1) self-development; (2) family relationship; (3) social relationship; (4) academic; and, (5) specific social issues were all regarded as very important by the students, with the need for self-development being their primary counselling needs. The Stepwise Multiple Regression analysis manifested that among the profile variables, age, year level, intelligence quotient, motivation level, resilience level, and academic performance were correlated to certain counselling need areas. Implications pointed to the importance of revisiting the guidance programme, considering as a substantial input the counselling needs of the students. Efforts to educate the members of the administration, the faculty and other student service providers regarding such findings are likewise indispensable. Further, honing the multicultural competencies of the counsellors and educators is indubitably necessary when relating with the student population.

Keywords: academic performance, counselling, counsellors, personal variables, university students

Validation of the short-form Self Compassion Scale among primary school teacher in Malaysia

Lim Wee Lee

University of Malaya
Malaysia

Correspondence: 1willylim@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The Self Compassion Scale (SCS; Neff, 2003) has been translated and adapted to several cultural contexts worldwide. However, it is yet to be tested for its psychometric properties among teachers in Malaysia. Efforts to address mental health issues among teachers in Malaysia could benefit from understanding how the teachers are being kind and understanding towards themselves in face of the increasing performance pressure and workload. The purpose of this study is to test the validity and reliability of SCS (short-form, original English version) among the primary school teachers in Malaysia. The study sample comprised 85 teachers (27 male and 58 female) from national, Chinese and Tamil schools in Malaysia. Data collection involved snowball sampling through the dissemination of a Google form composed of the SCS, Spielberger State-Trait Anxiety Inventory (STAI), Multidimensional Scale of Perceived Social Support (MSPSS), Satisfaction with Life Scale (SWLS), and Perceived Stress Scale (PSS). The results showed a good internal consistency ($\alpha = 0.81$) and test-retest reliability ($r = .83$). Evidence for construct validity was found except for with SWLS. The observation that SCS is correlated with negative mental health (PSS) but not with positive mental health (SWLS) should be explored further.

Keywords: mental health, performance pressure, psychometric properties, self-compassion, workload

Development and validation of work text in psychological assessment

Niclie Tiratira

University of Rizal System & New Era University
Philippines

Correspondence: ntiratira@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The main objective of the study is to develop and validate the work text in psychological assessment. The evaluation criteria for the validation include the content, language/grammar, presentation, usefulness, authorship, and publication standards and physical features. The descriptive quantitative research was utilised. There were four experts and 23 students who validated the work text. The study used the evaluation instrument for book (or any print), or non-print instructional material to validate the work text with Cronbach's alpha of .78. The study revealed that the work text in psychological assessment is exemplary in terms of its content, language/grammar, presentation, usefulness and authorship. It is acceptable in terms of format, illustration and justification of blank pages. There is a significant difference in the validation of work text between the students and experts. Comments were given to improve the work text. It needs further improvement in its citations and referencing. It also needs to be copyrighted.

Keywords: language, publication, psychological assessment, validation, work text,

Development and validation of vocational career test for Grades 11 and 12 among selected public high school students in Metro Manila work text in psychological assessment

Hernani Patches Jr

University of Santo Tomas
Philippines

Correspondence: patcheshernani@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The research aims to develop and validate a vocational career test for Grades 11 and 12. Factors were formulated to a thoroughly researched literature of skilled competencies in technical education; preference and interest of students; and validation of experts in the fields of agri-fishery (AF), information and communication technology (ICT), home economics (HE), industrial arts (IA) and maritime education (ME). Content Validity (CV) was established through inter-item correlation coefficient (ICC) at Cronbach's alpha of .68, .91, .70, and .59 for personal working experience skills (PWEs), hand dexterity skills (HDs), environment adjustment skills (EAs) and technical knowledge skills (TKs), respectively, in the AF area. In the ICT area PWEs is in .91, HDs is in .80, EA is in .96 and TK is in .59. HE has .60 in PWEs, .96 in HDs, .98 in EAs and .74 in TKs. IA also has high CV in factors of PWEs = .86, HDs = .94, EAs = .62 and TKs = .91. ME also has good CV in PWEs = .88, HDs = .91, EAs = .96, and TKs = .95. Item analysis revealed a reliability in AF = .96, ICT = .94, HE = .96, IA = .98 and ME = .99. Principal component analysis was utilised to determine the true factors after the initial and final test, while confirmatory analysis was employed to determine the true factors both from the initial and final test.

Keywords: assessment, psychological assessment, students, teachers, vocational career,

Barriers to mental health help-seeking among displaced adult survivors of Typhoon Yolanda

Abigail Del Puerto

Balik Kalipay Center for Psychological Response
Philippines

Correspondence: abbey.delpuerto@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Help-seeking is a health-promoting behaviour and an important resilient factor (Crowe, Averett, & Glass, 2016). In disasters of global scale such as super typhoon Haiyan, survivors may potentially remain vulnerable to developing mental health issues, which makes help-seeking all the more indispensable. This descriptive study identified the top barriers to seeking mental health care among 29 purposively-selected adult survivors of super typhoon Haiyan. A questionnaire enumerating structural and psychosocial barriers to help-seeking for mental health, Barriers to Access to Care Evaluation (BACE; Clement, Brohan, Jeffery, Henderson, Hatch, & Thornicroft, 2012), was group-administered to the participants as part of a one-day intervention on community mental health literacy. Based on the mean of the response scores, it was found that the top barriers are : (1) preferring to get help from family or friends; (2) wanting to solve the problem on own; (3) concern about what my family might think, say, do or feel; (4) not being able to afford the financial costs involved; (5) problems with transport or travelling to appointments; (6) thinking the problem would get better by itself; and, (7) concerns about the treatments available (e.g., side effects). The findings reveal that most of the barriers – with exception of transportation and cost issues – fall under misconception or lack of knowledge around mental health which can be positively influenced by appropriate interventions like community mental health literacy and psychoeducation.

Keywords: health-promoting behaviour, help-seeking, resilience, mental health, psychoeducation

Proposed diploma programme for students with special needs

Dorislyn Tabunda

New Era University
Philippines

Correspondence: editor@pjp.psychreg.org

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The researcher attempted to propose as research output a proposed diploma programme for students with special needs (SWSNs) in order to provide equal opportunities to be educated, accepted and finish higher education. The participants are 24 university administrators and 146 faculty members from private and public universities in Metro Manila and Benguet province. The researcher used self-made questionnaire, documentary analysis and interview. Based on the results of the study, there are the behavioural and cognitive qualifications of students that may be accepted to the proposed diploma programme, in the perspectives of university administrators and faculty administrators. The diploma programme's content, objectives, teaching strategies, facilities, faculty members and evaluation were viewed by the majority of the administrators and faculty members as very satisfactory. There are issues and concerns encountered by the university administrators and faculty members that may hinder the progress and development of SWSNs. For that, the solutions were also offered to make sure that the educational goals and objectives of each student with special needs will be met. Based on the findings, a diploma programme was developed and will propose the said programme to the Commission on Higher Education for its approval.

Keywords: diploma programme, educational management, higher education, special needs, students

Fraternity membership, self-identity, and personal development among adolescents

Jonel Noche Camalig

Cavite State University
Philippines

Correspondence: jonocamalig.1112@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Fraternities are famous for their energetic social gatherings which require all of their members to be socially active and outspoken when the occasion calls for it. This study aimed to look at the impact of fraternity membership on self-identity and personality development of selected adolescents in General Trias City, Cavite. The subjects for this study were adolescents who are bonafide fraternity members. The study used descriptive-correlational design and a two-part standardised questionnaire: Aspects of Identity Questionnaire (AIQ-IV; Cheek & Briggs, 2013) and Myers-Briggs Type Indicator (MBTI; Briggs & Briggs Myers, 2015) to assess self-identity and personality development among the participants. Results showed that there is a high level of self-identity and personality development among the participants. Furthermore, the relationship between participants' profile and self-identity was not significant, and their profile is not significantly related to personality development. On the other hand, there is a positive correlation between self-identity and personality development. It is recommended that parents be more observant on the activities of their children. Guidance and supervision should be strengthened both by parents and school officials so as to direct the young people in choosing the right path. There is nothing wrong with being a fraternity member, but the ideals and mission of the kind of organisation one chooses to belong to matters a lot.

Keywords: adolescents, fraternities, parents, personality development, self-identity,

The effects of types of participation in co-curricular activities to school connectedness, academic integration, and school commitment of senior high school students

Herman Briñas

Emilio Aguinaldo College
Philippines

Correspondence: herman.brinas@eac.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Co-curricular activities (CCA) are generally beneficial to create a positive school environment. To further explore the importance of CCA in school, this current study investigates the effects of type of participation to school connectedness, academic integration and school commitment in a quasi-experimental research using three separate measures and tested by one-way, between-group Analysis of Variance (ANOVA). Through the careful purposive groupings of participants using three classifications (with participation, without participation, and absolute participation) the data set was able to satisfy the requirements for the Levenes' test of homogeneity. The result found that the 'absolute' exposure to CCA is the most effective among the three types of participation. The results were interpreted through the lens of student involvement theory (Astin, 1984) which proposed that involvement is an indicator of students' institutional connectedness. Implications and proposed future directions for research pertaining to the result of this current study were discussed and presented.

Keywords: academic integration, academic performance, co-curricular activities, school environment, students

Implicit theories of intelligence, science teachers' efficacy beliefs and assessment-based instructional strategy: A gauge of 21st century instruction

Jacky Jay Cadulong

University of Southern Mindanao
Philippines

Correspondence: cadulongjay@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Implicit theories of intelligence are shown to influence how teachers deal with their students particularly in teaching science and instructional strategies they use in the classroom. The purpose of this explanatory sequential mixed- methods study was to explore the use of formative assessment of in-service science teachers with different views about the nature of their teaching ability and confidence in teaching science. The study surveyed a sample of 102 in-service science teachers from 15 randomly selected secondary schools in North Cotabato, as well as interviewed and observed three teachers belonging to different categories of extreme scores in the survey. The study indicates that science teachers who believe their ability to teach can be improved with effort and hard work may have higher confidence in their ability to teach science ($r = .36, p < .01$). Similarly, the evidence suggests that teachers with different levels of mind set and efficacy beliefs differed in how they exerted effort in improving instruction and student learning through formative assessment. The research addresses implications for tertiary educational institutions and school administrators in building pre-service and in-service teachers' capacity to implement formative assessment.

