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Business and Education Industry **15**

A COMPARATIVE ANALYSIS OF ISO 9001:2015 INTERNAL AUDIT PROCESSES AND OUTCOMES AT ST. MARY'S COLLEGE INC. FOR THE YEARS 2023 AND 2024 **16**
Charisa Dumlao, Zenaida Ylarde, Lina Mercado

WPS: AN EFFECTIVE TOOL FOR OFFICE MANAGEMENT PROCEDURE DURING ON-THE-JOB TRAINING **17**
Jay Marc Matalino, Dr. Gloria A. Peralta

DIGITAL TOOLS PROFICIENCY: EFFECT ON WORK EFFICIENCY DURING ON-THE-JOB TRAINING **18**
Joan Cuenca, Dr. Gloria A. Peralta

BALANCING SUSTAINABILITY AND COST: THE EXPLORATION OF DIFFERENT FACTORS THAT AFFECT A CONSUMER'S BEHAVIOR TOWARDS ECO-FRIENDLY PRODUCTS **19**
Yashir Alain Mariano, Timothy James Javier, Jedi Mae Camba, Jayden Miles Cammayo, Zian Christopher Ong, Jelo Matt Camorongan

THE CLICKS ON KICKS: EXAMINING THE IMPACT OF SOCIAL MEDIA ON SHOE RESELLERS' MARKETING STRATEGIES IN QUEZON CITY **20**
Clyde Meriales, Kobe Punzalan, Santino Abalahin, Carlos Vitug, Jelo Matt Camorongan

SOLE SEARCHING: UNDERSTANDING THE PREFERENCE OF SMCIQC BASKETBALL ATHLETES TOWARDS SNEAKER PURCHASE **21**
Joriz Acebedo, Jayr Acebedo, Chaz Bague, Pauline Anne Franco, Emilyn Romero, Rhoan Vistro, Jelo Matt Camorongan

ASSESSING THE FEASIBILITY OF IMPLEMENTING A CAFE IN ST. MARY'S COLLEGE INC. QUEZON CITY **22**
Gabriel Dave Ocado, Shaira Jusi

ANALYZING THE PREFERRED CONTEMPORARY MARKETING APPROACH OF SENIOR HIGH SCHOOL STUDENTS ON FOOD PRODUCTS **23**
Mirielle Anne Kua, Kent Malik Laxa, Lewihj Gavriel Romas, Ashley Shanell Peñamante, Mao Sawaumi, Reizza Marie Vergara

FINANCIAL LITERACY IMPACT ON SENIOR HIGH SCHOOL ABM STUDENTS' SPENDING HABITS **24**
Miguel Gerard Anderson, Shaira Jusi

PURCHASING HABITS OF COLLEGE STUDENTS USING ONLINE SHOPPING VOUCHERS ON SHOPEE, LAZADA, TIKTOK SHOP, AND SHEIN **25**
Gabriel Sedenio, Robert Angelo Relucio, Joshua Abuela, Juan Carlos Briones, Crishia Ricci Gonzales, Ric Jarvis Tuazon, Shaira Anna Jusi

ASSESSING THE EFFECTIVENESS OF ONLINE SOCIAL MEDIA ADVERTISING ON CONSUMERS' PRODUCT PREFERENCE	26
<i>Joaquin Miguel Gaddi, Shaira Anna Jusi</i>	
BALANCING FUN AND FUNDS: THE IMPACT OF ONLINE SHOPPING ON PERSONNEL FINANCIAL BEHAVIOR AND MANAGEMENT	27
<i>Ashlee Nicole Apolinar, Celine De Pedro, Dayana Rafaela Francisco, Shael Parajas, Patrick James Lopez, Lorenzo Miguel Mendoza</i>	
THE EFFECT OF TIKTOK MARKETING ADVERTISEMENTS ON CONSUMER PURCHASE AWARENESS AMONG FILIPINO GENERATION Z OF BALIUAG CITY, BULACAN	29
<i>Carlos Miguel Entendez, Vanessa Mañalac, Elysha Gabrielle Cauyao</i>	
Engineering, Information, and Communication Technology	30
THE POWER OF FIVE: IDENTIFYING SMCIQC COLLEGE STUDENTS' MOST VISITED WEBSITES FOR ACADEMIC AND PROFESSIONAL GROWTH	31
<i>Roel Masongsong, Francis Bautista</i>	
THE EFFECTS OF TECHNOLOGY ON THE ACADEMIC PERFORMANCE OF SELECTED COLLEGE STUDENTS	32
<i>Nathaly Capili, Danica Ellen Villanueva, Helen Oreto</i>	
MY NEW STUDY BUDDY: THE USE OF THE AI PLATFORM: CHATGPT OF STUDENTS IN ST. MARY'S COLLEGE INC. (QUEZON CITY)	33
<i>Gyasi Manet Sermenon, Raphael Brion, Kirsten Joy Anne Tating, Anthony Kyle Lucena, Sam Luigi Quinto, Rj Vincent Vicente</i>	
FUNCTIONALITY MONITORIZATION: AN ASSESSMENT ON SMCIQC'S TECHNICAL DEVICES IN CLASSROOMS	34
<i>Arzel Masih Benavides, Adryan Matthew Gepigon, Eduardo Pabuna, Jeremiah Nick Balbis, Samuel John Origenes, Niño Angelo Nicanor, Shaira Anna Jusi</i>	
ASSESSING THE EFFECTIVENESS OF VARYING VIDEO LENGTHS OF EDUCATIONAL VIDEOS ON INFORMATION RETENTION	35
<i>Princess Celine Gatus, Jasmin Eliza Tadena, Timothy Naz Salvador, Johnathan Dyon Austria, Gabriel Alfonso Rico, Cian Nathaniel Ferrer, Shaira Anna Jusi</i>	
THE EXTENT OF THE EFFECTS OF ARTIFICIAL INTELLIGENCE TO STUDENT'S STUDY HABITS	36
<i>Jan Miguel De Leon, Shann Kendrick Chua, Loreto Drew Ker Damian Iv, Rondio Amir Espinosa, Miognette Dominique Leonardo, Micaela Ysabel Andaya, Shaira Anna Jusi</i>	
A COMPARATIVE ANALYSIS OF STUDENT AND TEACHER PREFERENCES FOR DIGITAL AND TRADITIONAL ART IN ACCOMPLISHING CREATIVE OUTPUTS	37
<i>Jayem Luna, Amber De Asis, Victor Riparip, Samantha Roy, Matthew Sapa, Shaira Anna Jusi</i>	

THE EFFECTIVENESS OF VIBRATION INTEGRATED SYSTEM IN OPERATING NAVIGATIONAL SENSORS (VISIONS) TO VISUALLY IMPAIRED CITIZENS IN BULACAN AND PAMPANGA PROVINCES	38
<i>Troy Miguelle De Regla, Jorren Andrei Dizon, Josh Samuel Magno, Jayson Gabriel Protacio, Jeremy Daniel Dinglasan, Raphael Santiago, Rhic Chester Santiago, Khayenne Lord Suriaga, Andrea Sacdalan</i>	
Humanities and Social Sciences	39
DESCRIPTIVE ANALYSIS OF HEALTH CONCERNS AMONG IGNACIAN MARIAN PERSONNEL: A BASIS FOR COLLABORATIVE HEALTH PROGRAM INITIATIVES	40
<i>Victor Carlos Mallare, Charlize Afable, Janelle Balao, Zenaida Ylarde, Mhay-vinne Joy Cadlum, Bernadette Naira, Lalyn Timbal</i>	
SMC INC. BSSW GRADUATES: FROM COMPETENCIES TO EMPLOYABILITY	41
<i>Jennibelle Zaine Bracero, Imelda Macaraig, Marlene Guzman, Maryjane Paglinawan, Helen Oreto and Dr. Imelda Macaraig</i>	
THE MOTIVATIONS OF BACHELOR OF SCIENCE IN SOCIAL WORK STUDENTS IN TAKING UP THE COURSE	42
<i>Mary Dimples Cabiao, Bermela Montes, Rizza Mae Vanessa Sibug, Lalaine Albino, Helen Oreto</i>	
THE CORRELATION OF SOCIAL MEDIA USAGE AND MIND-WANDERING AMONG COLLEGE STUDENTS IN ST. MARY'S COLLEGE INC. DURING LECTURES	43
<i>Kyriel Santos, Charisa Dumlao</i>	
THE EFFECTS OF RECREATIONAL READING ON THE MOOD OF COLLEGE STUDENTS	44
<i>Marie Angelica Manuntag, Charisa Dumlao</i>	
PAGSUSURI SA SERYENG "PULANG ARAW" NG GMA 7	45
<i>Allan Lucas, Dr. Gloria Peralta</i>	
ASSESSMENT ON THE LIVELIHOOD PROGRAM FOR SENIOR CITIZENS IN CATMON, MALABON CITY: A QUALITATIVE STUDY	46
<i>Ralph Gian Torres, Wendy Aricheta, Ma Lady May Perez, Cyrus Faeldan, Maria Jennalyn Mae Pascasio</i>	
FADING AMBITIONS: A QUALITATIVE INVESTIGATION DELVING INTO THE REDUCED INTEREST OF STUDENT LEADERS IN PURSUING IGNACIAN MARIAN COUNCIL POSITIONS	47
<i>Sophia Mikaela Jimenez, Samuel Coronel, Aneia Margarithe Cosico, Andrea Rocel Javier, Marc Nathan Roque, Jelo Matt Camorongan</i>	

HEARTS AND HOMEWORK: UNDERSTANDING THE IMPACT OF ROMANTIC RELATIONSHIPS ON THE ACADEMIC PERFORMANCES OF SMCIQC STUDENTS	48
<i>Nathaniel Grant Valdepeñas, Mickaela Christiene Acosta, Gion Topacio, Kristoff Andrew Tan, Jacob Alessandro Chan, Seth Gonzales, Audrey Stephanie Constantino, Jelo Camorongan</i>	
SPIKING MOTIVATION: A STUDY ON THE INTEREST OF MALE JUNIOR AND SENIOR HIGH SCHOOL STUDENTS IN JOINING THE VOLLEYBALL VARSITY OF ST. MARY'S COLLEGE INC., QUEZON CITY	49
<i>Zure Gayeta, Justin Andrei Herrera, Zeandre Grant Roldan, Jared Syke Crisologo, Akio Raphael Bautista, Joaquin Raphael Adelantar, Jelo Matt Camorongan</i>	
EMPOWERED TOGETHER: THE ROLE OF PARENTAL INVOLVEMENT AND SELF EFFICACY IN FUELING CAREER CHOICE OF SENIOR HIGH SCHOOL (SHS) STUDENTS AT SMCIQC	50
<i>Travis Ely James Gonzales, Sebastian Ross Concepcion, Jasean Matthew Gonzales, Jelo Matt Camorongan</i>	
STAGE TO SOCIAL SKILLS: A QUALITATIVE STUDY ON THE IMPACT OF THE TEATRILLIANS CLUB ON SENIOR HIGH SCHOOL STUDENTS AT ST. MARY'S COLLEGE INC., QUEZON CITY	51
<i>John Carlo Vista, Zabina Angela Olegario, Jacob Isaac Xavier, Andrei Joaquin Legarte, Andrew Ezekiel Yan, Robert Wade Co Ho</i>	
TEAMWORK MAKES THE DREAM WORK: EXPLORING THE EXPERIENCES AND PERSPECTIVES OF THE WOMEN'S VOLLEYBALL VARSITY PLAYERS OF ST. MARY'S COLLEGE INC., QUEZON CITY ON TEAMWORK AND ITS IMPACT ON TEAM DYNAMICS	52
<i>Francis Emmanuel Delos Santos, Aaliyah Cassandra Gagnao, Chelcy Joyce Rojas, Aeron Conrad Gutierrez, Kip Gabriel Bautista, Marcolle Raimer Bautista, Jelo Matt Camorongan</i>	
THE JOY IN PUBLIC SERVICE: THE INFLUENCE OF THE BELMONTE FAMILY ON THE POLITICAL PARTICIPATION OF PUBLIC SENIOR HIGH SCHOOL STUDENTS IN THE FOURTH DISTRICT OF QUEZON CITY	53
<i>Laureano Manuel Pineda, Mishka Veniece Dela Cruz, Joem Arries Manipon, Ayesha Marquis Luisa Munsayac, Jhon Ian Alberto, Jelo Matt Camorongan</i>	
VALUING MENSTRUAL HYGIENE ACCESS: A QUALITATIVE STUDY OF FEMALE SENIOR HIGH SCHOOL STUDENTS' PERSPECTIVE ON THE IMPORTANCE OF HYGIENE PAD MACHINES AT SMCIQC	54
<i>Viola Agatha Beatriz, Mariane Cassandra Sanje, Christine Joy De Guzman, Anika Nicole Mozo, Josue Iii Nogal</i>	
IGNITE THE FUTURE: THE ROLE OF THE EXPECTED IGNACIAN MARIAN GRADUATE ATTRIBUTES (EIMGAS) IN HONING STUDENTS' APPROACH TO POLITICAL ENGAGEMENT	55
<i>Kerby Calizar</i>	