Keywords: formative assessment, implicit theories, intelligence, teaching, teaching ability

Assessment of the moderator of depression levels of Grade 11 students: Basis for the development of an intervention programme

Felida Tucker-Rustia

New Era University
Philippines

Correspondence: fbtuckerrustia@neu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study sought to determine how the depression levels of selected Grade 11 students were moderated. It also sought to discover the moderating factors that affected their depression. Furthermore, it aimed to develop an intervention programme intended to help these students to understand themselves and what they are undergoing through so they can go on and become fully adjusted to the demands of their daily lives. Developing an intervention programme is in progress and will continuously be updated as the demand for this is also in progress. Slovin's formula yielded 399 participants from the population of 2,018 total population of Grade 11 students. Assessment was done using Beck Depression Inventory (BDI-II, Beck; 1996) to 44% male and 56% females Grade 11 students. It was revealed from the distribution of participants according to age that they belong to 16 to 19 years old. The 16 year-old group were the most number of respondents (180 or 46%) followed by the 15 year-old group (152 or 38%) while the 19 year-old group (21 or 5.26%) were the least number of respondents. This is similar to what United Nation revealed that 10–19 years old experienced highest level of depression. Earlier works reveal that depression among males is twice as much observed among females, because the later are more emotional than the former. Thus, from this study it was revealed that 16 years old and mostly female experienced higher level of depression as compared to older teenage group of participants.

Keywords: assessment, depression, intervention programme, students, teenagers

The influence of theoretical orientations of school counsellors to their practical competencies in guidance and counseling practice

April Abrazado & Lucia Ramos

New Era University
Philippines

Correspondence: no email sent @eac.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aimed to establish the significant influence of theoretical orientation in terms of psychodynamic, humanistic, cognitive-behaviour and post-modern approaches of school counsellors on their practical competencies in terms of professional characteristics, personal characteristics and to their profile variables in guidance and counselling practice. The descriptive-evaluative method was employed that contained questionnaire and documentary analysis. There were 132 school counsellors in private institutions in Quezon City involved in the study and majority of participants were female. The youngest age of participants was between 31 –40 years old and the oldest was 59 years old. It was revealed that participants are oriented on cognitive-behaviour approaches (cognitive, behavioural, and reality therapies). Moreover, they are also oriented on eclectic therapeutic practice and openness in incorporating techniques from other approaches and methods for challenging and changing faulty thinking of their respective clients. It is noted that participants' least theoretical orientation is post-modern approach and these were not felt. Based on chi-square test, there is a significant difference on practical competencies of participants to their profile variables except gender profile. Based on multivariate test, there is a significant influence of theoretical orientations of participants on their practical competencies on counselling practices.

Keywords: counselling, counsellors, personal characteristics, school counsellors, theoretical orientation

School-based mental health programme for university students

Jocelyn Viray; Adrian Segovia; & Lordy Angelo Santos

Centro Escolar University
Philippines

Correspondence: joreyesviray@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Issues about mental health are on the rise among students. Pressures inside and outside the academia contribute to different mental health problems encountered by students. It is necessary that an academic institution to addresses these problems. This study included 405 students enrolled in general psychology who undergone mental health programme, which targeted four areas namely physical, social, cognitive and accomplishments. Dimensions of emotions were measured using Emotions Profile Index before and after a five-month period. Paired t-test scores revealed that dimensions of emotions (i.e., trustful, depression, aggressiveness, and gregariousness) were significantly changed after employing the mental health programme.

Keywords: academia, emotions, mental health, mental health programme, university students

Not all wounds are visible: The coping mechanisms of physically abused successful adults

Keith Martin

New Era University
Philippines

Correspondence: keithmartin1997@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

A qualitative study that explores the phenomenon of coping mechanism of three successful individuals with their experiences about any kind physical abuse that they suffered with and triumphed over their past childhood bearings, regarding of any source whether from family, friends or any person. The process of data gathering involved interview. The stories of each participant were recorded through videos and sound records. Each of them was asked to answer specific questions from interview guide that was validated from the experts. It was revealed that most of the coping mechanisms were faithfully chosen by the participants and are perceived to be unique from defence mechanisms that were commonly seen especially in physically abused survivors. A thematic analysis was used to strengthen the results of the gathered data. The result of the study showed the individuals' background including history of violence, physical injuries resulting from the abuse, factors that contribute to the participants to become successful despite the abuse, and the coping mechanism of individuals who suffered physical abuse such as apathy, optimism, being considerate, focus, and religiosity.

Keywords: childhood, coping mechanisms, interview, physical abuse, resilience

Empowerment and management utilisation in higher education

Digna Mac-Paner Alba

Ateneo De Naga University
Philippines

Correspondence: dalba@gbox.adnu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Reorganisation in higher education institutions in the Philippines became pertinent following the bold changes in the country's educational system. These led academic units to review their respective mission, vision and goals thus empowering the chairpersons to strengthen their respective unit's multi-faceted set-up. The 'Empowerment-Management-Equaliser Workshop for Department Chairpersons' in one private university in the Philippines assessed the understanding of their functions and responsibilities as academic and administrative leaders and managers. The workshop chairpersons' skills in university governance, leadership, communication, and conflict management using the researcher-designed empowerment-management-equaliser assessment tool which was an adaptation of the Thomas-Kilmann Conflict Style Instrument (2015). Such tool enabled the chairpersons to gauge their capability to distinguish between tasks and responsibilities through matching job description with their coordinative, executive and recommendatory functions. This study outlines the workshop phases which affected a cohesive understanding of the role of people in higher education and higher education's aim towards empowerment management and leadership.

Keywords: academia, communication, conflict management, educational management, higher education

Managerial skills of basic education school administrators: Career plateau vs non-plateau

Amarath Wong

Romblon State University
Philippines

Correspondence: joperez688@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The emerging development in education brought about by new thrusts, legislation, policies and programme causes increasing pressures on the part of school administrators to manage well their respective schools. Such pressures call upon every administrator the enhancement of managerial skills towards the attainment of their institution's goals and objectives. While there exist a plethora of literature on the factors that influence managerial skills, varied construct are emerging that need attention in research relative to management such as career plateaus or career stagnation which might either intensify or impair the management skills of school heads. This study therefore was carried out to explore the relationship of career plateaus to the managerial skills of public school administrators in the Division of Romblon – MIMAROPA region. A validated questionnaire which measured the school heads' level of managerial skills and their level of career plateaus was employed and administered through a survey method to 220 school heads within the division. It was revealed that most of the public school administrators are objectively not yet plateaued and consider themselves to be in a lower level of subjective career plateau. Further research nevertheless is encouraged to understand more the concept of career plateau and its role in other managerial skill dimensions of those school heads whose careers are already plateaued objectively.

Keywords: academia, career plateau, educational management, higher education, managerial skills

Mental health status in relation to personality adjustment: Implications to the development of teaching

Fructuoso Salao

Perpetual Help College Manila
Philippines

Correspondence: fosalao1971@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study was undertaken with the main purpose of determining the mental health status and adjustment status of the faculty of Perpetual Help College of Manila in relation to its implications to the development of teaching. Mental health status and adjustment status were assessed. There were a total of 164 participants. The data were treated statistically through the use of percentages, chi-square test of relationship to determine if the mental health and adjustment is significantly related to organisational related factors such as length of service and education, and Pearson product-moment correlation to determine the significance of correlation between mental health status and personality traits. The findings of the study revealed that the participants were still young in the service that the mental assets and liabilities were low. The five areas of adjustment were average, and it shows that education is an organisational factor that influenced the mental health status while the length of service is an organisational related factor that affects the adjustment status of the participants.

Keywords: adjustment, higher education, educational management, mental health, personality traits

Management leadership performance of academic middle managers and the attainment of their trilogic functions: An input to an enhancement programme

Geraldine Reyes

Ilocos Sur Polytechnic College
Philippines

Correspondence: gerrie.valdez@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Academic middle managers (AMMs) in state universities and colleges (SUCs) are faculty members designated as deans, programme heads, institute directors and the like. They are responsible in translating institutional plans, programmes and policies into feasible activities to be able to achieve the vision, mission and goals of the academic organisation. This study focused on determining the profile of the AMMs, the level of their management and leadership performance and their level of attainment of instruction, research and extension functions. Data were gathered using a questionnaire that was answered by faculty members and AMMs from selected SUCs from Region 1 in the Philippines. Results showed that the AMMs held master's degrees, ranked as associate professors, have served for 10 years or less, with one to five years of administrative experience and have 16–20 teaching load units. The AMMs themselves assessed their level of management performance to be above expectations which were agreed upon by the faculty members except in decision making and planning and organising. Further, the level of leadership performance of the AMMs was observed to be above expectations by both the AMMs and the faculty members. Also, the AMMs performed very satisfactorily in performing their instruction, research and extension functions, however, the faculty found them to have performed only satisfactorily in research. With these findings, an enhancement programme was prepared to enrich the performance of the AMMs in performing management roles of decision making and planning and organising and in the performance of research function.

Keywords: academia, decision making, educational management, higher education, managerial skills

Improving employee engagement: The impact of management styles and psychological contract fulfilment as perceived by employees in a higher education institution in Manila

Orlando Cabigting Jr

New Era University & Mapua University
Philippines

Correspondence: or.cab.1211@gmail.com

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

The purpose of this paper is to determine the impact of management styles and psychological contract fulfilment in improving employee engagement. Three standardised questionnaires were used to gather information, with 250 employees taking part in the study. The questionnaires are: (1) X-Y Management Style Questionnaire (Chapman, 2001); (2) Psychological Contract Inventory (Rousseau, 2008); and, (3) The Gallup Q12 (Gallup, 1996). Data were collected from the employees. A follow-up interview was conducted to selected participants to confirm the results of the study. Multiple regression analysis was utilized in analysing the data. The analysis revealed four significant findings: (1) Theory Y management style predicts employee engagement; (2) Psychological contracts are fulfilled by the employer to increase employee engagement; (3) Theory Y management style and psychological contract fulfilment have an impact in improving employee engagement; and, (4) Theory Y management style directly affects the fulfilment of psychological contracts and employee engagement. This suggests that employee engagement would depend on the type of managers they have and that employees' commitment or passion for work also relies on psychological contract fulfilment.