A QUANTITATIVE ANALYSIS OF CHANGES IN FILIPINO FAMILY VALUES AND THEIR IMPACT ON CULTURAL TRADITIONS	56
<i>Gabriel Ramos, Maria Morato, Mark De Villa, Miskha Dimal, Adriana Felicilda</i>	
A COMPARATIVE ANALYSIS OF LEVELS OF PERSONAL AUTONOMY AND ATTACHMENT STYLES AMONG SENIOR HIGH SCHOOL STUDENTS IN SMCB, INC. ENGAGING IN ROMANTIC RELATIONSHIPS	57
<i>Jenica Gonzales, Michael Joseph Baltazar, Aira Nicole Bayani, Janvest Carmelo Castillo, Ryneia Emiliani Roxas, Dan Abram Gonzales, Czyleane Ramos</i>	
THE CONTROL CONUNDRUM: A COMPARATIVE ANALYSIS OF LEVELS OF SOCIAL SKILLS AND PARENTING STYLES ON SENIOR HIGH SCHOOL STUDENTS IN ST. MARY'S COLLEGE OF BALIUAG, INC.	58
<i>Christina Reina Corpus, Vladimir Bonifacio, Maureen Ann Bernardo, Miguel Ethan Camanga, Suzanne Lazaro, Jazmine Margarette Lim, Hanna Leriza Postigo</i>	
A CORRELATIONAL STUDY BETWEEN INCOME BRACKET AND THE FREQUENCY OF DENTAL SERVICES RECEIVED BY GRADE 7 STUDENTS AT MARIANO PONCE NATIONAL HIGH SCHOOL S.Y. 2024–2025	59
<i>Shean Vincent Cruz, Hailey Nicole Gumabon, Zurich Torres, Chelsea Jarienne Vidal</i>	
Natural Science and Mathematics, Curriculum, and Instructions	60
PERFORMANCE ASSESSMENT OF STANDARDS AND SKILLS ON JUNIOR HIGH SCHOOL LEARNERS: FOUNDATION FOR A COLLABORATIVE ACADEMIC ENRICHMENT PROGRAM	61
<i>Victor Carlos Alba Mallare, Charlize Luna Afable, Janelle Intertas Balao, Cynthia Abaricia Bautista</i>	
ENVIRONMENT EXPLORATION: OBSERVATION REGARDING THE PROMOTION OF LEARNING AND DEVELOPMENT OF PUPILS IN DON BOSKO 1 KUPANG - INDONESIA	62
<i>Lani Agustina Teknomia, Dr. Gloria Peralta</i>	
LEARNER DIVERSITY: OBSERVATION OF CHARACTERISTICS, NEEDS AND INTERESTS OF GRADE 1 PUPILS	63
<i>Armena Gavia, Dr. Gloria Peralta</i>	
CLASSROOM ROUTINES AS A FOUNDATION FOR EFFECTIVE CLASSROOM MANAGEMENT IN PRE-SCHOOL	64
<i>Reah Villarin, Dr. Gloria Peralta</i>	
ENHANCING STUDENT ENGAGEMENT THROUGH ACTIVE LEARNING STRATEGIES	65
<i>Reah Villarin, Agustina Teknomia Lani, Armena Gavia, Angel Meche Lugnasin, Lina Mercado</i>	
THE NUTRITIONAL STATUS OF CHILDREN AGED 2-5 YEARS OLD IN BARANGAY 163, TONDO, MANILA: BASIS FOR A PROPOSED NUTRITION PROGRAM	66
<i>Rolando Bagro</i>	

- DEPED MEMORANDUM NO. 054, SERIES 2023: PAGSUSURI SA MGA PERSPEKTIBO AT HAMON SA PAGTUTURO NG MGA GURO SA KINDERGARTEN, BAITANG 1, 4, AT 7 SA ILALIM IMPLEMENTASYON NG MATATAG CURRICULUM SA ST. MARY'S COLLEGE INC. QUEZON CITY** 67
Mishka Veniece Dela Cruz, Christine Joy De Guzman, Anika Nicole Mozo, Mariane Cassandra Sanje, Ayesha Marquis Luisa Munsayac, Gyasi Manet Sermenon, Sam Luigi Quinto, Jhon Ian Alberto, Jayson Sevilla Sicorsicor
- PAGKATUTONG NAKAUGAT SA WIKA: PANIMULANG PAG-AARAL SA POSIBILIDAD NA EPEKTO NG PAGTATANGGAL NG MOTHER TONGUE-BASED MULTILINGUAL EDUCATION SA MGA GURO NG TEACHING CHILDREN THROUGH PERSONALIZED INTERVENTIONS ACADEMY INC. SA PANURUANG TAON 2024-2025** 69
Aaliyah Cassandra Gagnao, Chelcy Joyce Rojas, Kip Gabriel Bautista, Robert Wade Co Ho, Jasean Gonzales, Seth Gonzales, John Carlo Vista, Andrew Ezekiel Yan, Jayson Sevilla Sicorsicor
- HINABING SALITA SA NAKARAAN: ISANG PAGSUSURI SA PANANAW NG MGA PILING MAG-AARAL SA BAITANG 7 AT 8 NG ST. MARY'S COLLEGE INC. QUEZON CITY SA EPEKTO NG PAGGAMIT NG PAMBANSANG WIKA SA PAGTUTURO NG KASAYSAYAN NG PILIPINAS SA ARALING PANLIPUNAN** 71
Laureano Manuel Pineda, Kirsten Joy Anne Tating, Raphael Brion, Cathreen Joyce Evangelista, Anthony Kyle Lucena, Joem Arries Manipon, Josue III Nogal, Rj Vincent Vicente, Agatha Beatriz Viola, Jayson Sevilla Sicorsicor
- SARIBUHAY SA PAGTUTURO: ANG PAPEL NG FILIPINO SA PAGLINANG NG KAMALAYANG PANGKALIKASAN GAMIT ANG PANUNURING PANDISKURSO SA MGA FACEBOOK VIDEOS NI CELINE MURILLO** 72
Francis Emmanuel Delos Santos, Jade Emmanuelle Pajarillo, Zabina Angela Olegario, Sebastian Ross Concepcion, Andrei Joaquin Legarte, Jacob Isaac Xavier, Conrad Aeron Gutierrez, Marcolle Raimier Bautista, Jayson Sevilla Sicorsicor
- CAREER DECISIVENESS AMONG GRADUATING SHS STUDENTS AT ST. MARY'S COLLEGE INC.** 73
Ayesha Lei Nicole Almirez, Jasmine Clarisse Uy, Daniela Ysabelle Triviño, Carizza Anthonette Agudo, Shaira Anna Jusi
- EXPLORING THE SCHOOL COMMUNITY'S PERCEPTIONS AND USAGE PATTERNS OF E-WALLETS AS A PAYMENT OPTION FOR SCHOOL TRANSACTIONS: A MIXED-METHODS STUDY** 74
Patrick Geronimo, Roger Dela Cruz, Athena Beatrice Alfaro, Julianna Javellana, Bea Baguio, Shaira Jusi
- COMPARATIVE ANALYSIS ON PARENTAL INVOLVEMENT OF STUDENTS FROM CREAM AND NON-CREAM SECTIONS TO STUDENTS' SCHOLASTIC ACTIVITIES** 75
Patrick Niño Arellano, Guillana Pescadero, Barachiel Jeorge Carvajal, Amanda Baltazar

**THE EFFECTIVENESS OF INSTRUCTIONAL VIDEOS TO ENHANCE THE
CLOTHING DESIGN OF SENIOR HIGH SCHOOL DRESSMAKING STUDENTS
OF CULIAT HIGH SCHOOL**

76

*Ruth Salazar, Bernadette Laceda, Glaziel Kay Tejada, Franciene Lai Medilo,
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Business and Education Industry

**A COMPARATIVE ANALYSIS OF ISO 9001:2015 INTERNAL AUDIT
PROCESSES AND OUTCOMES AT ST. MARY'S COLLEGE INC.
FOR THE YEARS 2023 AND 2024**

Charisa Dumlao, Zenaida Ylarde, Lina Mercado

Abstract

St. Mary's College Inc. maintains ISO 9001:2015 QMS certification and, as part of this commitment, conducts annual internal audits of its processes. This research compared the processes and outcomes of the institution's two most recent internal audits, conducted in September 2023 and September 2024. It analyzed differences in audit objectives, scope, team composition, criteria, and procedures between the two years. The study also identified evolving patterns in audit findings across various organizational departments and examined the differences in how auditors and auditees evaluated the internal audit processes. This study employed a comparative document analysis of the two most recent internal audit reports from September 2023 and 2024. Data collection involved the systematic review and extraction of relevant information from these reports. The analysis compared data across the two years to identify numerical trends and differences, and applied thematic analysis to uncover recurring themes within the qualitative audit evaluations. The 2023 and 2024 internal audits demonstrated stable quality management practices, maintaining consistent objectives, scope, team composition, criteria, and processes. Overall, both audits reflected a slight decrease in positive observations and identified opportunities for improvement, with no reported non-conformities. However, departmental comparisons revealed varying trends across units. In terms of evaluations, auditees reported a slight decline in perceived audit effectiveness, despite continued recognition of auditor professionalism and the organized nature of the audit process. Similarly, auditors noted minor declines in the conduct of the audit and the handling of findings. Nevertheless, both audits consistently highlighted the smooth execution of the process and the professionalism of the audit team. St. Mary's College Inc. demonstrates a well-balanced approach to ISO 9001:2015 compliance, as reflected in the consistent audit objectives, scope, team composition, criteria, and processes—indicating a responsive and evolving quality management system. Despite the overall positive assessment, varying trends in cluster audit findings highlight the need for targeted interventions to ensure consistent quality across departments. Additionally, a minor discrepancy between auditee and auditor evaluations of perceived effectiveness suggests a potential gap that warrants further investigation. Ongoing refinement and strategic action remain essential to sustaining a reliable and effective quality management system.

Keywords: quality management system, internal audit, comparative analysis

WPS: AN EFFECTIVE TOOL FOR OFFICE MANAGEMENT PROCEDURE DURING ON-THE-JOB TRAINING

Jay Marc Matalino, Dr. Gloria A. Peralta

Abstract

In today's work environments, productivity and organization are crucial to success, particularly for individuals undergoing On-the-Job Training (OJT). The use of a Weekly Planning Schedule (WPS) can help trainees manage their daily responsibilities, align tasks with office procedures, and boost overall productivity by providing a structured framework. Integrating WPS into OJT programs can foster essential workplace behaviors such as accountability, time management, and systematic learning. In this context, the study aimed to address the following research questions: What is a Weekly Planning Schedule (WPS)? What are the advantages of using a Weekly Planning Schedule in office procedures during On-the-Job Training? How does the use of a Weekly Planning Schedule impact the performance of OJT students? The descriptive method was employed through self-observation and reflective journaling, which evaluated how the Weekly Planning Schedule (WPS) helped trainees prioritize tasks, manage their time, and adapt to unexpected tasks. The findings revealed that high-priority tasks were completed efficiently, whereas lower-priority tasks occasionally experienced delays, suggesting a need to incorporate buffer time into scheduling. The results also indicated that the Weekly Planning Schedule (WPS) contributes to enhanced efficiency, reduced stress levels, and the development of professional behavior. Overall, WPS proved to be a valuable tool for improving workplace performance during On-the-Job Training (OJT). The Weekly Planning Schedule (WPS) proved to be an effective tool for enhancing task organization, time management, and productivity during On-the-Job Training (OJT). It enabled trainees to prioritize tasks, meet deadlines, and reduce stress. While WPS facilitated the efficient handling of high-priority tasks, delays in completing lower-priority activities highlighted the need for scheduling adjustments, such as allocating buffer time. To maximize its effectiveness, WPS should be regularly reviewed, integrated into OJT programs, and accompanied by training in prioritization and time management. Additionally, promoting self-reflection and allowing flexibility in scheduling can further support efficiency and skill development, reinforcing WPS as a valuable tool for workplace readiness.

Keywords: office procedures, self-observation, task management, weekly planning schedule, workplace and buffer time

DIGITAL TOOLS PROFICIENCY: EFFECT ON WORK EFFICIENCY DURING ON-THE-JOB TRAINING

Joan Cuenca, Dr. Gloria A. Peralta

Abstract

Computers and digital tools have become essential in modern workplaces, particularly for administrative tasks during On-the-Job Training (OJT). Trainees are expected to use these tools effectively to perform well and contribute to company operations. This study aims to examine the relationship between digital tool proficiency and work efficiency during OJT by identifying key tools, assessing trainees' skill levels, and evaluating the impact of these tools on job performance. Specifically, the research seeks to answer the following questions: What digital tools are necessary for efficient administrative tasks during OJT? What are the top three digital tools most useful for administrative tasks during OJT? What are the advantages of using digital tools in administrative tasks during OJT? How does the use of digital tools affect the workflow of administrative tasks in OJT? The descriptive method was employed, focusing on the researcher's personal experiences and observations documented through a daily journal and activity logs while performing office tasks during OJT. The findings revealed that digital tools significantly enhance work efficiency during On-the-Job Training (OJT). Microsoft Word and the Inventory Management System were the most frequently used tools, contributing to improved documentation and inventory management, respectively. Microsoft Excel facilitated data organization and report preparation, while Microsoft PowerPoint proved useful for creating presentations. Based on a rating scale, Microsoft Word had the greatest impact on workflow, followed by the Inventory Management System and Microsoft Excel. However, the study also identified challenges, such as technical issues and difficulties in adapting to new systems. Despite these obstacles, the experiences gained during OJT demonstrated that using digital tools contributed to the development of essential workplace skills. The researcher's OJT experience underscored the importance of developing strong digital skills to perform office tasks more efficiently and accurately. Familiarity with tools such as Microsoft Word, Excel, PowerPoint, and inventory management systems made daily work faster, more organized, and less prone to errors. The experience also highlighted the need for continuous learning and adaptability to keep up with evolving technologies in today's modern workplaces. In addition to technical proficiency, skills such as time management, professionalism, and effective communication were essential in meeting workplace expectations and preparing for greater responsibilities in future careers.

Keywords: digital tools proficiency, work efficiency, ms office applications, inventory management system, on-the-job training

BALANCING SUSTAINABILITY AND COST: THE EXPLORATION OF DIFFERENT FACTORS THAT AFFECT A CONSUMER'S BEHAVIOR TOWARDS ECO-FRIENDLY PRODUCTS

Yashir Alain Mariano, Timothy James Javier, Jedi Mae Camba, Jayden Miles Cammayo,
Zian Christopher Ong, Jelo Matt Camorongan

Abstract

The researchers explored the potential factors influencing consumers' decisions to either reject or purchase eco-friendly products. The study aims to promote environmentally sustainable choices that contribute to the preservation of natural resources. Understanding the various factors behind purchasing decisions helps identify the barriers and motivating forces that influence consumers to opt for eco-friendly products. The researchers employed a qualitative research design using a phenomenological approach, which focuses on understanding individuals' lived experiences and perceptions related to the subject. The study explores the factors that influence consumers' decisions to purchase eco-friendly products, using data gathered through interviews with three respondents. The findings reveal that environmental awareness motivates consumers to choose eco-friendly options, viewing them as a solution to pressing issues such as climate change. However, price remains a major concern, as respondents often prioritize affordability over sustainability, despite recognizing its benefits. Packaging attributes and certifications also play a crucial role, with consumers preferring products that are supported by credible and transparent claims to ensure authenticity. a. Environmental Awareness Consumers view eco-friendly products as essential in addressing global environmental issues such as global warming and climate change. The continued use of these products is believed to have a positive, large-scale impact on the planet. b. Price While consumers are well aware of the environmental benefits of eco-friendly products, affordability remains a significant concern. Most respondents prioritize cost over sustainability, especially those managing tight budgets. c. Packaging Attributes and Certifications such as "FDA-approved" and transparent labeling practices significantly influence consumer purchasing decisions. The study found that respondents are highly cautious of misleading claims and fabricated information. They tend to verify the legitimacy of certifications before committing to the purchase of an eco-friendly product.

Keywords: eco-friendly, price, environmental awareness, packaging attributes

THE CLICKS ON KICKS: EXAMINING THE IMPACT OF SOCIAL MEDIA ON SHOE RESELLERS' MARKETING STRATEGIES IN QUEZON CITY

Clyde Meriales, Kobe Punzalan, Santino Abalahin, Carlos Vitug, Jelo Matt Camorongan

Abstract

Social media has emerged as an essential platform for shoe resellers to promote their products and engage potential customers. While it provides significant opportunities for business growth, effectively managing social media accounts poses several challenges. Resellers utilize a range of marketing strategies—including consistent posting, creative content development, influencer partnerships, and direct customer engagement—to navigate the competitive landscape. This study examines the various social media approaches adopted by shoe resellers and analyzes how these strategies influence their decision-making processes and overall business performance. This qualitative study examines the influence of social media on the marketing strategies of shoe resellers, conducted through face-to-face interviews, with Messenger serving as a supplementary tool for scheduling. Convenience sampling was employed to select three resellers based in Quezon City—two operating solely online and one with a physical store—based on their accessibility and existing familiarity with the researchers. Interviews with three shoe resellers in Quezon City revealed that social media plays a pivotal role in their marketing strategies, offering key advantages over traditional physical stores in terms of accessibility, cost-efficiency, and customer engagement. The resellers emphasized that platforms such as Facebook and Instagram provide cost-effective means to showcase products without the overhead expenses associated with maintaining a physical storefront. They also noted social media's capacity to reach wider audiences, rival traditional marketing approaches, and boost brand visibility through engaging content and targeted promotions. Furthermore, social media enables resellers to monitor competitors and analyze consumer preferences, allowing them to adapt their strategies accordingly. These findings underscore the growing dependence of shoe resellers on social media as an essential tool for sustaining and expanding their businesses. These findings highlight the significant role of social media in the marketing strategies of shoe resellers, emphasizing its convenience, cost-effectiveness, and broad audience reach. Resellers use social media to showcase products, engage with customers, and stay competitive from competitors. The study identified three key themes: the dependence on social media over physical stores, its effectiveness in reaching wider audiences compared to traditional marketing, and its role in learning from competitors. Resellers also face challenges such as scams, and the need to keep up with constantly changing market trends. To address these challenges, recommendations include utilizing customer feedback, exercising caution in transactions, and staying updated with trends.

Keywords: shoe resellers, social media, marketing strategies

SOLE SEARCHING: UNDERSTANDING THE PREFERENCE OF SMCIQC BASKETBALL ATHLETES TOWARDS SNEAKER PURCHASE

Joriz Acebedo, Jayr Acebedo, Chaz Bague, Pauline Anne Franco, Emilyn Romero,
Rhoan Vistro, Jelo Matt Camorongan

Abstract

The research, titled “Sole Searching: Understanding the Preferences of SMCIQC Basketball Athletes towards Sneaker Purchase,” aims to identify the various motivations and preferences that influence the sneaker purchasing decisions of SMCIQC basketball players. The study seeks to contribute a deeper understanding of sneaker preferences among these athletes by examining the factors that shape their choices. In addition to highlighting current footwear trends, the findings of this research will offer insights into how athletic footwear may evolve in the future and continue to impact the priorities and lifestyles of young athletes. Research Design: This study employs a qualitative research design, specifically a phenomenological approach, which focuses on capturing detailed interview patterns to understand individual experiences behind decision-making. It emphasizes the perceptions, beliefs, feelings, and emotions that shape a person’s journey through life (Ayton, 2023). Instrument: To gather in-depth qualitative data, the researchers used purposive sampling to select key respondents—basketball athletes known for owning multiple pairs of sneakers. A formal letter was sent to the team’s coach to inform them of the research intent. Following this, the researchers reached out to selected Junior High School and Senior High School basketball athletes of SMCIQC. Consent forms were distributed to secure permission for conducting interviews. Population and Sampling: The study involved a total of five respondents from the SMCIQC Junior High School and Senior High School Basketball Varsity Teams: Two student-athletes from Junior High School Three student-athletes from Senior High School Sampling Method: Purposive sampling was used to select participants, relying on the researchers’ judgment to identify individuals who could provide rich, relevant insights. The focus was on basketball athletes from both the junior and senior high school levels of SMCIQC who have personal experience and preferences regarding sneaker purchases. The researchers found that expensive shoes do not necessarily guarantee better performance compared to more affordable options available in the market. Basketball has long been a passion for many aspiring athletes, and their evolving lifestyle in relation to the sport encourages them to explore a variety of sneakers that may enhance their performance. The study also revealed that athletes often develop a sense of dependence on certain brands, driven by trust and continued reliance on the brand's reputation and perceived quality. According to the data collected, two main factors influence sneaker preferences among athletes: brand trust and changing lifestyles. As athletes become more engaged in playing basketball, their interest in sneakers shifts—from prioritizing basic features to seeking high-quality, comfortable, and stylish options. This progression demonstrates that their growing passion for the sport leads them to reevaluate their priorities when selecting athletic footwear.

Keywords: sneakers, performance, comfortability, affordable shoes

**ASSESSING THE FEASIBILITY OF IMPLEMENTING A CAFE
IN ST. MARY'S COLLEGE INC. QUEZON CITY**

Gabriel Dave Ocado, Shaira Jusi

Abstract

This study evaluates the feasibility of establishing a campus café at St. Mary's College, Quezon City, with the goal of enriching student life through enhanced social interaction, entrepreneurship, and academic support. Inspired by the success of a similar café at the Meycauayan branch, the initiative seeks to create a welcoming space while addressing the demand for accessible and affordable food options. The research examines strategic, financial, and logistical considerations, with a strong emphasis on community engagement, student well-being, and overall campus development. By analyzing market demand and industry's best practices, the study aims to support informed decision-making for the café's successful implementation. This study employs a mixed-methods design, combining quantitative surveys and qualitative interviews to assess the feasibility of a campus café at St. Mary's College, Quezon City. Surveys are used to measure demand and preferences, while interviews offer financial insights. The target population includes students (Grades 4–12), faculty, and staff. Stratified random sampling is applied for surveys, and purposive sampling is used for interviews. Data collection is conducted through Microsoft Forms and Microsoft Teams to ensure accessibility. Ethical standards are upheld by ensuring informed consent, confidentiality, and transparency, thereby maintaining the credibility of the research. The study confirms the feasibility of establishing a café at St. Mary's College, identifying the Madonna area as the ideal location and recommending operating hours from 7:00 AM to 4:00 PM. Strong support from students and staff highlights the café's value as a study space (rating: 4.6), social hub (4.71), and meeting place (4.63). Sustainability also emerges as a key priority (4.6), with respondents expressing a willingness to pay for eco-friendly products. The café is expected to enhance campus safety, foster social interaction, and strengthen community engagement. Widespread approval underscores the need for strategic planning, collaboration, and effective marketing to ensure successful implementation. The results affirm the feasibility of establishing an on-campus café at St. Mary's College, emphasizing its potential to enhance academic support, social interaction, and sustainability. Strong institutional backing and positive feedback from the campus community suggest the café could serve as a central hub for learning and community engagement. Key recommendations include conducting a more comprehensive feasibility study, refining the café's offerings, selecting the optimal location, and developing targeted marketing strategies to support successful implementation.

Keywords: entrepreneurship, campus cafe, feasibility

ANALYZING THE PREFERRED CONTEMPORARY MARKETING APPROACH OF SENIOR HIGH SCHOOL STUDENTS ON FOOD PRODUCTS

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Mao Sawaumi, Reizza Marie Vergara

Abstract

Marketing strategies have evolved into various forms, and businesses—particularly those in the food industry—must adapt to these approaches to effectively attract consumers and meet their needs through products and services. However, understanding what truly captures consumers' attention remains a challenge, especially in an age where individuals are constantly exposed to vast amounts of information. This study aims to analyze the preferred contemporary marketing strategies of senior high school students at St. Mary's College Inc. in relation to food products. The strategies examined include Social Media Marketing, Influencer Marketing, Content Marketing, Mobile Marketing, Experiential Marketing, Guerrilla Marketing, and Interactive Marketing. This study employed a quantitative research design using a survey distributed to 101 senior high school students. The survey aimed to identify students' preferences among various marketing approaches, determine the most influential factors in shaping their consumer profiles, and assess the key elements of the 7P's marketing mix that influence their purchasing decisions. The collected data was analyzed to determine the most and least effective marketing strategies for food products based on the students' responses. The findings indicate that Social Media Marketing is the most preferred approach among students, largely due to its visual appeal and interactive nature, which effectively captures their attention and engagement. In contrast, Mobile Marketing was the least favored, primarily because it is perceived as lacking authenticity and compelling content. Furthermore, psychological factors and physical evidence emerged as the most influential elements of the 7P's marketing mix in shaping students' marketing preferences. The results of this study underscore the importance of utilizing visually appealing and engaging marketing strategies—particularly Social Media Marketing—to effectively capture the interest of senior high school students. These findings are consistent with previous research that highlights the increasing influence of digital platforms on consumer decision-making. However, limitations such as the relatively small sample size and the specific demographic focus may affect the generalizability of the results. Future research should consider a more diverse audience and explore additional variables that may impact marketing effectiveness. These insights can guide food businesses and entrepreneurial students in optimizing their marketing strategies to better connect with younger consumers, ultimately improving business outcomes.

Keywords: marketing, social media, influencer, content, mobile, experiential, guerrilla, interactive

FINANCIAL LITERACY IMPACT ON SENIOR HIGH SCHOOL ABM STUDENTS' SPENDING HABITS

Miguel Gerard Anderson, Shaira Jusi

Abstract

Personal financial management involves daily decisions related to saving, budgeting, investing, and spending. Financial literacy—the knowledge and skills necessary to make informed financial decisions—is essential for long-term financial well-being. However, in 2021, the Philippines ranked only 30th out of 144 countries in financial literacy, highlighting significant gaps. This study assesses the financial literacy levels of Accountancy, Business, and Management (ABM) students at St. Mary's College, Inc., Quezon City, and examines how financial literacy influences their spending habits. It also explores the role of the social environment—including parental guidance, peer influence, and societal norms—in shaping these behaviors. This research is particularly significant, as spending patterns developed during youth often carry into adulthood. The findings aim to support educators, policymakers, and parents in creating targeted interventions to foster responsible financial behavior among Filipino youth. The researcher will employ the consensus method for this study, involving all Accountancy, Business, and Management (ABM) senior high school students at St. Mary's College, Inc., Quezon City, for the academic year 2024–2025. This approach ensures comprehensive data collection and eliminates sampling bias, leading to more precise and reliable findings. By studying the entire population, the results provide stronger generalizability without the need for representative sampling. Based on survey data from high school students at St. Mary's College, Quezon City, financial literacy levels are relatively high, with an average score of 3.48 out of 4.0. Students demonstrate a strong understanding of budgeting and the benefits of saving (3.81). However, the practical application of financial knowledge—particularly in tracking expenses—lags behind (3.0). Spending behaviors reflect moderate financial responsibility (2.918/4.0). While students exhibit price consciousness (3.74) and maintain saving habits (3.48), they remain susceptible to impulse purchases (3.39). The social environment plays a significant role in shaping financial decisions, with an overall influence score of 3.232. Positive influences include family discussions (3.39) and school programs (3.35), while peer pressure (3.29) and social media (2.90) also impact students' spending choices. Students show strong financial self-awareness (3.60) and express strong support for mandatory financial literacy education (3.65), indicating a high level of openness to learning and improving financial habits. Students possess strong financial knowledge and positive attitudes toward money management; however, they struggle with practical application and navigating social pressures. Therefore, financial education should go beyond theoretical concepts and incorporate real-world strategies to help students effectively implement what they've learned in everyday situations.