Keywords: contract fulfilment, employee engagement, human resource, management style, psychological contract

The effect of attitudes and beliefs, and equity knowledge of mental health professionals on their readiness to multicultural therapy for diverse clients

Lucia Ramos

New Era University & Mapua University
Philippines

Correspondence: lmramos@mymail.mapua.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This paper aimed to determine if attitudes and beliefs and mental health professionals' equity knowledge had an effect to their readiness in multicultural therapy for foreign students in the Philippines. Descriptive method was utilised through survey questionnaire, and interview of 33 guidance counsellors in different schools in the National Capital Region. The majority ages of the participants were 23–29. It was revealed that participants treat foreign students with respect, courtesy, fairness and in professional manner. They also accept a list of barriers that prevent ethnic minority students from using multicultural counselling. Most of the participants have affiliations in relation to their specialisation in various mental health organisations in the country and overseas. Chi-square test revealed that there is a significant difference on readiness and competence of the participants according to their age, gender, educational attainment, length of service and salary. There is also a positive relationship between readiness and competence. It may be concluded that if participants appeared competent, they are more likely ready to perform the standard multicultural counselling to diverse clients. Linear regression is used although it did not yield enough good fit but the b coefficient of 3.10 is indicative of positive relationship. It is noted that regressors (attitudes and beliefs, and equity knowledge) predict the readiness of Filipino counsellors in multicultural counseling.

Keywords: counselling, multicultural counselling, Filipino counsellors, mental health, mental health professionals

Policies and laws affecting psychological and counseling practices in the Philippine educational setting

Ida Marie Ecolano-Canton

New Era University
Philippines

Correspondence: imvescolano@neu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This paper is a survey of policies and laws affecting the practice of psychology and counselling as a profession in the Philippine school setting. It have taken a close examination of, among others: (1) The recently signed ‘The Mental Health Act of 2017’; (2) ‘The Anti-Bullying Act of 2013’; (3) the DepEd Child Protection Policy; (4) the Child and Youth Welfare Code; and, (5) the UN Convention on the Rights of the Child and the various laws professionalising the careers of psychologist, psychometrician and guidance counsellor – all with implications as to practice. It also examined the principles of restorative justice as espoused in the Juvenile Justice and Welfare Act of 2006, and how it can be applied in student counselling and discipline. Lastly, relevant decisions of the Supreme Court on ethical school practices and responsibilities were discussed.

Keywords: counselling, educational management, guidance counsellors, higher education, mental health professionals

Emotional quotient among Filipino educators

Sonia Janice Pilao & Christine Fresco

Centro Escolar University
Philippines

Correspondence: sj_pilao@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Positive thinking, in conjunction with a robust attitude, can affect one's well-being and coping strategies under stressful events. This study sought to identify the role of emotional quotient to teaching performance of selected faculty members from a university in the Philippines. Using a non-experimental research design, participants were asked to complete questionnaires to obtain their EQ, which was gauged using the Emotional Quotient Test. Their teaching performance was obtained from the records of the university. Results revealed that there was no significant relationship between EQ and teaching performance. Findings from this study will highlight the need for teacher-training programmes to raise awareness of the emotional demands of teaching and consider ways to enhance emotion regulation skills in experienced as well as recently qualified teaching staff.

Keywords: educational management, emotional quotient, higher education, teaching performance, well-being

Psychosocial problems: Anchorage on Émile Durkheim's social integration and social regulations perspectives

Christine Era Reyes

New Era University
Philippines

Correspondence: erareyes0@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aims to understand and discover how social integration and social regulation affects psychosocial problems – a problem involving psychological and social aspects of an individual includes his environment and people around him. This study describes the insights, perspectives and experiences of university students with psychosocial problems tendencies on how they connect or regulate with their environments anchoring it on Émile Durkheim's perspectives on social integration and social regulation categorising through different social forces such as extreme and lack social integration, rejection and deviant social regulation as a caused of suicide namely altruistic, anomic, fatalistic and egoistic. The researcher used a grounded theory approach through an unstructured open-ended interview, observations and two sets of standardised test for screening of the participants for an aim of a purposive sampling. It was limited to 10 university students who were having different psychosocial and academic problems. Psychosocial problems can affect a student's social integration and social regulation through self-construction. The study proposes benefits despite having psychosocial problems through development of self-concept, self-identity, self-driven skill and self-actualisation.

Keywords: psychosocial problems, self-actualisation, social integration, social regulation, university students

Bullying in the countryside: Prevalence, factors, and coping mechanism

Jonathan Wong & Amarath Wong

Romblon State University
Philippines

Correspondence: jo_wong3@yahoo.com

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Bullying is now becoming widespread and a worldwide problem especially among schools. Incidence of bullying even in the countryside is becoming observable. The prevalence of bullying needs special attention as current literature confirms its adverse effect to both the bully and the bullied. This study was initiated primarily to determine the common bullying experiences of pupils in two central schools in the province of Romblon, Philippines that may serve as basis for an effective guidance and counselling programme for bullying problems. The study is descriptive in nature employing a combination of quantitative and qualitative method using questionnaire and interview as techniques in gathering the data. A total of 187 grade VI pupils, two school heads from two central schools in the District of Romblon, Division of Romblon participated in the study. Findings revealed that the most prevalent physical bullying experienced by the participants is being pushed, punched and kicked. These happen more than once to 7 out of 10 pupils. The most common verbal bullying experienced by the participants are being insulted, spoken with bad words and being teased. These happen more than once to 6 to 8 pupils out of 10. The usual coping mechanism done by the participants when bullied includes telling their parents, teachers and friends. The factors associated with bullying behaviour are: (1) in terms of family, harsh discipline from parents; (2) in terms of peer, influenced by friends; (3) in terms of school, lack of policy against bullying; and, (4) in terms of environment, exposure to violent films. Implication to school guidance and counselling programme is therefore given emphasis.

Keywords: bullying, counselling programme, countryside, student experience, verbal bullying

Understanding the concepts of bullying and its factors found among high school students

Jherleen Cabacungan

University of Baguio
Philippines

Correspondence: psych.fotografia0430@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

During adolescence, high school life has its highs and lows, including bullying. Bullying is an act wherein a person degrades and/or demeans another person. This act is done frequently, and subsequent incidences gradually put down a person emotionally, behaviourally, and cognitively. Four factors contribute to the behaviour: (1) individual traits; (2) family context; (3) community influences; and, (4) cultural factors. This study attempts to understand the causes of bullying, the effects of bullying in the physical, socio-emotional, and psychological aspects, and to address the incidences within school grounds. This is also to help the school pilot comprehensive programmes on bullying intervention and prevention via support groups, guidance and counselling programmes, and student-peer facilitation. The researchers implemented the triangulation method via non-random probability sampling through key-informant interviews, focus group discussion, and one-on-one interviews. Through framework analysis, the researchers discovered that the incidences were not considered as bullying – they were only single, non-repetitive cases. These students exhibited only simple (yet dangerous) misdemeanours or misbehaviours among their fellow students. Also, there are no current concrete programmes befitting the school specifically for bullying intervention and prevention.

Keywords: bullying, bullying intervention, counselling programme, student experience, student-peer facilitation

Understanding the digital self through the lens of Filipino millennials who toxic online disinhibition: A semiotic study

Jo-Ann Porillo

Lyceum of the Philippines University
Philippines

Correspondence: joannporillo@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Toxic online disinhibition was introduced by Suler (2016) who explains a phenomenon of online flaming and acting out behaviours that cause damage to self-image. Many millennials tend to focus more on their social media accounts, thus, technology plays a crucial impact of the youth psychosocial development. Digital self is a mask that people put on to engage the technological world (Kennedy & Hicks, 2010). Although there are studies that explored on toxic online disinhibition, only limited data focused on this layer of experience in the Philippine context. The study was conducted to explore and understand the digital self of Filipino millennials when they explore toxic online disinhibition as captured from their doodles. The research approach is qualitative utilising semiotic design. By using screening tool to qualify participants in exploring toxic online disinhibition, semi-structured interview and doodling, the study was able to describe the digital self of the participants. Six themes surfaced from the cool and warm analysis namely: (1) digital invasiveness; (2) hidden fighter; (3) two- faced persona; (4) compulsion; (5) coping styles; and, (6) adherence to Filipino values. The study helped on identifying the experiences of Filipino millennials as shown or expressed in their figures of digital self. This study showed that Filipino millennials who explore toxic online disinhibition have common identity.

Keywords: digital self, identity, keyboard warrior, millennials, toxic online disinhibition

Utilisation of national career examination result in career tracking

Cella Ocampo and Lucia Ramos

New Era University
Philippines

Correspondence: cellao@neu.edu.phyadoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The main purpose of the study is to determine if the results of National Career Assessment Examination (NCAE) were being utilised in career tracking for the students. This research made use of the descriptive-evaluative research design of Stufflebeam & Guba (1983) that provides the model for a total evaluation scheme known as CIPP Model consisting of four components of summative evaluation: (1) context; (2) input; (3) process; and, (4) product. The participants of the study are the 347 students in Grade 11 senior high school, and 26 designated guidance counsellor in Cluster 2 and 3 of the Division of Pampanga. Moreover, the researcher employed the purposive sampling. The researcher administered self-designed survey questionnaires to sampled public secondary students (N = 364), who have taken the NCAE exam year 2015, to determine if the NCAE results were utilised by the participants and career advocates (n = 26) in choosing their senior high school track. The data were post tested to other public schools who were not chosen to be participants. Majority of the participants score in general academic aptitude, academic track, and technical vocational track fall in the low-average with a 66.6%, 55.6 % and 52.7 %, respectively. Participants opted to enroll in specific tracks. NCAE was not properly utilised by the career advocates. Thus, the researcher attempts to propose a policy that may enhance the accountability of designated career advocates in implementing the NCAE.

Keywords: academic performance, career assessment, career tracking, counselling, secondary students

Recruitment and selection strategies in relation to organisational effectiveness among manpower agencies

Rolando Visca

Eulogio 'Amang' Rodriguez Institute of Science and Technology
Philippines

Correspondence: editor@pjp.psychreg.org

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The main focus of the study is to determine the recruitment and selection strategies in relation to organisational effectiveness among selected manpower agencies in Metro Manila. It was hypothesised that there was no significant relationship between the recruitment and selection strategies and the level of organisational effectiveness. The study utilised descriptive-survey method which involved descriptive gathering, analysis and interpretation of data. Data were gathered through survey questionnaires and were analysed using frequency, percentage ranking, standard deviation, weighted mean and analysis of variance. In reference to the recruitment and selection strategies of the human resource staff, the participants approved that these best strategies are being implemented.

Keywords: human resource, manpower agencies, organisational psychology, recruitment, selection process

Psychological capital and happiness level as correlates to job performance: Basis for enhanced faculty development programme

Fatima Manalang

Manila Central University & Pamantasan ng Lungsod ng Maynila
Philippines

Correspondence: fatimamanalang@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study tested if there was a significant relationship between the psychological capital and the teaching performance. Moreover, the study also tested if there was a significant relationship between the level of happiness and the teaching performance. The participants' overall psychological capital and happiness level are high. The teaching performance of the participants' is very good. The results showed that the psychological capital of the participants has a significant correlation with the demographic profile in terms of age, gender, educational attainment and length of service. The study revealed that the participants' happiness level has a significant correlation with their age, gender and educational attainment. The results revealed that there is a significant relationship found between the teaching performance and the psychological capital of the faculty members. The study also revealed a significant relationship with the happiness level and the teaching performance of the participants. The teaching performance of the participants has a strong positive correlation with their psychological capital. The performance of a faculty member increases when higher psychological capital is developed. The teaching performance of the participants has a strong positive correlation with their happiness level. The performance of a faculty member increases when they are happy in their life.