Keywords: financial literacy, spending habits, social environment

PURCHASING HABITS OF COLLEGE STUDENTS USING ONLINE SHOPPING VOUCHERS ON SHOPEE, LAZADA, TIKTOK SHOP, AND SHEIN

Gabriel Sedenio, Robert Angelo Relucio, Joshua Abuela, Juan Carlos Briones,
Crishia Ricci Gonzales, Ric Jarvis Tuazon, Shaira Anna Jusi

Abstract

Vouchers offer attractive discounts to entice customers and stimulate their interest in making purchases through online platforms. In this way, both parties benefit: consumers enjoy savings, while businesses increase sales and promote growth. A voucher is a document that certifies a transaction or grants a person the right to specific goods, services, or discounts. Vouchers are commonly used across various industries, including retail, hospitality, and banking. Businesses often utilize them to provide incentives, rewards, or compensation to customers, employees, or partners. Using snowball sampling, the researchers selected members of the target population to participate in the study. According to Johnson (2014), snowball sampling begins with a few initial participants who then refer others to take part. A pilot test was conducted with a small group of college students to refine the survey instrument. The final survey questionnaire was approved on November 14, 2024. It will be distributed via Microsoft Forms, with the target respondents being college students from a different institution. Participant selection will follow the snowball sampling method. A total of 43 college students participated in the study. Among them, 39 students (93%) reported using online shopping vouchers, while 4 students (7%) said they did not. When asked about the types of vouchers they use, 34 students (45%) indicated they use free shipping vouchers, 38 students (40%) use discount vouchers, 11 students (13%) use cashback vouchers, and 1 student (1%) selected "others." The participants were also asked to identify the product categories they purchase using online shopping vouchers. Their responses were as follows: 20% for accessories, 13% for electronics, 35% for clothes, 7% for footwear, 16% for health and beauty products, 6% for food, 11% for toys and collectibles, and 2% for other categories. Regarding the usage frequency of cashback vouchers, 7.89% of the students answered "often," 13.16% said "always," 31.58% reported "rarely," 34.21% responded with "sometimes," and 13.16% said they "never" use them. The top three most frequently used voucher types among college students were Free Shipping Vouchers (45%), Discount Vouchers (40%), and Cashback Vouchers (13%). Students most often used these vouchers when purchasing items from four primary product categories: Accessories (20%), Clothes (25%), Electronics (13%), and Health and Beauty Products (16%). Among these, Free Shipping Vouchers were used most frequently for clothing purchases, accounting for 19%.

Keywords: online shopping, college students, vouchers, free shipping, cashback, discount

**ASSESSING THE EFFECTIVENESS OF ONLINE SOCIAL MEDIA
ADVERTISING ON CONSUMERS' PRODUCT PREFERENCE**

Joaquin Miguel Gaddi, Shaira Anna Jusi

Abstract

This study examines the effectiveness of online social media advertising on consumers' product preferences, with a focus on how advertisements on platforms such as Facebook, Instagram, TikTok, and X influence consumer behavior, brand awareness, and purchase decisions. A descriptive research design was employed to systematically collect and analyze data on consumer attitudes and behaviors toward social media advertising. Purposive sampling was used to select 30 respondents aged 18–35 who actively use social media and have been exposed to advertisements. Data were collected through a structured survey questionnaire comprising demographic items and core questions on advertising effectiveness. The results indicate that frequent exposure to advertisements significantly enhances brand awareness, with video ads proving to be the most engaging format. Ad placement, particularly in high-visibility areas such as feeds and stories, was also found to positively influence purchasing decisions. The study also emphasizes the importance of relevance and personalization in driving consumer interest. However, some respondents reported experiencing ad fatigue due to excessive advertising, highlighting the need for balanced ad frequency. These findings underscore the value of strategic social media advertising in shaping consumer preferences and provide actionable insights for businesses aiming to optimize their marketing campaigns.

Keywords: consumer behavior, online social media advertising, product preference, purchasing decisions

BALANCING FUN AND FUNDS: THE IMPACT OF ONLINE SHOPPING ON PERSONNEL FINANCIAL BEHAVIOR AND MANAGEMENT

Ashlee Nicole Apolinar, Celine De Pedro, Dayana Rafaela Francisco, Shael Parajas,
Patrick James Lopez, Lorenzo Miguel Mendoza

Abstract

This quantitative study aims to explore the impact of online shopping on the financial well-being of personnel at St. Mary's College of Quezon City (SMCIQC). This study employed a descriptive qualitative research design, using Google Forms and Microsoft Teams as data collection instruments, with purposive sampling as the chosen method. RQ1: Financial Impact of Online Shopping The study found that most respondents occasionally exceeded their budget when shopping online (12 participants), while 6 did so frequently, another 6 rarely, 3 always, and 7 never. In terms of how much of their monthly income was spent on online shopping, 24 respondents reported spending 10% or less, 5 spent between 11% and 20%, 4 spent between 21% and 30%, and only 1 spent more than 31%. When asked about financial stress, only 8 participants reported experiencing it due to online shopping, while 26 said they did not feel financially stressed. Impulse purchasing was reported occasionally by 13 respondents, frequently by 6, rarely by 9, always by 1, and never by 5. Despite this, only 8 respondents reported setting spending limits for their online purchases, while the majority (26) did not. In terms of financial management, 4 participants rated themselves as extremely effective, 13 as very effective, 12 as moderately effective, 4 as slightly effective, and 1 as not at all effective. Regarding the perceived impact of online shopping on their finances, 5 respondents believed it was extremely impactful, 7 said very impactful, 10 moderately impactful, 7 slightly impactful, and 5 not at all impactful. RQ2: Frequency and Amount of Online Shopping In terms of frequency, most respondents shopped online less than once a month (19 participants), while 10 did so monthly, and 5 did so weekly. When asked how many purchases they typically made per month, 18 participants reported 0 to 2 purchases, 13 made 3 to 5 purchases, 2 made 6 to 8 purchases, and 1 made more than 11. Regarding the amount spent per month, 3 participants spent between ₱51 and ₱150, 18 spent ₱151 to ₱500, 9 spent ₱501 to ₱1,000, and 4 spent more than ₱1,000. RQ3: Budgeting and Payment Behavior When asked if they allocated a specific budget for online shopping, 15 participants said yes, while 19 said no. In terms of reviewing their finances, 7 respondents said they always check and review their finances, 10 said frequently, 8 occasionally, and 9 rarely. No respondents indicated that they never review their finances. As for payment methods, the majority of respondents did not use credit or debit cards for online purchases. Only 2 used cards always, 4 used them frequently, 6 occasionally, 3 rarely, and 19 never used them. RQ4: Motivations and Online Shopping Habits The most common reason for shopping online was convenience, cited by 31 participants. Other reasons included discounts and promotions (25), product variety (14), faster delivery options (11), and other unspecified reasons (2). When asked about their tendency to compare prices before making a purchase, 9 respondents said they always do, 9 said frequently, another 9 occasionally, 6 rarely, and 1 never. Regarding the importance of online reviews and ratings, 17 participants found them extremely important, 12 very important, 3 moderately important, 1 slightly important, and 1 not at all important. RQ1: The findings suggest that online shopping does have some influence on individuals' financial behavior and management. Based on this, it is recommended that personnel establish spending limits and prioritize essential needs to maintain financial stability. RQ2: The data indicate that the majority of personnel do not frequently shop online, and when they do, their spending typically remains at ₱500 or below per transaction. To maintain this responsible behavior, it is recommended that personnel remain consistent and avoid overindulging in unnecessary purchases. RQ3: Results show that personnel demonstrate varying levels of financial

awareness. To improve this, it is advised that they adopt budgeting practices, including the allocation of funds specifically for online shopping, to better manage their finances. RQ4: A significant number of respondents value the convenience of online shopping, which appears to be their primary motivation. However, a certain degree of uncertainty remains when making online purchases. The researchers recommend that personnel seek further knowledge and awareness about safe and informed online shopping practices.

Keywords: personnel, finance, manage

**THE EFFECT OF TIKTOK MARKETING ADVERTISEMENTS ON
CONSUMER PURCHASE AWARENESS AMONG FILIPINO
GENERATION Z OF BALIUAG CITY, BULACAN**

Carlos Miguel Entendez, Vanessa Mañalac, Elysha Gabrielle Cauyao

Abstract

Through a review of existing literature and studies, the researchers identified a gap in research regarding the implications of using the TikTok application on consumer purchase awareness among Generation Z. This gap prompted the researchers to explore the issue further, especially given that TikTok is currently one of the fastest-growing platforms in the e-commerce market (Meltwater, 2024). This mixed-method research employed an explanatory design, specifically a follow-up explanation model, to assess and explore the effect of TikTok marketing advertisements on consumer purchase awareness among Filipino Generation Z in Baliuag City, Bulacan. Data was collected through the online distribution of survey questionnaires across the city, providing valuable insights to support a reliable and meaningful study. Using simple linear regression, and based on a p-value of 0.0000000804, the findings reveal that TikTok marketing advertisements have a significant effect on consumer purchase awareness. Therefore, the study accepts the alternative hypothesis. Additionally, analysis of the qualitative data yielded three main themes: Engagement and Attention, Creativity and Strategy, and the Consumer Decision-Making Process. These findings suggest that the three main themes align with Filipino Generation Z's consumer purchase awareness in relation to the widespread use of TikTok marketing advertisements. The researchers consider this study valuable to society, as it contributes to enhancing the strategies of marketing professionals and businesses by providing insights into how different marketing approaches can be more effectively utilized to improve promotional efforts.

Keywords: marketing in tiktok, purchasing decisions, tiktok, consumer purchase awareness

Engineering, Information, and Communication Technology

THE POWER OF FIVE: IDENTIFYING SMCIQC COLLEGE STUDENTS' MOST VISITED WEBSITES FOR ACADEMIC AND PROFESSIONAL GROWTH

Roel Masongsong, Francis Bautista

Abstract

This research investigates the top five websites most frequently used by SMCIQC college students and examines their impact on academic and professional development in the digital age. Employing a descriptive quantitative approach through surveys, the study aims to identify the key digital tools and strategies students use to support their learning and career objectives. It analyzes how these websites facilitate research, collaboration, communication, and time management, as well as their role in enhancing professional skills and networking opportunities. Ultimately, the study seeks to understand the digital habits that shape the academic and professional growth of these students. This study employs a descriptive quantitative approach to examine the digital habits of SMCIQC students using survey questionnaires. It aims to identify measurable trends in website usage, highlighting key behaviors and their impacts. The use of quantitative data analysis ensures objective results, enhancing the reliability and generalizability of the findings. SMCIQC college students primarily use Google, Gizmo, YouTube, Britannica, and Wikipedia for both academic and personal purposes, with Google being the most frequently accessed. Google Scholar and YouTube are particularly recognized for their positive impact on academic performance, providing access to scholarly articles and educational tutorials. These platforms offer tools and features that support research, problem-solving, and the development of professional skills. However, challenges such as questionable credibility and potential distractions remain. To address these issues, institutions can offer workshops and provide curated content to help students maximize the benefits of these platforms for academic and professional growth. This research emphasizes the importance of strategically integrating digital tools to support the academic and professional development of SMCIQC college students. Educators are encouraged to implement workshops and training programs, while institutions should collaborate with digital platforms and address accessibility challenges. Policymakers are urged to incorporate digital tools into curricula and promote inclusivity by leveraging emerging technologies. Addressing issues such as information overload and financial barriers is essential and can be achieved through the creation of resource hubs and the integration of student feedback mechanisms. The study highlights students' strategic use of platforms like Google Scholar and LinkedIn, paving the way for targeted interventions to optimize the digital learning environment.

Keywords: digital literacy, higher education, academic performance, career development, popular websites, action research

**THE EFFECTS OF TECHNOLOGY ON THE ACADEMIC
PERFORMANCE OF SELECTED COLLEGE STUDENTS**

Nathaly Capili, Danica Ellen Villanueva, Helen Oreto

Abstract

This study explored the impact of digital tools and platforms on the academic progress of college students, highlighting both their benefits and challenges. Technology was found to enhance learning by improving access to educational materials, promoting collaboration, and increasing student engagement. However, excessive use of technology for non-academic purposes often leads to distractions and reduced focus. The study aimed to determine whether technology ultimately enhanced learning or posed barriers, offering insights for optimizing its use in educational settings. The findings contribute to the improvement of teaching practices, institutional policies, and curricula, ensuring that technology supports, rather than hinders, academic success. The study employed a quantitative, descriptive survey approach to examine the impact of gadgets on students' academic performance, focus, and study habits at St. Mary's College, Inc., Quezon City. Data were collected using a structured questionnaire, and simple random sampling was applied to minimize bias. The research adhered to ethical standards and data privacy regulations to ensure the confidentiality and integrity of the participants' information. The respondents—primarily female third-year students aged 21 to 50—commonly utilized remote learning tools, e-books, and smartboards, with cell phones being the most frequently used gadget for both academic and non-academic purposes. Students reported that technology positively influenced their academic performance, with most self-assessments ranging from “very good” to “excellent.” However, excessive use of gadgets for non-academic activities was found to negatively impact focus, concentration, and stress management, which in turn adversely affected their overall academic performance. The study concluded that technology exerts both positive and negative effects on the academic performance of college students. On the positive side, it enhanced access to learning resources, improved student engagement, strengthened critical thinking skills, and aided in more efficient time management for studying. Conversely, excessive use of technology for non-academic purposes, particularly mobile phone distractions, was found to impair focus and academic performance. Moreover, prolonged screen time contributed to elevated stress levels, negatively affecting students' mental well-being and concentration. The study highlights the importance of adopting a balanced approach to technology use in education to fully leverage its benefits while minimizing its potential drawbacks.