Keywords: development programme, happiness level, higher education, psychological capital, teaching performance

Social dynamics and development: The case of Barangay 634 in Sampaloc, Manila

Mrinalini A. Landicho

Eulogio 'Amang' Rodriguez Institute of Science and Technology
Philippines

Correspondence: lenielandicho@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The school plays a vital role in the society. To make it more effective and functional, it does not only serve and provide the needs of their students and faculty but addresses the needs of the surroundings. The school should actively participate and create programmes for these people within their vicinity. Thus, the Eulogio 'Amang' Rodriguez Institute of Science and Technology (EARIST), College of Arts and Sciences Extension and Community Outreach conducted a survey to know what are the problems and needs of Barangay 634 to establish a programme to better assist them. The descriptive method was used in the presentation of the research. The data were obtained using the survey questionnaire which were formulated in Filipino and were administered to the residents of the barangay. Random sampling was utilised in choosing the participants. The participants were the 100 families permanently residing in barangay 634 or 30% of the total 334 population. Findings reveal that: (1) Most of the family belong to the below average or low average levels based on their families' monthly income; (2) Children need a playground especially during their leisure hours; (3) Computer literacy a much needed programme and needs to be strengthened and supported; (4) The occurrence of early marriage has become a rampant problem; and, (5) Drug addiction is a major concern in the barangay. A copy of the study shall be provided and discussed with the officials.

Keywords: community development, community psychology, development programme, literacy, social dynamics

Does manipulation of efficacy affect fear of falling in older women?

Nida Roncesvalles Et Marie Bregendahl

Texas Tech University
United States

Correspondence: fatimamanalang@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Previous research has revealed that older women are more vulnerable to injury and falls than men. Hence, fears arising from falls and threat of falls are real. Before it grabs a firm grip on women, it is worth investigating if this state is malleable or even preventable. Documentation of health, mental state, heart rate, activity levels, and other demographic data were conducted during baseline screening. Inclusion to the final participant pool required low to moderate concern for falling. Results were attributed to having participants not yet vulnerable to fear (low to moderate concerns). Follow-up on those with greater fear is recommended. Furthermore, fall prevention strategies should be comprehensive and multifaceted. As a form of prevention, stakeholders should prioritise research and public health initiatives to further define the burden, explore variable risk factors and utilise effective prevention strategies.

Keywords: efficacy, elderly, injury, physical health, older women

The effect of multitasking and tempo on task performance and time perception

March Gabriel Meriño & Ma. Victoria Nortiga

University of the Philippines Diliman

Correspondence: fatimamanalang@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Due to the increased practice of listening to music and doing multiple tasks simultaneously, the present study explored the effect of multitasking and tempo on task performance and subsequent time perception. Participants were subjected to solving a puzzle, with one group also asked to memorise a list of words. At the end of the experiment they were asked to give their perceived duration of their puzzle solving. Consensus of the current literature said that multitasking has been detrimental to performance, and this was revealed in the results, $F(1, 76) = 8.47, p = 0.005$. Other variable relationships followed the hypothesised trends but did not yield significant results. Researchers conclude that in order to perform efficiently it is best not to multitask, and that time perception largely depends on the nature of the task and the optimal value of tempo.

Keywords: multitasking, music, task performance, tempo, time perception

Lifestyle and cognitive functioning of the elderly as basis for a cognitive intervention programme

Agnes Santos and Dorothea Dela Cruz

Centro Escolar University
Philippines

Correspondence: aesantos@ceu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Both lifestyle and cognitive functioning have been linked with mood and well-being. However, there are limited studies which have examined these factors simultaneously in community-dwelling participants. By identifying the levels of agony of elderly people in a local community, the present study unpacked a range of physical, emotional, and cognitive experience of the elderly. Findings revealed how health deterioration, isolation, and mental agony are intimately intertwined with the ageing process. Social isolation, specifically the feeling of being alone needs to be addressed since it is linked with all other emotional agony such as irritation, feeling of unworthiness, and being unhappy. Moreover, frequent worrying and overthinking can contribute to the elderly being unhappy. Almost all of the participants were at an early stage of solitary life due to death of their partners. Some elderly were separated from their immediate family and are unemployed. Findings from this study is beneficial for social workers, policy makers and involved staff and agencies in elderly care for it provides a better understanding about the elderly, their family structure, relationships, problem-solving approaches and acceptance to changes and adjustment.

Keywords: cognitive functioning, community-dwelling, community psychology, elderly

Phonological competence of kindergarten learners

Noel Tancinco

Naval State University
Philippines

Correspondence: tancinco17noel@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The thrust of this study was to determine the phonological competence of kindergarten learners of school year 2017-2018. Specifically, it sought to find out the profile of the learners; the profile of teachers; ascertain the phonological competence of the learners in terms of phonological awareness and pronunciation difficulty of the learners; and identify the problems met by the teachers. This study utilised the descriptive-survey method using quantitative and qualitative research design to describe the set of the data collected. After thorough analysis of the gathered data, it was revealed that most of the profiles of learners, in terms of parents' educational qualification, were high school graduates. On the profile of kindergarten teachers belonged to young age who were 20–30 years old. With regards to educational qualification, Kindergarten teachers obtained only a Certificate of Academic Requirements (CAR). None of them holds a master's degree and have attended trainings on early childhood in district-level only. On the other hand, in terms of reading materials available at home learners have books at home. For audio-visual materials available at home, TV was rank 1, only 22 of the kindergarten learners have laptop at home.

Keywords: academic performance, kindergarten, phonological competence, phonology, linguistics

Effects of violent conflicts on mental health of internally-displaced people: The moderating role of resilience

Martina Amade

College of Education Katsina Ala
Nigeria

Correspondence: martinaamande@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study investigated the influence of trauma and resilience on posttraumatic stress disorder (PTSD) and depression among internally-displaced people (IDP) of violent conflicts in Benue State, North-Central Nigeria. A total of 226 IDP were sampled in a cross-sectional survey design. The IDPs' mean age was 28.38 years ($SD = .78$). Females were 58.8% ($n = 133$) and 38.5% ($n = 87$) were male. Findings showed that: (1) Trauma was a significant predictor of PTSD ($\rho = .35, p = .001$) just as resilience was a significant predictor of PTSD ($\rho = .39, p = .000$) among the IDPs; (2) Trauma was a significant predictor of depression ($\rho = -.19, p = .005$), but not resilience ($\rho = -.114, p > .05$). Jointly, both trauma and resilience significantly predicted depression among the IDPs ($R^2 = .24; F(2, 216) = 6.79; p = .001$); (3) Resilience was not a significant moderator between trauma and PTSD ($\rho = 0, p = 1.0$) but a significant moderator between trauma and resilience ($\rho = -.112, p = 0$). It was discussed and recommended that psychological interventions such as counselling be made one of the cardinal assistance to IDP of violent conflicts to enhance their mental health.

Keywords: counselling, mental health, posttraumatic stress disorder, resilience, violent conflicts

The lived experience of single women

Laarni Muzones

University of Negros Occidental-Recoletos
Philippines

Correspondence: martinaamande@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research endeavour used a phenomenological approach that looked into the lived experiences of single women. Purposive sampling method was used to identify the nine single women as participants of this study. The researcher employed a phenomenological approach. The data were gathered through semi-structured interviews and observation to gather information of the participants. Following Van Manen's approach in examining lived experiences, the data were recorded, transcribed, analysed and interpreted by the researcher and were validated by professionals in the field of psychology. Data were analysed through thematic analysis of each participant. The data obtained seven important themes: (1) strong personality; (2) strong religiosity; (3) secured future; (4) reason for happiness; (5) sense of freedom; (6) being self-sufficient; and, (7) sense of fulfilment. Results showed that single women are happy, satisfied, and fulfilled in their chosen life. They have found a sense of purpose and meaning in life by supporting the financial needs of their families, helping friends, doing community service, travelling and strengthening their religiosity.

Keywords: attachment styles, lived experience, mental health, single women, well-being

Adjustment concerns, help-seeking tendencies and coping strategies of international students

Michael Zinampan

Cagayan State University-Carig
Philippines

Correspondence: jonacambri06@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The influx of foreign students in the Philippines had indubitably brought substantial input to its economy, education, and culture. With these, institutions of higher education (HEIs) in the country admitting foreign students are challenged not only to make its academic offerings and services responsive to the demands of internalisation and globalisation but also to provide quality educational experiences to its foreign student populace, recognising their needs, expectations, and vulnerabilities particularly in terms of cross-cultural adaptation. The descriptive-correlational research attempted to bring light to the understanding of foreign students' adjustment concerns, their help-seeking tendencies and coping strategies and the association of these variables to the personal, academic, and socio-demographic characteristics of the foreign student population. Three measures, namely, the Revised Socio-cultural Adaptation Scale (SCAS-R), the General Help-Seeking Questionnaire (GHSQ) and the Coping Strategies Inventory-Short Form (CSI-S) were administered to 210 foreign students of Cagayan State University, Carig campus. Results of the study accentuated the prevalence of a slight extent of difficulty experienced by the foreign students along the following adjustment areas: sociocultural, academic, personal-psychological and survival adjustment. These findings resulted in recommendations for improving the efforts of HEIs particularly in designing, advocating, implementing and evaluating institutional policies and programmes that will ensure the dynamic engagement and holistic development of their foreign enrollees.

Keywords: adjustment concerns, coping strategies, help-seeking tendencies, higher education, international students

Exploring teacher professional competency of university students

Ariya Kuha, Harris Kaewkabthong

Prince of Songkla University
Thailand

Correspondence: ariyakuha@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research aimed to explore teacher professional competency and comparing sex, subject, grade point average (GPA) and religiosity as to investigate academic performance. A total of 210 students from 5th year in 2017 were surveyed using the Teacher Professional Competency questionnaire with the reliability of .95. Data were analysed by using mean, SD, t-test and f- test. Results revealed that teacher professional competency were at high level ranking from teacher's ethics and integrity followed by teamwork, commitment to service, motivation, and self-development. Working achievement motivation competency falls within the aspect of planning ability, goal setting, analysis, and synthesis towards task. It has a focus on analysis towards task in order to solve the problem systematically. Result revealed that students with different academic achievement differed significantly at .05 and students with sex differences and subject differences result showing ability to follow-up the task performance statistically different at .05 levels.

Keywords: academic performance, higher education, teaching, teaching competency, university students

The status of guidance programme in selected secondary private schools: Basis for a comprehensive guidance programme

Rederick Cardenas

Polytechnic College of the City of Meycauyan
Philippines

Correspondence: ortalezamaricar@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The research is an attempt to study the status of the guidance programme in selected secondary private school in Bulacan. A total of 118 teachers, seven guidance counsellors and eight principals of the selected schools participated in the study. It focused in evaluating the guidance programme in terms of vision-mission statement, philosophy and objectives, counselling services, testing services placement, follow-up services, system support and management system services, and research services. It also investigated on the possible problems encountered by the participants and possible solutions offered in the implementation of the guidance programme. The study revealed that very few administrators, guidance counsellors and teacher finished masters or doctoral degrees and majority only earned masters and doctoral degrees. The counselling service had been implemented to a very high degree while the placement and follow-up services had been implemented only to a moderate degree. It also revealed that the problems encountered by the participants, guidance counsellors and teachers were serious in the utilisation of tests results and being understaffed. However, other problems encountered by the participants were moderately serious.

Keywords: counselling, guidance programme, higher education, secondary education, teaching

Course guide in teaching science using spiral progression approach integration of environmental education

Ma. Paz Contreras

Polytechnic College of the City of Meycauyan
Philippines

Correspondence: ortalezamaricar@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aimed to develop and evaluate the course guide in science teaching with integration of environmental education. It was confined to the development and evaluation of the course guide in teaching science with integration of environmental education. The teacher-experts of 20 science teachers, served as participants and evaluators of the modules of the entire course guide from different tertiary schools in Bulacan. The Department of Education representing division office of Bulacan specifically the science supervisory was also included as one of the evaluators of the modules since the topics can be linked to K to 12 in which science is in spiral progression approach or the twisting of the topics from earth, biological, physical, and environmental sciences. The researcher prepared the course guide based on the selected topics based on the scope, course syllabus in science mandated by the Commission on Higher Education. Based on the findings of the study, the recommendations were: (1) higher levels of thinking must be considered in the tertiary level; (2) the effectiveness of the tests should be developed among university students where it is intended to; (3) the study should be replicated to verify the validity and reliability of the developed course guide in teaching science with integration of environmental education; and, (4) continuous revision of the modules are encouraged to keep attune with the current environmental issues.

Keywords: environmental education, higher education, progression approach, science education, teaching

A review of models for predicting achievement in statistics courses

Muhammad Karimi Sulaiman¹, Harris Shah Abd Hamid², & Jasmawati Fuzaman¹

¹International Islamic University Malaysia

²University of Malaya

Correspondence: karimisulaiman@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Achieving high level of competency in statistics courses are of importance to both the students and their instructors. Both quantitative and qualitative studies have been done to identify the predictors of achievement in statistics courses (ASC) among undergraduate students. This paper reviews the existing quantitative models of ASC with the aim to identify the significant predictors and the prediction pathways. A literature search on six search engines and databases was done with three keywords: 'achievement in statistics', 'statistics performance', and 'statistics courses'. Nine models found from nine different studies were selected for analysis. The analyses focus on the theory or framework used, the study samples, the ASC measures, predictors of ASC and model-fit. Mathematical knowledge seems to be the best predictor of ASC. Statistics anxiety, possibly a non-linear predictor, showed mixed results in predicting ASC. The models are far from providing conclusive findings. Future works should attempt to discover predictors that are not readily included in a particular theory or framework. Multi-level prediction models could also be more useful especially in a learning environment where teamwork and team efforts are required.

Keywords: achievement in statistics courses, higher education, higher learning education, statistics education, quantitative model

Effects of experience points grading as performance task on the academic performance, behaviour, and interest in physical science of Grade 11 students

Julius Howell Regalado

University of the Philippines Los Baños

Correspondence: jpregalado@up.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The purpose of this study is to determine the effect of applying game elements in teaching physical science on the academic performance, motivation, behaviour and interest of Grade 11 students. Two A performance task (XP grading) incorporating game elements in class such as rewards system, levelling system, and team play was implemented for two quarters in one section of ABM and HUMSS academic strand (treatment setup). Average grades of students in controlled and treatment setup were compared using Mann-Whitney test and perception of students on the use of XP grading was determined using a five-point Likert scale questionnaire tool administered to the treatment setup. At 0.05 level of significance, Mann-Whitney test showed that there is no significant difference between the grades of treatment and controlled setup but summary of responses in the Likert scale showed that the use of XP grading has a positive effect on student's motivation, interest and behaviour. The arousal hypothesis under social facilitation theory was manifested for the groupings helped in motivating students to do better in class while it was also observed that some students tend to be freeloaders in their group. A better strategic mechanics and rewards and a more thorough observation on the treatment setup is recommended for future studies.

Keywords: academic performance, gamification, physical science, secondary education, student motivation

Teacher-peer support and learning behaviour of high school students

Jethro Odoy

Tacunan National High School

Correspondence: jethrodep7@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study determined which of the domains of teacher-peer support best predicts learning behaviour of 411 high school students from Bukidnon. Universal Sampling was used in the conduct of the study. The survey questionnaires were content-validated by a panel of experts. Furthermore, this study made use of the non-experimental quantitative research design utilizing the descriptive correlational technique. Results revealed that the participants experience a high level of teacher- peer support and a high level of learning behaviour, and that teacher-peer support was positively correlated with learning behaviour. The result implied that the more support provided, the better the learning behaviour of high school students. Peer academic support was found to be the best predictor of the learning behaviour. Further studies are warranted.

Keywords: academic performance, academic support, higher education, learning behaviour, peer support

Reading: Power of changing

Sarinda Puti, Hananmuhibbatuddin Nochi, & Ariya Kuha

Prince of Songkla University

Correspondence: psarinda@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research was an active research aimed to develop knowledge and promote development to well-being with reading culture. The sample was a population in the Pattani area. A total of 47 samples were included using purposive sampling in the area around Pattani Bay. The research instruments were interview questionnaires constructed by the researcher, personal factors, and books to promote reading. Data were collected between January and February 2018 by trained volunteers to reading promotion twice a week for 10 times. Data analysis included descriptive statistics, percentage, and content analysis. Most of the samples were female, 78.72%, 30–40 years old, 57.14%, followed by 41–50 years old, 23.81%, mostly housewives or unemployed, 95.24%. Education level was 85.71% for the elementary level. The study found that parents' reading skills enhancement of children could promote development to well-being with reading culture among children 3–5 years old. Reading was able to change the lives, improve a good family relationship, make family happy and encourage parents to read more. It also indicated the importance of promoting reading during childhood and the importance of learning as well as self-development of the family promoting reading to children. Their children are more interested in reading. Knowledge of reading promotion was the antecedents of pleasure reading, reading ability and book choice.

Keywords: academic performance, parenting, reading, reading skills, well-being

Reading fiction and the development of affectivity: A case study

Jennifer Bermudez

Philippine Science High School

Correspondence: jcbermudez@pshs.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

A significant development in Philippine education has been the growing interest in providing integral formation that includes citizenship and service learning. Kidd and Castano (2013) provided experimental evidence that reading literary fiction enhances readers' understanding of different mindsets and subjective states, enabling them to work and learn with others productively. How does reading literature in English refine students' perceptions about education and intelligence; and how does interpreting fiction corroborate the Filipino values of cooperation and compassion? Based on written accounts of 30 students who believe that the current education reform's emphasis on science and technology should be complemented with adequate humanistic studies, this study demonstrates how fictional literature may be utilised as a transitional vehicle from possessing a scholarship perspective that revolves on individual interests, to an outlook that nurtures attitudinal dispositions which are inclusive and dynamic. An analysis of student narratives confirms the theory that by reading fiction, students' linguistic repertoire expands to include empathy and service in their understanding of intelligence and power.

Keywords: academic performance, empathy, literature, fiction, reading

English language exposure and students' attitudes towards learning English

Romel Pecajas

University of Mindanao
Philippines

Correspondence: pecajasromel@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study dealt on English language exposure and students' attitudes towards learning English language. The primary goal of this study was to determine which domain of English language exposure best influence students' attitudes towards learning English language utilising quantitative non-experimental study with 358 Grade 10 students from the four national high schools in Davao City. Two adopted questionnaires validated by experts were used in gathering the data. Mean, Pearson-r, and regression were the statistical tools used for the data treatment employing correlation technique. The overall result disclosed a moderate level of English language exposure. The study also unveiled that all indicators of students' attitudes towards learning English language manifested high attitudinal levels. Furthermore, study revealed that there was a significant relationship between two measures. Moreover, it was revealed that among the indicators of English language exposure only home, school, and media were found to be significant predictors of students' attitudes towards learning English language. However, as it came out in the study, the domains that best influence students' attitudes were home and media. This study implies that learners require meaningful exposure in the target language especially at home and in media to attain affirmative attitudes towards learning the English language.

Keywords: academic performance, education, English language exposure, learning, student attitude

Effect of direct and focused written corrective feedback in increasing grammatical accuracy and in aiding second language acquisition

Norman Tabios

Quezon City Science High School
Philippines

Correspondence: nbtabios@yahoo.com.ph

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

The primary goal of this study was to investigate the debatable effects of direct and focused written corrective feedback in increasing the grammatical accuracy and in aiding the second language acquisition of Filipino students within a span of three weeks in an experimental research approach. Thirty 2nd year university students in an ESL (English as a second language) class read a short story and rewrite it in the first week, revised it in the second week after receiving direct and focused written corrective feedback from with a focus on the students use of transitional markers, and participated again in the third week in a new writing activity. This study also intended to find the significant difference of students' accuracy scores in using transitional markers through the use of obligatory occasions analysis during the pre-test, immediate post-test, and delayed post-test. In addition, the findings of the study were used to support the position of focused and direct written corrective feedback in the process of writing. Data from the quantitative statistics suggest that the corrective feedback used in this study resulted in the increase of accuracy of the target language structure and that this increase was statistically significant. This means that the provision of written corrective feedback on a single occasion had a significant effect on students' explicit language knowledge, enabling the learners to use the targeted language structure with greater accuracy over the period of three weeks; thus, supporting second language acquisition of the selected target language structure.