Keywords: digital tools, academic performance, technology in learning, study habits, e-books

**MY NEW STUDY BUDDY: THE USE OF THE AI PLATFORM: CHATGPT
OF STUDENTS IN ST. MARY'S COLLEGE INC. (QUEZON CITY)**

Gyasi Manet Sermenon, Raphael Brion, Kirsten Joy Anne Tating, Anthony Kyle Lucena,
Sam Luigi Quinto, Rj Vincent Vicente

Abstract

ChatGPT is a widely used AI platform for generating both text and images. As of December 2023, it had 180.5 million users, with 3.49% coming from the Philippines (Duarte, 2024). The growing use of AI is reshaping the educational landscape. While these tools can support learning, concerns are emerging around academic integrity, skill development, and originality due to potential overreliance. Zhang et al. (2024) caution that excessive use of AI may hinder critical thinking. Further research is needed to promote responsible and balanced integration of AI in education. This study will utilize purposive sampling to identify participants who are active users of the artificial intelligence (AI) tool ChatGPT. By focusing on individuals with direct experience using ChatGPT, the study ensures the data collected will be relevant to real-world applications of AI in educational contexts. The participants for this study will consist of 5 senior high school students from St. Mary's College INC, Quezon City who are part of the current senior high school batch. These students are known to regularly use AI tools, specifically ChatGPT, for their academic tasks, such as essay writing, research, and problem-solving. Participants will be selected based on their familiarity with AI and their willingness to participate in the study. What factors lead students to prefer AI-generated input over creating their own original work? • For references, structure, or guide • Limited time • Trust in AI's accuracy • AI as a tutor • Class Absences • Reducing workload • Perceived Efficiency and Convenience • To maintain Academic Confidence and Performance. How does the availability and convenience of AI tools impact students' choice to use them over creating original content? • Very instant during times where schedule is cramped and when time is minimal • AI is able to proofread tasks, especially research papers • Reduces stress and information overload. How do time pressures and academic demands influence students' tendency to use AI for writing support? • Using AI allocates more time for other tasks • Using AI also gives the sense of relief • Reduces time on doing school works which gives them a more manageable schedule. • Although reduces critical or creative thinking ChatGPT fulfills the academic needs of students, especially those who dealt with a pileup of multiple works. Because of the mentioned factors—excessive workload, minimal time, or absences from classes—students are moved to use ChatGPT as it's their only recourse.

Keywords: ai in learning, modern learning, ai-generated inputs, ai assistance

**FUNCTIONALITY MONITORIZATION: AN ASSESSMENT ON
SMCIQC'S TECHNICAL DEVICES IN CLASSROOMS**

Arzel Masih Benavides, Adryan Matthew Gepigon, Eduardo Pabuna, Jeremiah Nick Balbis,
Samuel John Origenes, Niño Angelo Nicanor, Shaira Anna Jusi

Abstract

Technology is one of the most transformative inventions in modern society, helping streamline tasks through a variety of tools. Its integration into education serves as a powerful means to support effort-related learning processes (Futterer, 2022), enhancing the learning environment with practical devices for both students and instructors during classroom instruction. This research aims to assess the functionality of technological devices found in classrooms at St. Mary's College, Inc., Quezon City, and evaluate the effectiveness of each device in fulfilling its intended purpose. Additionally, the study seeks to identify any malfunctions or technical issues that may have occurred during classroom use. The study employed a descriptive research design. Data were collected from high school students, specifically the classroom presidents, who completed a checklist as the primary data collection tool. The checklist included details such as the time period the malfunction occurred, the type of malfunction, and the specific device affected. Data gathering was conducted over a span of 10 school days, with malfunctions recorded during each class period as they occurred. Additionally, acquisition lists provided by the ITRC and AVR departments were used to support a thorough evaluation of the devices. At the conclusion of the data gathering process, a total of 224 classroom cases were recorded. Of these, 61% (138 cases) involved internet-related issues, making it the most frequently reported problem. Computers accounted for 30% (66 cases) of all malfunctions. Projectors and microphones each recorded 3% (7 cases), followed by amplifiers at 2% (4 cases). Televisions had the fewest reported issues, with only 1% (2 cases). The researchers also found that the functionality of devices was not necessarily linked to their acquisition dates; in other words, older devices did not consistently exhibit more problems than newer ones. While classroom devices remain generally functional, they frequently experience malfunctions—particularly with computers and internet connectivity. The study found that these technical issues often lead to inefficiencies, such as delayed class starts and interruptions during instruction. Internet-related problems emerged as the most common concern, underscoring the need for improved computer systems and more reliable internet infrastructure to support effective teaching and learning.

Keywords: technology in learning, modern education, computer malfunction

ASSESSING THE EFFECTIVENESS OF VARYING VIDEO LENGTHS OF EDUCATIONAL VIDEOS ON INFORMATION RETENTION

Princess Celine Gatus, Jasmin Eliza Tadena, Timothy Naz Salvador, Johnathan Dyon Austria,
Gabriel Alfonso Rico, Cian Nathaniel Ferrer, Shaira Anna Jusi

Abstract

Twenty-first century learning integrates both traditional and digital media to enhance student comprehension, with educational videos becoming essential tools in modern classrooms. One factor that may influence students' information retention from these videos is their length. Previous studies, such as Manasrah et al. (2021), suggest that very short videos may lack sufficient content, while longer videos risk losing student engagement. This research aims to determine which video length yields better information retention scores among Grade 9 students from a heterogeneously mixed section at St. Mary's College Inc., Quezon City, in the subjects of Filipino, Araling Panlipunan, and Science. An experimental research design was employed to assess information retention. The process involved administering a pre-test, presenting either a short- or long-form educational video as the intervention, and then conducting a post-test. The section 9-Mapamaraan served as the control group and received the long-form videos, while section 9-Mapitagan was designated as the experimental group and received the short-form videos. The pre- and post-test results were analyzed using a paired t-test in Microsoft Excel. The resulting p-value was compared to a critical value of 0.025, as the test was two-tailed. The short-form videos showed minimal improvement across subjects, with mean score increases in Filipino (+0.9), Araling Panlipunan (+0.3), and Science (+0.4). In contrast, long-form videos produced greater gains in Filipino (+1.35) and Araling Panlipunan (+0.8), though Science showed a slight decrease in mean score (-0.2). Statistical analysis revealed that long-form videos had a significant impact on information retention in Filipino ($p = 0.0015$) and Araling Panlipunan ($p = 0.0021$). Both p-values fell below the critical value ($p < 0.025$), leading to the rejection of the null hypothesis for these subjects. In Science, however, neither video format produced statistically significant changes, with short-form ($p = 0.21$) and long-form ($p = 0.46$) results remaining within the null hypothesis acceptance range. Notably, while not statistically significant, the short-form video for Science resulted in a slight increase in mean score (+0.4), compared to a slight decrease (-0.2) in the long-form video group. The findings suggest that long-form videos are more effective for comprehension-based subjects such as Filipino and Araling Panlipunan, while short-form videos may be slightly more suitable for technical subjects like science. For future research, it is recommended to expand the scope of subjects, increase the sample size, and include an analysis of learner experiences to gain a deeper understanding of the effectiveness of video length in educational settings.

Keywords: educational videos, video length, information retention, long form videos, short form videos

THE EXTENT OF THE EFFECTS OF ARTIFICIAL INTELLIGENCE TO STUDENT'S STUDY HABITS

Jan Miguel De Leon, Shann Kendrick Chua, Loreto Drew Ker Damian Iv, Rondio Amir Espinosa,
Miognette Dominique Leonardo, Micaela Ysabel Andaya, Shaira Anna Jusi

Abstract

The increasing use of Artificial Intelligence (AI) by students at St. Mary's College Inc., Quezon City, underscores the need to investigate its impact on study habits. Concerns have been raised about the potential negative effects of AI on critical learning skills. However, current research lacks a clear understanding of the direct causal relationship, particularly within localized educational contexts. This study aims to address that gap by examining how the use of AI influences students' study methodologies. By analyzing both the positive and negative effects of AI and identifying potential mitigation strategies, this research seeks to inform educators and policymakers in making informed decisions about AI integration in education—ensuring that its use enhances rather than diminishes effective study habits. The researchers utilized a survey conducted on Microsoft Forms as the primary data collection instrument. The target population consisted of selected students from Grades 10 to 12 at St. Mary's College Inc., Quezon City. A total of 20 students were randomly selected from each grade level, with the goal of obtaining at least 30 valid responses for analysis. Based on the survey results, AI is primarily used as a study aid and reference tool, with most students reporting infrequent usage. Overall, its impact on study methods is viewed as mostly positive. However, concerns about overreliance and academic dishonesty, particularly plagiarism, were prominently noted. Despite these concerns, students generally consider their study habits effective. Opinions on whether AI serves as a source of motivation were divided. Ethical issues were also raised, with data misuse being a significant worry. While AI is seen as helpful in enhancing understanding, some students expressed concerns about its potential impact on critical thinking, and responses were neutral regarding AI's overall role in education. For Future Researchers: Future researchers are encouraged to combine qualitative research with quantitative methods to gain a more comprehensive understanding of AI's impact on education. Additionally, conducting longitudinal studies is recommended to track the long-term effects of AI use on student learning, academic performance, and career development. For Students: Students should verify the accuracy of information generated by AI tools and avoid relying on them blindly. They are encouraged to focus on learning by understanding key concepts and developing critical thinking skills. AI should be used as a support tool, rather than a substitute for genuine learning. Furthermore, students should be aware of the ethical implications associated with the use of AI in academic work. For Teachers: Teachers should guide students on the proper and ethical use of AI tools in academic contexts. They are advised to design assignments that promote critical thinking, problem-solving, and creativity, thereby reducing the tendency to depend on AI-generated content. Integrating AI into teaching practices may also enhance the learning experience and provide personalized academic support for students. For the School: The school administration should consider the feasibility of implementing AI-assisted learning systems, taking into account the institution's resources and capacity. It is also recommended that the school conduct more focused research on the impact of specific AI tools on various aspects of student learning, particularly within the context of St. Mary's College Inc., Quezon City. Lastly, the school should establish clear policies regarding the use of AI tools to prevent misuse and ensure responsible usage among students.

Keywords: artificial intelligence, study habits, study methods, integration

**A COMPARATIVE ANALYSIS OF STUDENT AND TEACHER
PREFERENCES FOR DIGITAL AND TRADITIONAL ART
IN ACCOMPLISHING CREATIVE OUTPUTS**

Jayem Luna, Amber De Asis, Victor Riparip, Samantha Roy, Matthew Sapa, Shaira Anna Jusi

Abstract

This study focuses on the interest and knowledge of students, as well as teachers' preferences, in relation to art used for producing creative outputs. It aims to determine which mode of art provides greater satisfaction and comfort for both students and teachers, potentially leading to more positive outcomes. The significance of this study lies in analyzing which artistic method is more effective in facilitating and delivering creative outputs. This quantitative study utilized a survey approach to identify the art medium preferences—traditional or digital—of Junior High School (JHS) students and teachers based on their comfort and familiarity. Instrument: Online surveys were distributed via Microsoft Teams, depending on the availability and willingness of participants. Population: The respondents consisted of Junior High School students and teachers from St. Mary's College Inc., Quezon City. Sampling: Snowball sampling was employed to reach participants who held opinions on both traditional and digital art. Data Collection: Data gathering was conducted throughout the month of December. The survey results indicate that 88.2% of respondents consider traditional art more time-consuming, while only 2.9% believe the same about digital art. Approximately 8.8% perceive both mediums as equally time-consuming. In terms of efficiency, 64.7% find both art forms equally effective, while 20.6% favor digital art and 14.7% prefer traditional art. Digital art emerged as the most commonly used medium (55.9%), followed by traditional art (29.4%), with 14.7% using both. Regarding satisfaction, 44.1% believe both mediums provide equally rewarding outcomes. Additionally, 41.2% prefer using both for academic creative outputs, while 35.3% exclusively choose digital art and 23.5% favor traditional art. These findings suggest that while digital art is generally viewed as more convenient and efficient, traditional art continues to be appreciated for its creative depth and hands-on experience. Ultimately, preferences for art mediums vary among individuals, as each offers distinct advantages in artistic expression, efficiency, and personal satisfaction. Both Junior High School students and teachers express a preference for both digital and traditional art for academic and creative purposes, with many reporting satisfactions with their outputs. Traditional art is generally viewed as more time-consuming, while digital art is considered more convenient. According to Shukei (2019), digital art saves time and allows for easy corrections through undo and redo functions. In contrast, while traditional art requires more effort, it enhances artistic skills and results in unique, handmade creations.

Keywords: digital art, traditional art, preference

**THE EFFECTIVENESS OF VIBRATION INTEGRATED SYSTEM IN OPERATING
NAVIGATIONAL SENSORS (VISIONS) TO VISUALLY IMPAIRED
CITIZENS IN BULACAN AND PAMPANGA PROVINCES**

Troy Miguelle De Regla, Jorren Andrei Dizon, Josh Samuel Magno, Jayson Gabriel Protacio,
Jeremy Daniel Dinglasan, Raphael Santiago, Rhic Chester Santiago,
Khayenne Lord Suriaga, Andrea Sacdalan

Abstract

Visual impairment remains a global challenge, affecting millions of individuals worldwide. While existing assistive tools such as smart canes and guide dogs offer support, they also present certain limitations. To address these shortcomings, the researchers proposed VISIONS—a wearable navigation aid that integrates an Arduino Uno microcontroller, ultrasonic sensors, and vibration motors into a jacket. This system provides tactile navigational cues to alert users of nearby obstacles, enhancing mobility and safety for individuals with visual impairments. This research employed a sequential embedded experimental mixed-methods design to evaluate the effectiveness of the Vibration Integrated System in Operating Navigational Sensors (VISIONS) in providing directional cues to visually impaired individuals in the provinces of Bulacan and Pampanga, Philippines. The quantitative component examined factors such as accuracy, precision, and user satisfaction, which contribute to the overall effectiveness of VISIONS. The qualitative data were analyzed using thematic analysis. Testing was conducted in three phases: Phase 1 was carried out by the researchers, while Phases 2 and 3 involved 15 visually impaired participants. Each phase included a series of tests to assess the device's ability to detect both stationary and moving objects, as well as to gather subjective feedback on the design and usability of VISIONS. Following meticulous experimentation, the quantitative data revealed that VISIONS achieved an overall effectiveness rate of 87.66%. The qualitative data reflected high participant satisfaction and reinforced the findings from the quantitative portion. Participants highlighted the device's comfort, fashionability, wearability, dependability, functionality, affordability, and reliability, further supporting VISIONS as a promising assistive tool for individuals with visual impairments. These findings support the study's alternative hypothesis, confirming the effectiveness of VISIONS in assisting visually impaired individuals by providing accurate and precise navigational support, while also ensuring user satisfaction with its design. In conclusion, the adoption of VISIONS by the visually impaired community is strongly encouraged, as it has the potential to enhance mobility, promote independence, and improve overall well-being by facilitating safer and more confident navigation in the outside world.