Keywords: corrective feedback, higher education, language, language acquisition, second language

The impact of English language proficiency of teachers on students' academic performance

Marissa Operario

New Era University & Manuel L. Quezon University
Philippines

Correspondence: moperario@neu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Induction programmes prepare new teachers to face the real job of handling students in classroom settings. On the part of these teachers who are just new in the teaching profession, the ability to communicate is essential in order to achieve and maintain functional independence in the teaching and learning process. The English proficiency of the teachers under the induction programme shall benefit his students and his performance as English teacher makes him effective communicator in enhancing his student's confidence in the use of the English language. This research aims to find out the significant level of English language proficiency of teachers under the induction programme with that of their students' academic performance. A standardised test was used to measure student teacher's proficiency and a self-made test was utilised on the part of the students. The Pearson correlation coefficient was used in computing the level of significance. The findings of this paper hope to contribute in crafting a responsive faculty development plan in improving the English Proficiency for teachers under the induction programme.

Keywords: English language, higher education, induction, proficiency, teaching

Outdoor play and computer-based games on orthographic awareness and word recall

Yña Keiku Agato & Faye Tancinco

Centro Escolar University
Philippines

Correspondence: amsegovia@ceu.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research focused on how outdoor play and computer-based games can improve orthographic awareness and word recall among children with dyslexia. Sequential exploratory method was utilised in this study. Nine children assessed with dyslexia, aged 6–8 years old, participated in the study. Scores gathered from pre-test and post-test on word recall ($z = -2.50, p = .01$) and time of recall ($z = -2.67, p = .01$) implies statistically significant difference after the two methods were conducted. Study revealed that by doing exercises, which were integrated with play, helped children with dyslexia improve their orthographical awareness. In addition, doing exercises based on dyslexic errors will help children with dyslexia lessen their letter recognition errors.

Keywords: computer-based games, dyslexia, dyslexic errors, orthographical awareness, word recall

Reading abilities among second language readers

Rona dela Rosa

Bulacan State University
Philippines

Correspondence: ronarelojo@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Adults are expected to have developed communication skills that can enable them to interrelate in an environment with increasing communicative demands. The communicative demands can be manifested through language learning. Language learning is a long-term process that requires attention to linguistic development among the learners. Part of the language learning is the ability of the learners to interpret, analyse, and deduce written content in meaningful ways, but some of the language learners at the secondary level find difficulty to meet the communicative demands. The present study assessed the reading difficulties experienced by Filipino university students in reference to vocabulary, grammar usage, as well as paragraph analysis and paragraph organisation. It has been discussed that an analysis of reading abilities among second language readers will provide a deeper understanding of the reading process as language-dependent rather than as universal. Furthermore, the study has also provided implications on the nature of second language reading, the database in second language reading, text- and knowledge-driven operations in second language reading, and second language reading classroom factors. Assessment of comprehension is briefly reviewed, and recommendations are provided for theoretical, cultural and educational implications.

Keywords: higher education, linguistics, linguistic development, reading abilities, university students

Discourse analysis of interpersonal meaning as exemplified in President Duterte's first State of the Nation Address

Roland Niez

Naval State University
Philippines

Correspondence: poetsings@yahoo.com

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Political speeches, like the State of the Nation Address (SONA), are important means of communication by a leader or president of a country to his constituents. Addressed publicly in a festive, pompous, and formal occasion, the SONA is expected to be written fully well, is often broadcast, and serves as a means to inform the nation about its present economic, political, and social conditions. It is also a vehicle for the president to summarise the accomplishments and plans of his programme of government both for a particular year and until the end of his term. As a whole, the preponderance of will in Duterte's speech is indicative of his attitude towards his future plans for the country, after all, such speech was his first SONA since he became president. Also, Duterte's strong determination to carry out his tasks as president was revealed, particularly in the use of the modal must to emphasise on strong recommendations, necessity, and certainty. Discourse is the highest scale of modal commitment. Duterte's position and attitude towards the issues that the country is facing can be gleaned towards his will to carry out the tasks placed before him as president. Moreover, pedagogically speaking, the SONA and other political speeches are viable language teaching materials for teachers in teaching mood, modal auxiliary, and interpersonal meaning in language classrooms.

Keywords: communication, discourse analysis, language, political speeches, politics

Determining the emotional quotient of students: Basis for an intervention programme

Francisco Ebio Jr

University of Cebu- Lapu-Lapu and Mandaue
Philippines

Correspondence: uclmguidance@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study determined the emotional intelligence of university students in the year 2015–2018. The findings of the study hold important implications on the value of emotional intelligence and their relationships to students' academic performance and well-being. It also developed an action plan for its stakeholders. This study utilised a quantitative descriptive design where 1,887 participants were tested. The data of this research were obtained through the administration of a self-report measure of emotional intelligence, Bar-On Emotional Quotient Inventory: Short (EQ- i: S). Results of the study revealed that the participants have low level of emotional intelligence. Positive Impression and Inconsistency Index levels validated these results while the Mayer and Salovey Model of Emotional Intelligence define the four discrete mental abilities which explain the findings of this research. The researchers further developed an action plan to address the need of its stakeholders.

Keywords: emotional intelligence, university students, well-being

A review of capability of technology and livelihood education among teachers in Biliran, Philippines

Francisco Ebio Jr

Naval State University
Philippines

Correspondence: franc.mc.eve@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This aims to fill the gap on necessary information to help teachers deal with the assessment concerns of classroom teachers. The major theme is that classroom assessment should help teachers make better educational decisions. The study generally aimed to find out the capability of teachers handling Technology and Livelihood Education course in Biliran Division during the school year 2016–2017. It utilised the descriptive survey research design involving 82 teacher-participants. Most of the participants belonged to middle age, female, married, bachelor's degree, hold national certification (NC) II, and were capable in handling the subject. Teachers' capability had no significant relationship with learners' assessment results. Teachers should pursue master's degree related to their specialisation to improve such capability.

Keywords: capability assessment, higher education, livelihood education, teaching, technology

Job performance of teaching and non-teaching staff: Basis for a training programme

Vicente Solteo Jr

Naval State University
Philippines

Correspondence: titing2001@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aimed to determine the performance of the teaching and non-teaching staff in the Department of Education, Division of Leyte. Using the descriptive research design, the instruments consisted of two parts: the personal profile and performance of the teaching and non-teaching staff. Majority of the teaching staff belong to the age group 21–30 years and most of the non-teaching staff belonged to age group of 21–30 years. Majority of the teaching and non-teaching staff were female, married, bachelor degree holders, worked in the department for five years and below, and without in-service trainings/seminars attended. On the level of performance, both the teaching and non-teaching staff had an average weighted mean of 4.29, categorised as ‘often exceeds expectations’. The trainings/seminars to teaching and non-teaching staff should be provided; offer scholarships to enhance the professional and development growth; give the awards, recognition, or promotion as a form of motivation; the policy on *padrino system* which is prejudicial to service must be eliminated as a sign political will on the part of the school head; provision of good working conditions, facilities, and provision of recreational facilities; allocation of budget for monetary incentives; and further studies should be undertaken related to performance of teaching and non-teaching staff.

Keywords: higher education, non-teaching, performance, teaching, training programme

Awareness of cyberbullying in Facebook that leads to depression as perceived by senior high school students

Mary Grace Cruz

New Era University
Philippines

Correspondence: grachi10982@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Information communication technologies support social activity that allows the youth to feel connected to their peers. However, alongside its useful functions, technology has its own downside. As far as well all know cyberbullying is intentional intimidation, persecution or abuse that children and teenagers may encounter on the internet. High as expectations and standards of society as well the perspectives seen on the internet, may occur to be a point of conflict or issue that may urge some members of society to result to the improper use of social media as to upset someone leading the victim to accumulate mental disorders or suicidal tendencies along with depression and self-hatred. This quantitative research involved 174 senior high school students as participants. It is revealed that posting negative comments under bashing, threatening under blackmailing, obsessive viewing under stalking, and online harassment under extortion came as the highest percentage being experienced by the participants. While in terms of level of awareness, it is revealed that the participants are aware that cyberbullying on Facebook could lead to depression. From this result, it is highly recommended an enhanced guidance and counseling programmes on the area of information dissemination and awareness campaign.

Keywords: cyberbullying, depression, high school students, Facebook, social media

Clinical implications of prayer breath technique: A case study of two depressive outpatients

Philip Manuelson Arandia

University of the Philippines Diliman

Correspondence: philmanuelson24@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Prayer breath technique (PBT) was utilised to lessen the depressive symptoms of two outpatients diagnosed with major depressive disorder. PBT was a name assigned by the researcher to the nonclinical 'centring prayer' used by Ignatian spirituality which employed a breathing exercise while repeating a one-line prayer. Co-opting the Ignatian prayer to clinical practice, was a decision coming from a breadth of studies which recognised the therapeutic benefits and efficacy of prayer among people with posttraumatic stress disorder, cardio vascular condition, cancer patients, chronic kidney disease, coronary care unit patients and patients with normal to severe migraine. The two patients requested for a psycho-spiritual approach to their psychotherapy and found PBT as a useful tool. They were then trained to facilitate PBT for their personal practice and were encouraged to use it when they wake up, before they sleep and whenever they feel distressed anytime of the day. They were also asked to keep track of their PBT practice using a log. The Depression, Anxiety and Stress Scale (DASS-21) was then used to assess changes in depressive, anxious and even distressed symptoms over the course of treatment. Both patients self-reported an improvement in mood, mood regulation and even self-efficacy. Making sense of their problematic experiences and their spirituality were also addressed as they continue their psychotherapy and their practice of PBT. These two cases show a promising clinical effectiveness of PBT in addressing depressive symptoms. Data for this study were taken from the therapist clinical notes, patients' PBT logs and narratives.

Keywords: breathing, clinical psychology, depression, depressive symptoms, major depressive disorder

Co-dependency and its relationship to the level of depression among co-dependents

Ronald Yrog-Irog

Cebu Institute of Technology University
Philippines

Correspondence: rcy.straycat2283@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Drug addiction is a rampant problem in the Philippines where the government made different programmes that will help the drug dependents, however, there is little to none for the family members or co-dependents. Hence, the study aims to identify the level of co-dependency and depression among co-dependents together with the contributing factors of co-dependency. Significant relationship between co-dependency and depression were also explored. Descriptive and inferential statistics methods were used to discuss the data gathered. Two self-made questionnaires were utilised, an 18-item scale used to determine the level of co-dependency and 21-item for the level of depression. Lastly, a 12-item self-made questionnaire was also utilised to determine the contributing factor of co-dependency. There were a total of 25 co-dependents who participated in the study (10 parents, 10 from partners and five from the siblings of drug dependents). It was found out that females are more likely to become co-dependents due to their traditional feminine roles such as wife, mother, daughter, and a direct woman that takes care of other people. Females are also vulnerable to depression as they experience it twice as men do. An intervention programme entitled 'ACES' was formulated with a series of activities that focused on helping co-dependents cope with living a dysfunctional behaviour in the family.