Keywords: visual impairment, visions, arduino uno microcontroller, ultrasonic sensors, vibration motors, navigational cues

Humanities and Social Sciences

DESCRIPTIVE ANALYSIS OF HEALTH CONCERNS AMONG IGNACIAN MARIAN PERSONNEL: A BASIS FOR COLLABORATIVE HEALTH PROGRAM INITIATIVES

Victor Carlos Mallare, Charlize Afable, Janelle Balao, Zenaida Ylarde,
Mhay-vinne Joy Cadlum, Bernadette Naira, Lalyn Timbal

Abstract

The primary purpose of this study is to identify the health concerns of school personnel at St. Mary's College, Inc., Quezon City. It also proposes a collaborative health program between the Center for Life and Career Development and the Center for Health Services to address the overall health and well-being of Ignacian Marian school personnel. Specifically, the study examines the demographic profile of personnel seeking medical assistance, the nature of their health concerns, and potential health initiatives that can be implemented to support their needs. Using a quantitative descriptive research design, data were systematically collected from 168 personnel who visited the Center for Health Services during the school year 2024-2025. The findings indicated that the primary reason for visits to the health center was to obtain medical clearance, underscoring the center's critical role in addressing administrative health requirements. Additionally, frequent requests for blood pressure monitoring highlighted the need for routine health assessments to support early detection of potential health risks. The Basic Education Department and Non-Teaching Personnel accounted for the highest number of visits, reflecting their greater reliance on the institution's health services. Based on these findings, the study highlights the need for a collaborative health program to strengthen preventive health measures and develop targeted wellness initiatives. These efforts aim to promote the overall health and well-being of Ignacian Marian school personnel.

Keywords: health, well-being, wellness

SMC INC. BSSW GRADUATES: FROM COMPETENCIES TO EMPLOYABILITY

Jennibelle Zaine Bracero, Imelda Macaraig, Marlene Guzman, Maryjane Paglinawan,
Helen Oreto and Dr. Imelda Macaraig

Abstract

In today's rapidly evolving job market, the concept of employability is undergoing a significant transformation. As industries continue to adapt to emerging challenges and innovations, employers increasingly value candidates who possess a diverse set of competencies beyond traditional academic qualifications. In this context, educational institutions play a crucial role in preparing students for the workforce by aligning their curricula with current industry demands. Such alignment not only facilitates a smoother transition into professional roles but also enhances students' competencies, improves their employment prospects, and supports sustained career development. The study investigated the effectiveness of the SMCIQC-BSSW program in preparing graduates for employment, with particular emphasis on competencies and overall employability. Data were gathered through survey questionnaires to capture graduates' perceptions of their preparedness, while interviews were conducted to gain deeper insight into their experiences. All research procedures adhered to ethical standards and were conducted in compliance with the provisions of the Data Privacy Act. The respondents, aged 20 to 55 years, were graduates of the SMCIQC BSSW program from 2018 to 2023. The majority (62.5%) were permanently employed, with 59.4% working in government agencies, serving in their roles for one to nine years. Graduates reported that course materials, examinations, social work modules, and faculty mentoring—delivered both online and face-to-face—effectively prepared them for employment. Field instruction and case management were identified as the program's strongest components in developing their professional competencies. Moreover, the integration of Ignacian core values—particularly faith—was found to have significantly contributed to their professional growth. Graduates also demonstrated strong proficiency in essential social work skills, including interviewing, data gathering, assessment, documentation, resource mobilization, facilitating referrals, and networking. The researchers observed that SMCIQC BSSW graduates demonstrated a strong foundation in social work principles and values, as reflected in their high-performance ratings. Their educational background—particularly the field instruction component of the SMCIQC program—was found to have effectively prepared them for entry into the workforce. The study concluded that St. Mary's College, Inc.'s BSSW program successfully equips its graduates for professional practice in the field of social work.

Keywords: competencies, employability, workforce, preparedness, graduates, social work

THE MOTIVATIONS OF BACHELOR OF SCIENCE IN SOCIAL WORK STUDENTS IN TAKING UP THE COURSE

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Lalaine Albino, Helen Oreto

Abstract

Social work is a profession committed to promoting social change, social justice, and empowerment, addressing pressing issues such as poverty, discrimination, and inequality. In the Philippine context, social workers play a crucial role in advocating for marginalized communities and addressing various social challenges. This study examines the motivations of students enrolling in the Bachelor of Science in Social Work (BSSW) program, with the goal of enhancing recruitment strategies and fostering the development of future social workers. The findings offer valuable insights into enhancing student engagement, refining academic curricula, and creating a more supportive and responsive learning environment. This study employed a quantitative descriptive research design to analyze students' motivations for enrolling in the BSSW program without manipulating any variables. A pre-test questionnaire was used to collect demographic data and assess students' familiarity with the program. The research focused on BSSW students at St. Mary's College, Inc. (SMCIQC), Quezon City, with respondents selected from all year levels through non-probability convenience sampling. The study adhered strictly to ethical standards and data privacy protocols to ensure the confidentiality and integrity of the collected data. Survey responses from 41 BSSW students revealed that most participants learned about the program through friends and personal connections, rather than through social media platforms. The strongest motivations for enrolling included opportunities for hands-on fieldwork, the structured curriculum, and the availability of financial aid. A significant number of students relied on scholarships, emphasizing the critical role of financial support in pursuing their studies. Additional motivating factors included a commitment to social justice values, prior volunteer experience, and interest in professional opportunities within the field. The reputation of the BSSW program, faculty engagement, and career guidance were also key influences on student interest. To strengthen future recruitment efforts, the study recommends enhancing social media outreach, expanding scholarship programs, and building community partnerships. The study highlights the influence of both intrinsic and extrinsic factors in students' decisions to pursue a career in social work. Personal networks and real-life experiences play a significant role in shaping these career choices. To enhance recruitment, schools are encouraged to promote volunteerism, expand fieldwork opportunities, and support advocacy initiatives. Sustaining student motivation can be achieved by strengthening scholarships, developing mentorship programs, and fostering peer engagement. St. Mary's College Inc., Quezon City (SMCIQC) should further optimize its digital outreach strategies and regularly update the curriculum to align with the evolving demands of the social work profession. Moreover, collaborations with government agencies and NGOs are recommended to increase financial aid and create more professional opportunities for aspiring social workers.

Keywords: social change, social justice, empowerment

THE CORRELATION OF SOCIAL MEDIA USAGE AND MIND-WANDERING AMONG COLLEGE STUDENTS IN ST. MARY'S COLLEGE INC. DURING LECTURES

Kyriel Santos, Charisa Dumlao

Abstract

There has been extensive discussion about the impact of social media on individuals, particularly in relation to attention and cognitive engagement. Previous studies on mind-wandering and social media usage have shown that distraction tends to increase as lecture durations progress. This study, titled “The Correlation of Social Media Usage and Mind-Wandering Among College Students at St. Mary’s College Inc. During Lectures,” aims to investigate the following: The prevalence and duration of social media use among students; The point in time during lectures when students begin to show signs of distraction; The relationship or correlation between patterns of social media use and instances of mind-wandering among students during lectures. This study employs a mixed-method (correlational) design. For the quantitative data, Pearson’s r and a 5-point Likert scale (measuring frequency) are used for analysis. For the qualitative data gathered through open- and closed-ended survey questionnaires, content analysis is conducted using inductive coding. The data collection follows a random sampling method. Based on the results: Facebook/Messenger received an average Likert scale rating of 4.63, indicating frequent use. The average reported onset of mind-wandering during lectures is 3.39 on the scale. The Pearson r value is 0.11, suggesting a positive but very weak correlation between social media usage and mind-wandering. The dominant themes reported in students’ mind-wandering experiences include work and/or school, being productive, and things to do later. Notably, 56% of respondents indicated that these thoughts were unrelated to the social media platforms they were using. Considering the findings: Facebook/Messenger is the most widely used social media platform among students at St. Mary’s College Inc., with students reporting an average daily usage of over three hours. On average, college students begin to mind-wander approximately 30 minutes into a lecture or oral presentation. The data shows no statistically significant relationship between social media use and mind-wandering among the students. The content of students’ mind-wandering primarily centers around responsibilities outside the current class, such as academic or personal tasks. Many students reported thinking about how to use their time productively and plan for upcoming responsibilities after the lecture. These findings suggest that mind-wandering is not significantly influenced by the social media platforms they use.

Keywords: mind-wandering, social media, attention

**THE EFFECTS OF RECREATIONAL READING ON
THE MOOD OF COLLEGE STUDENTS**

Marie Angelica Manuntag, Charisa Dumlao

Abstract

Recreational reading, also known as leisure reading, pleasure reading, free voluntary reading, or independent reading, as defined by Hesburgh Library (2024), refers to reading that takes place outside formal settings like school or home. Readers are free to choose when and where they read, as well as select from a wide variety of genres and platforms. This form of reading offers several benefits, one of which is stress management. The researcher employed a descriptive quantitative research design to examine the effects of recreational reading on the mood of college students. Statistical analysis was applied to interpret Likert scale responses, while frequency and percentage distribution were used for binary and multiple-choice questions. Additionally, purposive sampling was utilized to identify college students who actively engage in recreational reading. The study found that 42.9% of college students engage in recreational reading occasionally, primarily due to their busy schedules. Most students prefer using books, either digital or physical, and web novels/Wattpad as their reading materials, favoring genres such as romance and fantasy. The effects of recreational reading on these students include starting the day on a positive note, providing a diversion from stressful thoughts, and influencing their mood through emotional connections with characters. Their sustained interest in reading largely depends on the genres they enjoy. After finishing a book within their favorite genre, students often feel refreshed and motivated to read more, seeking new stories either within or outside their preferred genres to maintain their interest and uplift their mood. Therefore, the researcher accepts the alternative hypothesis that recreational reading affects the mood of college students and has a significant impact on their decision-making, disposition, and overall mental health. This finding supports the James-Lange theory of emotion, which suggests that emotional changes and shifts in motivation are expressed through emotional behavior, and that behavioral motivation reflects observable changes in response levels.

Keywords: recreational reading, leisure reading, genre, college students, mood, literacy rate

PAGSUSURI SA SERYENG "PULANG ARAW" NG GMA 7

Allan Lucas, Dr. Gloria Peralta

Abstract

Pulang Araw, a Philippine television drama war series, premiered on GMA Network in July 2024. Set during the Japanese occupation of the Philippines, the show follows the lives of four childhood friends—Eduardo, Adelina, Teresita, and Hiroshi—as they navigate love, family, and survival amidst the turmoil of war. The series is the result of extensive research and background study by its writer, Suzette Doctolero, whose inspiration stemmed from the stories of her grandparents, who were guerrilla fighters and vaudeville performers. To ensure historical accuracy and authenticity, Doctolero conducted interviews with World War II veterans, vaudeville artists, and comfort women. The production team worked diligently to recreate the wartime atmosphere of the Philippines. Principal photography began in December 2023, with filming locations including Manila, Quezon, Batangas, Laguna, Bulacan, and Pampanga. Historical settings that no longer exist were brought to life using CGI, and Japanese language coaches were hired to train the cast in proper language use and pronunciation. Pulang Araw features an ensemble cast including Alden Richards, Barbie Forteza, Sanya Lopez, David Licauco, and Dennis Trillo. The show has been widely praised for its cinematography and production design, particularly for their attention to detail and historical accuracy. Overall, Pulang Araw is a powerful example of Philippine television's ability to tell compelling, meaningful stories. With its rich historical context, engaging narrative, and exceptional production values, the series is undoubtedly worth watching.

Keywords: pulang araw, gma network, film analysis, social work, japanese occupation of the philippines

**ASSESSMENT ON THE LIVELIHOOD PROGRAM FOR SENIOR CITIZENS
IN CATMON, MALABON CITY: A QUALITATIVE STUDY**

Ralph Gian Torres, Wendy Aricheta, Ma Lady May Perez,
Cyrus Faeldan, Maria Jennalyn Mae Pascasio

Abstract

Poverty is generally defined as a condition in which individuals lack the means to meet their basic needs. To identify poor populations, it is first necessary to determine what qualifies as "basic needs." These needs can be defined narrowly—as those essential for survival—or more broadly, as those aligned with the prevailing standard of living within a community. As individuals reach retirement age, some older adults may begin to feel a sense of uselessness within their families, despite still being capable of working and contributing to daily responsibilities. This research focuses on assessing the Livelihood Program for senior citizens in Catmon, Malabon City, with the goal of identifying areas for improvement to better support their needs. All research procedures were conducted in strict adherence to ethical standards and in full compliance with the provisions of the Data Privacy Act. The results of the study revealed that the majority of participants were engaged in rug making, which helps them meet their daily needs. Respondents noted that age-related restrictions prevented them from securing formal employment, making this one of the major challenges they face in supporting themselves. Moreover, poor health conditions prevent many of them from applying for jobs that could help ease their financial burdens. Additionally, a lack of education can lead to discrimination in the job market, further limiting their opportunities. Overall, the livelihood program has positively impacted the residents by creating opportunities for senior citizens and helping them earn additional income.

Keywords: senior citizen, slp, livelihood program

**FADING AMBITIONS: A QUALITATIVE INVESTIGATION DELVING INTO
THE REDUCED INTEREST OF STUDENT LEADERS IN PURSUING
IGNACIAN MARIAN COUNCIL POSITIONS**

Sophia Mikaela Jimenez, Samuel Coronel, Aneia Margarithe Cosico,
Andrea Rocel Javier, Marc Nathan Roque, Jelo Matt Camorongan

Abstract

This study explores the declining interest of students in running for positions in the Ignacian Marian Council (IMC), focusing on factors such as academic pressure, time management, peer influence, fear of failure, and shifting perspectives on leadership. The findings can help schools make leadership programs more appealing and supportive. Additionally, teachers and policymakers can use these insights to mentor students more effectively and develop more inclusive and engaging leadership structures. A qualitative approach using phenomenology was employed to explore the lived experiences of IMC members who chose not to pursue leadership positions. Instrument: Interviews were conducted to gather insights into the students' struggles and perspectives within the IMC. Population: The study focused on Junior and Senior High School IMC members who did not hold any leadership positions. Sampling Method: Convenience sampling was used due to the accessibility of participants through one of the researchers, who was a member of the IMC. The study identified several factors contributing to the declining interest in student leadership. Personal challenges such as academic pressure and stress made it difficult for students to balance schoolwork with leadership responsibilities. Interpersonal factors, including peer pressure and fear of judgment, also discouraged students from pursuing leadership roles. Structural issues, such as a lack of mentorship and a disconnect between theoretical and practical leadership training, left many students feeling unprepared. Despite these challenges, IMC members reported gaining valuable skills in communication, teamwork, and problem-solving. However, the stress and time demands of leadership sometimes strained personal relationships and negatively impacted their mental health. Students perceive the high standards and expectations placed on IMC members as overwhelming, making leadership roles seem intimidating. Academic Focus: Balancing academic and leadership responsibilities poses a significant challenge. Many students experience academic struggles due to the added burden of leadership, which can negatively affect both performance and well-being. Self-Doubt and Fear of Judgment: A lack of confidence, coupled with fear of public scrutiny, discourages students from pursuing leadership positions. Peer pressure and fear of criticism contribute to anxiety and self-doubt. Time Management: Effectively managing both academic and leadership commitments is another common difficulty. The stress of juggling these responsibilities often results in poor academic performance and burnout.

Keywords: academic pressure, time management, leadership skills

**HEARTS AND HOMEWORK: UNDERSTANDING THE IMPACT
OF ROMANTIC RELATIONSHIPS ON THE ACADEMIC
PERFORMANCES OF SMCIQC STUDENTS**

Nathaniel Grant Valdepeñas, Mickaela Christiene Acosta, Gion Topacio, Kristoff Andrew Tan, Jacob Alessandro Chan, Seth Gonzales, Audrey Stephanie Constantino, Jelo Camorongan

Abstract

Adolescence is a formative period marked by new experiences and the development of both intrapersonal and interpersonal qualities. During this stage, it is common for young people to explore or become interested in romantic relationships. Understanding how these relationships impact academic performance is essential, as balancing romantic involvement with academic responsibilities can be challenging and, at times, detrimental. This research aims to investigate whether romantic relationships serve as a hindrance to academic performance, to identify the strategies students use to manage these dual responsibilities, and to explore whether such relationships can, in some cases, positively influence academic success. This study utilized a qualitative research design, specifically applying the phenomenological method to gain a deeper understanding of the lived experiences of the participants. Data were collected through face-to-face interviews, which allowed for a more personal and detailed exploration of the students' perspectives. The population included Junior High School (JHS) and Senior High School (SHS) students from St. Mary's College, Inc., Quezon City (SMCIQC). A purposive sampling method was used, as participants were selected based on specific criteria required for inclusion in the study. Research Question 1: What academic challenges do students with romantic relationships face? The findings of the study indicate that students involved in romantic relationships experience several academic challenges that can negatively impact their performance. These challenges include emotional stress, pressure from social expectations, and difficulties with time management. Emotional stress, in particular, was frequently mentioned as a major factor affecting concentration and academic focus. One participant shared: "Let's say if something bad happened in the relationship, it will—ah—it will take a toll on you because your mind would be focused on that negative aspect. So, like, while you try to study, your mind will keep wandering back to that negative aspect, as much as you want to keep pushing it down." This quote illustrates how emotional strain from romantic relationships can interfere with a student's ability to focus on academic tasks, reinforcing the finding that emotional well-being is closely tied to academic performance. The study explored the effects of romantic relationships on the academic performance of Junior High School (JHS) and Senior High School (SHS) students at St. Mary's College, Inc., Quezon City (SMCIQC). Using a phenomenological approach, the researchers conducted structured, face-to-face interviews with four student couples—two from JHS and two from SHS—who had been in a relationship for a minimum of three months.

Keywords: adolescence, romantic relationships, academic performance

**SPIKING MOTIVATION: A STUDY ON THE INTEREST OF MALE JUNIOR AND
SENIOR HIGH SCHOOL STUDENTS IN JOINING THE VOLLEYBALL
VARSITY OF ST. MARY'S COLLEGE INC., QUEZON CITY**

Zure Gayeta, Justin Andrei Herrera, Zeandre Grant Roldan, Jared Syke Crisologo,
Akio Raphael Bautista, Joaquin Raphael Adelantar, Jelo Matt Camorongan

Abstract

There is a lack of official information regarding the reasons behind the reluctance of male Junior and Senior High School students at SMCIQC to join the boys' volleyball varsity team for the school year 2024–2025. This qualitative research employed a mixed-methods phenomenological approach combined with inductive thematic analysis. The instruments used included a set of interview questions, along with tools for real-time data recording—specifically, a handheld audio recorder for capturing verbal responses and pen and paper for noting non-verbal cues and gestures. The population for this study consisted of male Junior High School and Senior High School students. Data were collected through face-to-face interviews to ensure in-depth exploration of participants' perspectives and experiences. Themes and Findings: Past Experiences in Volleyball: Several respondents indicated that their previous experiences with sport played a significant role in their decision not to join the varsity team. These experiences, whether positive or negative, shaped their perceptions and willingness to participate. Expectations in Volleyball: Respondents shared a variety of expectations that influenced their decision-making, which were grouped into subcategories: Peer and Parental Expectations. Some participants expressed concerns about how peers or parental figures might perceive their involvement in volleyball, which affected their motivation to join. Personal Expectations: Respondents also identified self-imposed standards or personal goals that influenced their participation, including perceived performance levels or fear of not meeting their own expectations. Increasing Volleyball Participation Among Male Students: Participants identified key factors that could help encourage more male students to join the varsity team. These were categorized into three main themes: Exposure: Increasing awareness and visibility of volleyball as a viable and enjoyable sport option for males could improve participation rates. Inclusivity: The level of acceptance and inclusiveness within the broader student body—not just the varsity team—was cited as a major influence. A more welcoming environment could encourage hesitant students to participate. Opportunities: Many interviewees stated they would be more inclined to join if there were clearer pathways or incentives, such as scholarships, skills development, or recognition, associated with varsity membership. The number of events and incentives offered by the school was found to have a direct impact on how respondents perceived the status and value of the varsity volleyball team. Decisions to join the team were shaped by a combination of societal perceptions, peer and family expectations, and personal concerns—particularly those related to physicality and risk of injury. Additionally, factors such as increased publicity, the breakdown of gender-related stereotypes, and the presentation of tangible opportunities (e.g., scholarships, recognition, skill development) were identified as potential strategies to overcome barriers and encourage greater male participation in the volleyball varsity program.

Keywords: adolescent, expectations, junior high school, male volleyball, perception, qualitative, senior high school

**EMPOWERED TOGETHER: THE ROLE OF PARENTAL INVOLVEMENT
AND SELF EFFICACY IN FUELING CAREER CHOICE OF SENIOR
HIGH SCHOOL (SHS) STUDENTS AT SMCIQC**

Travis Ely James Gonzales, Sebastian Ross Concepcion,
Jasean Matthew Gonzales, Jelo Matt Camorongan

Abstract

The Senior High School phase plays a pivotal role in shaping students' career choices and overall development. During this stage, parental involvement and self-efficacy emerge as key factors influencing decision-making. Parental involvement encompasses emotional support, career-related discussions, and opportunities for exploration. Research indicates that students often adjust their academic and career paths based on parental influence. At the same time, self-efficacy—one's belief in their ability to succeed—promotes resilience and persistence in career planning. It empowers students to set ambitious goals, actively seek information, and overcome obstacles along the way. This qualitative research will utilize a phenomenological approach, which is designed to explore and understand individuals lived experiences. The researchers consider this the most appropriate method for the study, as it allows for a deeper examination of the personal factors influencing students' career decision-making. Purposive sampling will be employed to gather relevant data, focusing on Grade 12 Senior High School students at St. Mary's College Inc. in Quezon City who are set to graduate in the upcoming year. These students are in the process of selecting their college programs and planning their future career paths. The results indicate that students' ability to make independent decisions is strongly influenced by their parents' unwavering support, financial stability, and emotional guidance. Parental involvement, particularly when it fosters self-efficacy, empowers students to pursue their aspirations despite challenges such as balancing personal goals with parental expectations. The study also highlights that students' career choices are shaped by their motivation, passion, and desire to contribute to society. The students reported receiving unconditional support from their parents in choosing any career or college program they wish to pursue. Their day-to-day needs—particularly financial support for academic purposes—are also consistently provided by their parents. When students struggle to make career decisions on their own, they often seek advice from their parents, who offer guidance and suggestions. This sometimes leads to students being influenced to follow the same career paths as their parents or to choose related fields. In contrast, one student noted that their parents' expectations were more practical, focusing on selecting a college program that offers stability and job opportunities. Additionally, some parents expressed a desire for their child's career choice to align with their own profession.

Keywords: parental involvement, self-efficacy, emotional support, career discussions

**STAGE TO SOCIAL SKILLS: A QUALITATIVE STUDY ON THE IMPACT OF
THE TEATRILLIANS CLUB ON SENIOR HIGH SCHOOL STUDENTS
AT ST. MARY'S COLLEGE INC., QUEZON CITY**

John Carlo Vista, Zabina Angela Olegario, Jacob Isaac Xavier, Andrei Joaquin Legarte,
Andrew Ezekiel Yan, Robert Wade Co Ho

Abstract

Social skills refer to the abilities individuals use to interact and communicate effectively with others, such as active listening, clear verbal expression, teamwork, and conflict resolution. These skills are crucial for building relationships, achieving personal and professional goals, and enhancing overall quality of life. Theater, as a creative and collaborative art form, can significantly contribute to the development of social skills. By engaging in theatrical activities, students are given opportunities to express emotions, collaborate with peers, and learn interpersonal communication in an experiential and supportive environment. This study employs a qualitative research design, utilizing the phenomenological method, to explore and understand the lived experiences of participants. It aims to gain deeper insights into how theater participation influences the development of social skills through the personal narratives of student participants. Data will be collected through semi-structured interviews conducted by two researchers: one interviewer will lead the conversation and ask guiding questions, while the other will take notes, observe non-verbal cues, and handle audio recording of the responses. This setup ensures the accuracy and richness of the data gathered. The population for this study includes Senior High School students who are members of the Theater Club at St. Mary's College. Participants must have at least 1 to 2 years of theater experience, ensuring that they have sufficient exposure to reflect meaningfully on how their involvement has impacted their social skills. This study utilizes a convenient sampling method. Participants are selected based on their accessibility and willingness to participate, focusing specifically on theater club members who meet the study's experience criteria. Their insights will help explore the influence of theater on interpersonal and social development. Theater Activities Theater activities in school involve students acting out stories on stage. These experiences help them express emotions, speak clearly, and collaborate with others. Social Skills One key social skill developed through theater is communication, which plays a vital role in any performance environment. As one participant shared, "Just like what I said kanina, theater is a place where all of us can be equal." This highlights how theater fosters a sense of inclusion and mutual respect. Development Theater encourages students to connect with one another by promoting teamwork, effective communication, and self-expression. These activities not only help build friendships but also create a supportive and inclusive community. The researchers focused on examining how participation in theater activities impacts the development of social skills among Senior High School students at St. Mary's College, Inc. in Quezon City. The study found that theater significantly enhances communication skills, helping students improve both verbal and non-verbal expression. Through activities such as rehearsals, performances, and improvisation, students gained confidence, overcame initial social anxiety, and became more comfortable interacting in various social situations.

Keywords: social skills, theater, development

**TEAMWORK MAKES THE DREAM WORK: EXPLORING THE EXPERIENCES
AND PERSPECTIVES OF THE WOMEN'S VOLLEYBALL VARSITY PLAYERS
OF ST. MARY'S COLLEGE INC., QUEZON CITY ON TEAMWORK
AND ITS IMPACT ON TEAM DYNAMICS**

Francis Emmanuel Delos Santos, Aaliyah Cassandra Gagnao, Chelcy Joyce Rojas, Aeron Conrad
Gutierrez, Kip Gabriel Bautista, Marcolle Raimer Bautista, Jelo Matt Camorongan

Abstract

Teamwork is a crucial element in any team's success, serving as the foundation for achieving goals and fostering collaboration. This study explores the effects of teamwork on the dynamics of the Volleyball Varsity Team at St. Mary's College, Inc., Quezon City. It aims to examine how teamwork influences team dynamics, how conflicts are resolved within the team, and the experiences and perspectives of team members regarding effective collaboration. The significance of this research lies in identifying the factors that impact teamwork and team dynamics, offering insights not only for the volleyball varsity team but also for athletes in other sports disciplines. The research was prompted by two consecutive losses experienced by the team, which suggested possible issues in team cohesion and communication. By investigating these concerns, the study aims to uncover underlying problems such as competitiveness during tournaments and provide a deeper understanding of common challenges in teamwork that may affect overall team performance. The study employed a phenomenological research methodology, focusing on the lived experiences, perspectives, and recommendations of the participants. To ensure unbiased and credible results, five members from the Junior and Senior High School Volleyball Varsity Teams were selected using simple random sampling. However, the research encountered limitations, particularly the lack of current and relevant literature, which resulted in gaps in supporting information and contextual analysis. The findings highlighted the importance of building relationships beyond training sessions to enhance teamwork and cohesion. Key challenges identified included communication breakdowns and pressure from authority figures, both of which negatively affected team dynamics. Leadership figures, such as team captains and coaches, played a crucial role in addressing these issues and creating a more supportive environment. Proposed strategies for improvement involved fostering social interactions in a positive and inclusive atmosphere to strengthen bonds among team members and promote effective collaboration. This research underscored the significance of camaraderie, open communication, and collaboration in enhancing team dynamics. The study recommended fostering a culture of encouragement, strengthening interpersonal relationships among team members, and promoting a sense of unity to support effective teamwork and drive collective success.