Keywords: co-dependency, co-dependents, depression, drug dependency, family

Tending my garden: The lived experiences of carers looking after their parents with dementia

RM April Alon

University of St La Salle
Philippines

Correspondence: rmjanuary@yahoo.com.ph

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

This paper is a phenomenological study that explored the lived experiences of adult caregiving children of parents with dementia. The study revealed the carer's experiences and its three major phases namely: (1) being immersed in the caring process; (2) adverse effects and challenges in caregiving; and, (3) developing resilience as a carer. A purposive sampling technique was utilised to determine the participants and semi-structured in-depth interviews were conducted. The participants were residents of Bacolod City who were either single or married non-working children who have been taking care of their elderly parents with dementia for 1 year or more. Using a combination of Lichtman and Moustakas' method of data analysis, 11 primary themes were identified representing the lived experiences and meaning found in the participants' experience as a carer: (1) becoming the primary carer; (2) concern and worry; (3) love and reciprocity; (4) decline in loved one; (5) fatigue; (6) striking a balance; (7) feelings of guilt and apprehension; (8) finding purpose and satisfaction; (9) garnering support; (10) solace of recreation; and, (k) spiritual growth. The primary stressors found to be associated with carer burden include the time spent for caregiving tasks, unavailability of support with caregiving tasks, lack of financial support and patients' behavioural disturbances. It highlights the carer's journey of how they became the carer, the important factors associated with carer burden, how they developed resilience in facing their daily struggles and how they found meaning in their caregiving experience.

Keywords: carer, dementia, lived experience, parents, resilience

Mobile-based instructional material: An assistive teaching tool

Berith Grace Magcalas

New Era University
Philippines

Correspondence: rmjanuary@yahoo.com.ph

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

This study aims to create a mobile-based instructional material at par with other mobile applications by using the ISO/IEC 25010 quality model in assessing the material. ISO 25010 covers the seven software quality characteristics: functionality, performance efficiency, compatibility, usability, reliability, maintainability and portability. T-test was used to identify if there is a significant difference between the teachers' and students' assessment and whether the application has an effect to student performance. The participants are 24 Grade 10 students of Santo Cristo National High School and 64 Science teachers from the Division of San Jose Del Monte Bulacan. The results show that the students' and teachers' mean score in their assessment of mobile-based instructional material has no significant difference for all the quality characteristics. Students and teachers perceive the developed mobile-based instructional material to be 80–90% functionally suitable, efficient, compatible, usable, reliable, maintainable and portable. As for the test scores, there is a significant difference between the pre-test and post-test scores. Based on the findings there is a 6-point increase from the 14.76 pre-test mean scores to 21.23 post-test mean scores. This study shows a wide range of opportunity for continued exploration of ICT-based instruction.

Keywords: educational technology, ICT-based instruction, instructional material, mobile applications, software

Development of interest test inventory for K12 tracks

Efsael Marcelo

New Era University
Philippines

Correspondence: efsael@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This study aimed to develop interest inventory for K12 Tracks. Interest inventory provide a strong tool to help students make a great choice or decision before senior high school students. This interest inventory will help the students to decide which tracks they are going to take in senior high school. It supports students as they explore careers, transition from junior high school to senior high school make decision about their preferred programme and to decide for their future career. The researcher used research and development and descriptive method with qualitative and quantitative approaches in this study. The researcher conducted a review of existing instruments and created taxonomy to provide structure to the process of developing and selecting items for the Interest Inventory for K12 Tracks. A total of 200 test items were developed and aligned to the K12 curriculum. Out of the 200 items, only 115 items that were retained based on the statistical results using factor analysis. Item development targets for the taxonomy were set at a minimum of 60 items. Table of specification were set. The developed interest inventory was administered to Grade 10 and Grade 11 students or junior and senior high school that resulted to high degree of internal reliability coefficient alphas from .70 to .90. Based on the results, the items are valid and reliable that led to the development of manual for interest inventory for K12 tracks.

Keywords: high school students, higher education, interest test, psychometrics, secondary education

Self-modelling video intervention for social skills of children with autism spectrum disorder

Mark Ryan Romero

New Era University
Philippines

Correspondence: markryan.romero@deped.gov.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research aims to evaluate the use of video self-modelling (VSM) as an intervention for social skills of children with autism spectrum disorder (CWA). The researcher used purposive sampling and gathered 10 children diagnosed with autism spectrum disorder as the clients. A mixed method design to describe the result of the survey instruments, documentary analysis, interview, and observation reveal the common social skill impairments of the CWA negatively affecting their relationship with the others. After the use of VSM intervention, most of the clients demonstrated substantial progress and development on their target social skill impairments. This result suggests that the use of VSM is an effective intervention for some social skill impairments of the CWA. Only a small number of the clients showed no positive changes in their target behaviours caused by the difficulties experienced by the teachers and the students on the implementation of VSM. Furthermore, the results of the research were utilised in preparing an easy-to-use guide for future VSM implementation.

Keywords: autism, autism spectrum disorder, self-modelling, social skills, video intervention

Behavioural rehearsal intervention among at-risk middle elementary students

Annaliza Pagaoa

New Era University
Philippines

Correspondence: pagaoaannaliza@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

Students who demonstrate excessively unwarranted talking, failure to cooperate, avoidance of task, and hostility, need the utmost care, concern and understanding. Such tendencies may hamper the students' performance in school which may later cause challenges in their personal lives. This is the very reason why the research highly believes that behaviour rehearsal will help at-risk students to be more equipped in attaining academic and life successes. This study aimed to seek information regarding the: (1) characteristics of at-risk students; (2) description of behavioural rehearsal intervention; (3) significant changes in the behaviour of students before, during and after undergoing behaviour rehearsal intervention in terms of academic engagement and social competences; (4) issues and concerns encountered by the participants and facilitating adults; and (5) study's significance in future researches. After having conducted the prescribed behaviour rehearsal intervention, it was found that: (1) at-risk students may be characterised as predominantly exhibiting tendencies of attention deficit hyperactivity disorder (ADHD) and manipulation. Likewise, various challenges have also been experienced by the facilitators and participants such as the lack of proper venue for the program, limited time, and the negative stigma on guidance office. Finally, results of the study were found relevant in: (1) having baseline client profiles; (2) initiation of functional behavioural Inventory; and, (3) having on hand tested and refereed intervention programme.

Keywords: academic engagement, behaviour management, behaviour rehearsal, social competence, students at-risk

Financial literacy and performance of public school teachers

Baby Lyn Castillo

New Era University
Philippines

Correspondence: cbabylyn02@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This paper identifies key determinants of teacher performance and examines relationship of professional development to school to further recommend reforms or possible re-orientation. The sets of data were collected and used: (1) professional development of teachers during 2016 and 2017; (2) enrolment rate, promotion rate, dropout rate and failure rate of the schools division in 2016 and 2017; (3) student assessment on the improvement of teacher's classroom management, strategies and approaches; and, (4) teacher self-assessment on their level of professional development and the issues and concerns of the school performance. Recommendation in the areas of policy framework are discussed to help address further issues and concern in the implementation of professional development in the public secondary school and sustain gains so far in improving school performance. The study shows the strong and significant association of the professional development activities in the teaching profession which highlights the classroom performance of teacher is a critical factor for the students' academic performance. The study is an evidenced based report that continuing professional development of teachers has a tripartite factor structure in the improvement and positive changes in the school system: (1) the teacher's empowerment; (2) students' performance; an, (3) school standing performance.

Keywords: academic performance, continuing professional development, school performance, student learning, outcome-based performance

Certification programme for sign language interpreters

Alexander Castillo

New Era University
Philippines

Correspondence: christiansocietyforthedeaf@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research intended to establish a certification programme for sign language interpreters. To fulfil this goal, the researcher conducted a survey across the country to study the situation. A total of 100 participants who are sign language interpreters and teachers of deaf students answered the survey questionnaire. Based on the answers, the researcher used the Analysis, Design, Development, Implementation and Evaluation (ADDIE) model to the results and he adopted topics, subjects and programmes from different countries, and to develop a certification programme. Ultimately, finding are intended to stimulate initiatives on the part of governmental, professional, and consumer organisations and institutions that prepare educational interpreters who work with deaf students

Keywords: certification programme, deaf students, special education, special needs, sign language interpreters

Instructional technology in teaching science: Basis for a faculty development programme

Rosel Lagarico

Polytechnic University of the Philippines

Correspondence: rosel.lagarico001@deped.gov.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

This research was conducted to determine the need for teachers for their improvement and development. Training programmes that may be proposed to enhance science teacher competencies. In this research, the following findings were obtained: Teachers realised the influence of instructional technology on students learning in science in terms of attention, relevance, confidence, satisfaction, and volition, teachers achieved low extent of acquired knowledge in instructional technology and technology management. There was also evident significant relationship between the perceived influence of instructional technology and the extent of teachers acquired knowledge, student perceived that instructional technology catches their attention, relevant to their experience, improved their confidence, build their satisfaction and volition and student perceived that in instructional technology is of great advantage to their learning. Furthermore, there is also a significant relationship with the extent of teachers acquired knowledge and the student perception in instructional technology. Finally, the following recommendations are hereby given: teachers must engage fully with instructional technology, must have the initiative to develop competence, the school must create and design a faculty development programme, teachers should also increase usage of technology in the classroom to improve the student's classroom experience that would create quality 21st century learners.

Keywords: classroom experience, development programme, instructional technology, student experience, training programme

Temperament as predictor of delinquent behaviours among prisoners

Razia Anjum

Government College Women University, Sialkot
Pakistan

Correspondence: razia.anjum412@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The main objective of current study was to explore the predictive relationship of adult temperament with involvement in delinquent behaviours and to create an overview of the different temperamental traits that significantly contributed in the development of delinquent behaviours. A total of 517 were gathered from prisoners with age range of 18–50 years old. Data was collected through the convenient sampling technique by using the cross sectional research design. Temperament was measured through Adult Temperament Scale (Anjum & Bano, 2018) based on Hippocrates and Galen typology. It was comprised on 26 items with four subscales of temperament including choleric, melancholic, sanguine and phlegmatic. Delinquent behaviours were measured through 27 items, Self -Reported Delinquency Scale (Naqvi, 2007). The findings indicated melancholic and choleric temperament were the positive predictor of delinquency whereas the sanguine and phlegmatic were the negatively associated with delinquency. The findings of the study are discussed in the light of current situation and its future implications.

Keywords: adult temperament, delinquent behaviours, multiple regression analysis, temperament, temperamental traits

The correlation between genetic markers and addictive behaviours: A meta-analysis

MinSoo Aaron Kang

Magnus Centre for Ethics, Science and Philosophy
South Korea

Correspondence: aaronminsookang@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

We have conducted several individual genetic studies that show correlation to addictive behaviour such as alcoholism, drug dependence, and smoking. We reviewed and assessed evidence of several individual genetic studies on the neuroscience of the respective addiction. We retrieved these studies through JSTOR, EBSCO, National Center for Biotechnology Information Search (NCBI), and additional research reports retrieved from Google Scholar. Genetic association studies were chosen based on binary outcome. A subgroup analysis was also conducted using relevant qualitative data from the selected genetic association studies in order to map out distinct polymorphisms that highlight a specific addictive behaviour. There was a strong correlation between genetic markers and alcoholism, drug dependence, and smoking addiction. We also found that the absence of the serotonin receptor gene, *htr1b* lead the participant to be prone to alcoholism, nicotine and drug dependency. Certain genes such as dopamine D4 receptor gene (DRD4) with seven allele repeats and Dopamine D1 receptor gene (DRD1) have consistently recurred within the three explored addictive behaviours. The subgroup analysis showed similar genetic polymorphisms in alcoholism, drug dependence, and smoking addictive behaviour. Each genetic study of a specific addictive behaviour shows a disparate genetic polymorphism. Identification of the common genetic polymorphism between the three addictive behaviours can determine the foundational genetic markers of addictive behaviour.

Keywords: addictive behaviour, alcoholism, drug dependence, genetic markers, genetic studies

Traumatic bonding in romantic relationships: The role of psychological aggression and relationship-contingent in self-esteem

Avila de Jesus

De La Salle University
Philippines

Correspondence: dejesus.ava@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aims to study the formation of traumatic bonding in the context of romantic relationships in order to better understand what makes people stay in abusive relationships. Traumatic bonding is defined as an intense emotional attachment that forms between a victim and an abuser, and is characterised by continuing emotional attachment to and preoccupation with the abuser as well as cognitive distortions that enable the victim to adapt to the situation. A total of 253 participants between the ages of 18–40 years and have been in a romantic relationship for at least six months were recruited online to participate in data gathering. Both psychological aggression and relationship contingent self-esteem were positively correlated with the development of posttraumatic cognitive distortions while relationship contingent self-esteem was positively correlated with continuing emotional investment with one's partner. Multiple regression was employed in order to study the strength and direction of the relationships of the variables. Contrary to existing theories regarding relationship psychological abuse and aggression, psychological aggression alone does not seem account for the formation of traumatic bonding. Results suggest that relationship contingency of self-esteem plays a large role in the development of traumatic bonding and moderates the influence of psychological aggression on the continuing emotional attachment to and preoccupation with one's partner. Implications of the study as well as recommendations for future research are discussed.

Keywords: abusive relationship, aggression, cognitive distortion, emotional attachment, trauma

Children living with domestic violence

Rheo Paguibitan

Adamson University
Philippines

Correspondence: rheompaguibitan@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The aim of this paper is to explore the experience of children who are witnessing the domestic violence which is perpetrated by their mothers. The term witnessing pertains to seeing an actual occurrence of abuse, hearing noises of threats or fighting and observing the effects of physical abuse to the victims. This female perpetrated violence is considered to have similarities to male-perpetrated abuse, it is just that male victimisation is not taken seriously even by the victims hence they tend to under report its occurrence. The researchers of this study focused on finding out the individual experience of the children. This was done by conducting in-depth interviews to the children participants who met the criteria set by the researchers. A guide questions were utilised by the researchers to make sure that meaningful data will be gathered. Follow-up questions were also raised to encourage the participants to expound their answers. The researchers found that in spite of seeing the suffering of the fathers, children participants do not want their parents to separate. The abuse enables them to sympathise with their fathers and to accept that they can be hurt directly or indirectly because of their perpetrator's aggressive tendencies. The children also experience confusion upon realising that their mothers are capable of hurting their fathers. The predominant themes in this paper include children as objects for manipulation; they are helpless victims of circumstance and unintended recipients of the perpetrator's aggression. Children also developed an impression that men are subjugated to women, and that mothers are described as distressing carers. It is also believed that the violence is a symptom of deeper issues between the father and the mother.

Keywords: aggression, children, physical abuse, victimisation, violence

Enhancing school leadership skills through reflective practice

Namrata

Sikkim University
India

Correspondence: namrata.edu@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The study aimed to enhance the leadership skills of teachers, who aspired to become school leaders in future, through reflective practice. While it is the key element in achieving theory-practice link, greater self-awareness, professional skill, and critical thinking, the use of reflective practice in leadership development, especially of educators remain uncommon. We devised an action research study that was guided by the principles of reflective practice. Participants used 'reflective writing' exercise targeting classroom practices with two sets of writings at an interval of 15 days. Out of 35, seven sets of narratives were selected based on the depth of reflection. Data were analysed with coding expressed through the emergence of predominant themes. Results showed that positive outcomes associated with leadership skills such as improved interaction with students and colleagues, challenging their own beliefs, and increase in knowledge and ability to apply reflective practice indicating a capacity to connect theory and practice. In conclusion, the reflective practice can be a useful approach to enhance the leadership skills in an educational setting. This process encourages multiple perspectives to be produced that challenge the aspiring school leaders' background, knowledge, and experiences. Using critical reflection approach, they can explore, question and describe their professional development. It offers promising evidence that reflective practice helped educators in acquiring skills to become an effective leader. This research study is believed to have created some suggestions for in what ways leadership preparation programmes could facilitate the leadership skills through reflective practice.

Keywords: action research, education, leadership, reflective practice, reflective writing

A journey towards forgiveness of women with marital concerns

Richard Monteverde

University of the Philippines Diliman

Correspondence: rpmonteverde@up.edu.ph

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

How do individuals forgive and what processes are involved in it? The present study investigated the life narratives of ten female participants with marital concerns. Participants were screened using the Heartland Forgiveness Scale and underwent counselling interviews using the Life Narrative Model (McAdams, 2006) chronicling their unique and parallel journeys of transgressions and forgiveness experiences. The study found that forgiveness may be treated both as a psychological construct and a process that can be culturally contextualised in the Philippine setting. Various factors and circumstances influenced the degree to which participants forgave their partners and their readiness to move on with their lives. The study hoped to provide valuable insights for the use of school counsellors and other helping professionals in contextualising and integrating forgiveness in their practice, based on the emergent definitions of participants of the concept of forgiveness, and the stages they reported in attaining the readiness and capacity to forgive.

Keywords: counselling, forgiveness, life narrative, marital concerns, partners

Psychosocial needs and concerns of families in a resettlement community

Nephtaly Botor

University of the Philippines Los Baños

Correspondence: nbbotor@up.edu.ph

Copyright. 2019. *Psychreg Journal of Psychology*
ISSN: 2515-138X

Alongside struggling with the impacts of natural calamities on their physical environment, families and individuals who survive disasters also face various psychosocial needs and concerns (Speier, 2000; Baggerly & Exum, 2005), across the disaster timeline. Identifying these needs is essential in developing relevant interventions that address the concerns of parents and their children. This study, which is a segment of a larger project on the development of a resilience-based family psychoeducation programme for families, involved (1) needs assessment survey (N = 58) and (2) a series of focus group discussions with mothers and adolescents from Daraga, Albay. Looking at the overall results of the survey, it can be gleaned that the most frequently observed issues and concerns are as follows: (1) financial; (2) calamities; (3) health and lack of preparedness to provide for children's needs; (4) school-related issues; (5) discipline in the family; (6) sibling rivalry; (7) difficulty in bouncing back from adversity; (8) relationship with parents and relationship with relatives; (9) not listening; and, (10) communication issue. This result was corroborated by the themes emerging from the focus group discussions. Based on the findings, a framework for family psychoeducation is proposed.

Keywords: family, disaster, family resilience, family psychoeducation, resilience

A phenomenological study of coping styles of LGBT experiencing workplace harassment

Christian Rance¹ & Ronnie Noche²

¹ University of the Philippines Diliman

² Far Eastern University
Philippines

Correspondence: christian_ranche@yahoo.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The main objective of this study is to identify and describe the coping styles and experience of working lesbian, gay, bisexual and transgender (LGBTs) experiencing high levels of workplace harassment. The study used an explorative mixed method which used survey and one-on-one interview to gather data regarding workplace harassment and coping styles of working LGBTs. This study made use of Work Harassment Scale by Bjorkquist, Osterman and Akademi (1992) and a validated semi-structured interview guide. Since the study utilised both quantitative and qualitative methods, the use of frequency, percentage and mean scores were utilised for the quantitative part while basic thematic analysis was used for the qualitative part. The results of the study revealed that there were a total of 81 working LGBT who participated in the study. Majority of the participants ages 14–19, gay (38.27%), single (97.53%) and have an average tenure of 1–3 years (54.32%) in the present work wherein they encounter workplace harassment. Moreover, the study also showed that 44.44% of the total participants rated average which regards to their workplace harassment and only 3 or 3.70% of the participants rated high. In this case, the three extreme cases were interviewed. From a thematic content analysis of the interviews, it was revealed that there are four main coping styles among LGBT experiencing high level of workplace harassment namely: *pakikitungo* (dealings), *pagpapaigi ng trabaho* (job refinement), *pagsasawalang bahala* (neglect), and *dalamhati* (heartbreak).

Keywords: coping styles, harassment, LGBT, phenomenological study, workplace harassment

Effectiveness of expressive writing to the emotional state and decision making of university students

Angelina Villanueva, Jean Marie Villanueva, & Ivan Perry Mercado

Centro Escolar University–Makati
Philippines

Correspondence: vjmivillanueva@gmail.com

Copyright. 2019. Psychreg Journal of Psychology
ISSN: 2515-138X

The objective of the study is to identify the effectiveness of expressive writing to the emotional state and decision-making of university students and to create an intervention programme that would benefit the students. A quasi-experimental study design was used with the selected participants. The objectives were measured and answered by means of the statistical treatment such as frequency, percentage, t-test, weighted mean, and standard deviation. Results have shown that expressive writing have a significant effect on the depression, anxiety and stress of the students. The present study showed a significant difference between the pre- test and post-test of the expressive writing to the emotional state of students. Most of the graduating allied medical students encounter depression, anxiety and stress in the different aspects of their lives either through academic pressure, friends, families or even the pressure to be able to graduate on time. These factors affect them not only mentally but socially and physically as well due to the fact that most adolescence becomes less vocal towards their emotional expressivity when preoccupied with stress-related activities.

Keywords: decision-making, emotional state, expressive writing, psychological intervention, university students