Keywords: sport, volleyball, varsity player, teamwork, team dynamics

**THE JOY IN PUBLIC SERVICE: THE INFLUENCE OF THE BELMONTE FAMILY ON
THE POLITICAL PARTICIPATION OF PUBLIC SENIOR HIGH SCHOOL
STUDENTS IN THE FOURTH DISTRICT OF QUEZON CITY**

Laureano Manuel Pineda, Mishka Veniece Dela Cruz, Joem Arries Manipon,
Ayesha Marquis Luisa Munsayac, Jhon Ian Alberto, Jelo Matt Camorongan

Abstract

Political families in the Philippines have become increasingly prominent, particularly in poverty-stricken areas, where they often centralize power by holding multiple government positions (Mendoza et al., 2013). Although the 1987 Constitution discourages political dynasties, it still upholds the freedom of voters to choose their leaders (Lacson, 2019). In Quezon City, the Belmonte Family has played a dominant role in local politics for over 30 years, significantly influencing both governance and youth political engagement. Research suggests that political dynasties can limit political diversity and reduce youth participation in democratic processes (Belschner, 2022). This study aims to examine how the Belmonte Family influences students in Quezon City's Fourth District, addressing existing gaps in the literature regarding youth engagement and the effects of political dynasties. This qualitative study employed a phenomenological approach to explore the lived experiences of students in relation to political participation and the influence of the Belmonte Family. Researchers conducted structured interviews to gather in-depth insights into students' levels of political engagement. A total of five Senior High School students from public schools in Quezon City's Fourth District were interviewed via Google Meet. Participants were selected through convenience sampling, based on their availability and relevance to the study's objectives. The political legacy of the Belmonte Family elicited both positive and negative perceptions among the youth participants. Many acknowledged the family's long-standing contributions to local governance, particularly through community programs and public service initiatives that have helped foster political awareness and civic engagement. However, the family's dominance in local elections also raised concerns about the lack of political diversity and limited opportunities for emerging leaders. Despite these concerns, the Belmonte Family's leadership has contributed to increased awareness of social issues and has motivated some students to take more active roles in local politics. The findings underscore the importance of actively involving young people in politics and fostering their ability to think critically about political systems, particularly in relation to political dynasties. Such efforts are essential for cultivating a more informed, engaged, and participatory community. Additionally, the study offers recommendations for senior high school students, student leaders, teachers, first-time voters, and future researchers on how they can expand upon and build from the current research to explore further youth political engagement and the influence of political families.

Keywords: political dynasty, belmonte family, youth engagement, political participation, political awareness, political diversity, local governance, social issues

**VALUING MENSTRUAL HYGIENE ACCESS: A QUALITATIVE STUDY OF
FEMALE SENIOR HIGH SCHOOL STUDENTS' PERSPECTIVE ON THE
IMPORTANCE OF HYGIENE PAD MACHINES AT SMCIQC**

Viola Agatha Beatriz, Mariane Cassandra Sanje, Christine Joy De Guzman,
Anika Nicole Mozo, Josue Iii Nogal

Abstract

Menstrual cycles can be unpredictable, often leaving students unprepared, whether they forget to bring pads, run out of supplies, or start their period unexpectedly without access to menstrual products. This study explores the perspectives of female senior high school students at St. Mary's College Inc., Quezon City, on the use of hygiene pad machines as a potential solution. By addressing often-overlooked challenges such as stigma and lack of preparedness, the research underscores the importance of providing accessible menstrual products on campus. This qualitative study employed a phenomenological approach to explore the perspectives of female senior high school students at St. Mary's College Inc., Quezon City, regarding the absence of sanitary pad machines. This method allowed the researchers to identify recurring patterns in the students' challenges and lived experiences. Face-to-face interviews were conducted to gather authentic insights, using questions designed to assess the perceived importance of hygiene pad machines. Prior to data collection, Microsoft Teams was utilized to distribute consent forms and facilitate communication. Five non-transferee female senior high school students were selected through purposive sampling, chosen for their familiarity with the school's facilities and menstrual hygiene issues. This sample provided a range of experiences while ensuring the study remained focused and contextually relevant. Research Question 1: How does the lack of hygiene pad dispensers at SMCIQC affect the comfort and bathroom needs of female senior high school students during their menstrual cycles? The absence of hygiene pad dispensers often forces students to ask friends, classmates, or even teachers for pads. This lack of immediate access makes managing their periods more challenging, particularly when they are unable to change pads in time, leading to physical discomfort and emotional distress. Some students, especially those who are introverted, may feel hesitant or embarrassed about asking for help, which can further exacerbate the issue. Research Question 2: How does providing discreet and convenient access to hygiene products promote a more inclusive and equitable school environment for female senior high school students? Pad dispensers offer students a discreet and convenient way to access menstrual products, helping them avoid the discomfort or embarrassment of carrying or requesting pads in public. These machines contribute to reducing stigma around menstruation and promote open, supportive conversations. With easy access to hygiene products, students are better equipped to manage their needs, creating a more inclusive and equitable school environment. The study revealed that most female senior high school students at St. Mary's College Inc., Quezon City, rely on their peers for sanitary pads during unexpected periods. Participants expressed strong support for the installation of hygiene pad machines, highlighting their convenience—particularly for introverted students who may feel uncomfortable asking for help. Reported benefits included reduced embarrassment and increased menstrual awareness within the school community. However, some concerns were raised regarding the potential cost of installation, ongoing maintenance, and the risk of students becoming overly reliant on the machines.

Keywords: menstruation, menstrual hygiene, women's health, pad machines

**IGNITE THE FUTURE: THE ROLE OF THE EXPECTED IGNACIAN MARIAN
GRADUATE ATTRIBUTES (EIMGAS) IN HONING STUDENTS'
APPROACH TO POLITICAL ENGAGEMENT**

Kerby Calizar

Abstract

Educational institutions play a vital role in shaping students into active citizens equipped to take on societal responsibilities. At St. Mary's College, Inc., Quezon City (SMCIQC), the Expected Ignacian Marian Graduate Attributes (EIMGAs)—anchored in Faith, Excellence, and Service—serve as both a framework and guiding principle for fostering political awareness and engagement. This study explores how these attributes, in combination with values-centered education and the RVM Pedagogy, influence students' capacity to critically analyze and respond to political issues. The findings underscore the transformative role of Ignacian Marian educators in helping students connect academic learning with real-world contexts, thereby promoting civic responsibility and leadership. By cultivating these core values, SMCIQC empowers its graduates to become socially responsible leaders and catalysts for meaningful societal change. The target population of this study consists of alumni from St. Mary's College, Inc., Quezon City, who graduated on or before the school year 2023–2024. The study employed purposive sampling, as the selected participants are presumed to have first-hand experience with the Expected Ignacian Marian Graduate Attributes (EIMGAs) and can offer valuable insights into how these attributes influence their approach to political engagement. The researcher targeted a sample size of eighty (80) participants, drawn from various graduation years to ensure diverse representation and avoid focusing on a single batch. The study revealed that the Expected Ignacian Marian Graduate Attributes (EIMGAs) have a positive influence on students' political engagement, particularly among younger individuals and those in the social sciences and humanities. Respondents exhibited strong political awareness, with high levels of agreement on the importance of staying informed, participating in discussions, and engaging in political activities. However, variations emerged across demographic groups, with certain academic disciplines and age brackets underrepresented—highlighting the need for further research to explore these gaps more comprehensively. The findings indicate that the Expected Ignacian Marian Graduate Attributes (EIMGAs) encourage students to develop a sense of political responsibility, with values such as nationalism and justice playing a key role in fostering political awareness. In addition to EIMGAs, external factors—including personal experiences and political ideologies—also influence political participation. Overall, the study underscores the significance of values-based education in shaping students into responsible and actively engaged citizens.

Keywords: students' political engagement, educational pedagogy, eimgas

A QUANTITATIVE ANALYSIS OF CHANGES IN FILIPINO FAMILY VALUES AND THEIR IMPACT ON CULTURAL TRADITIONS

Gabriel Ramos, Maria Morato, Mark De Villa, Miskha Dimal, Adriana Felicilda

Abstract

The Filipino family structure, a cornerstone of the nation's culture, has undergone significant transformations in recent decades. Traditionally, the extended family—characterized by multiple generations living under one roof—was the norm. This structure played a vital role in preserving and transmitting cultural values and practices across generations. However, shifts in family dynamics have affected this tradition. Additionally, the rise of modern media has increasingly challenged traditional Filipino values and practices, further influencing cultural changes. The study employed a stratified sampling method to collect data from 90 participants at SMCIQC, comprising Gen Z, Millennial, and Gen X adults, regarding their household practices of Filipino traditions. 71 participants answered the survey and the results are Courtship: (Panliligaw) 3.50 (Harana) 2.46 (Pamamanhikan) 3.26 The total mean of 3.20. Respect: (pagmamano) 3.7 (Using opo and po) 3.75 (Pagkain ng sabay-sabay) 3.44 Religion (Simbang Gabi) 2.99 (Going to Church every Sunday) 3.37 (Godparent Tradition) 2.73 Family Roles (Pagdedesisyon ng Tatay sa Loob ng Tahanan) 2.93 (Pagbabadyet ng Nanay para sa pamilya) 2.9 (Pagsasama-sama ng lolo, lola o di kaya'y tito at tita sa isang tahanan) 2.59 For the second part, Conflicts between preserving family traditions and adapting to modern life, Generation Gap (74.6%), Technological Distractions (76.1) were the most agreed answers. For Potential outcomes if Filipino traditions are completely lost to modern society, weaker family bonds (76.1%), and loss of cultural identity (66.2%) were the top answers. Why should Filipino Traditions continue to be practice at home, to strengthen family bonds. (78.9%), and to teach respect and values (84.5%) shows reasons for traditions to stay alive. How can online platforms be used to promote and preserve Filipino traditions? They can serve as a platform for sharing and educating people about Filipino traditions and history. (90.1%) They can facilitate the learning and teaching of traditional Filipino crafts, music, dance, and cuisine. (71.8%) promotes online platforms that can share traditions with people. The discussion reveals that family structures and traditions vary across society. While some participants believe that traditional family roles and cultural practices remain relevant, others consider them outdated. Filipino traditions, including religious practices, are still observed; however, the extent and manner of their practice vary, reflecting subjective interpretations and individual preferences.

**A COMPARATIVE ANALYSIS OF LEVELS OF PERSONAL AUTONOMY AND
ATTACHMENT STYLES AMONG SENIOR HIGH SCHOOL STUDENTS
IN SMCB, INC. ENGAGING IN ROMANTIC RELATIONSHIPS**

Jenica Gonzales, Michael Joseph Baltazar, Aira Nicole Bayani, Janvest Carmelo Castillo, Ryneia
Emiliani Roxas, Dan Abram Gonzales, Czyleane Ramos

Abstract

This research aims to determine which attachment style is associated with the highest level of personal autonomy—a key factor in maintaining healthy romantic relationships. As Ellington (2024) notes, there is a need for further examination of how attachment styles influence individual autonomy within such relationships. Accordingly, this study seeks to compare the levels of personal autonomy among individuals with different attachment styles. Specifically, it aims to identify whether there are significant differences in personal autonomy among senior high school students with secure, avoidant, anxious, and disorganized attachment styles when involved in romantic relationships. To address the research objectives, a mixed-method approach was employed, specifically using a follow-up explanatory design. Purposive sampling was utilized to identify individuals who met the predetermined criteria. Both qualitative and quantitative data were collected through written surveys. The t-test results confirmed significant differences, leading to the rejection of the null hypothesis and the acceptance of the alternative hypothesis. The findings revealed a ranking of attachment styles based on levels of personal autonomy: students with avoidant attachment exhibited the highest autonomy, followed by those with secure, anxious, and disorganized attachment styles. Notably, themes identified in the qualitative data supported these quantitative findings. Overall, the findings of this study suggest that senior high school students should strive to balance intimacy and independence within romantic relationships to support healthy development and well-being. Furthermore, parents, educators, and mental health professionals are encouraged to guide students toward developing secure attachment styles and fostering healthier relationship patterns.

Keywords: attachment styles, personal autonomy, intimacy, independence in relationships, healthy relationships

THE CONTROL CONUNDRUM: A COMPARATIVE ANALYSIS OF LEVELS OF SOCIAL SKILLS AND PARENTING STYLES ON SENIOR HIGH SCHOOL STUDENTS IN ST. MARY'S COLLEGE OF BALIUAG, INC.

Christina Reina Corpus, Vladimir Bonifacio, Maureen Ann Bernardo, Miguel Ethan Camanga, Suzanne Lazaro, Jazmine Margarette Lim, Hanna Leriza Postigo

Abstract

This mixed-method study investigates the relationship between parenting styles—Authoritarian, Authoritative, Permissive, and Neglectful—and the social skills of Senior High School students at St. Mary's College of Baliuag, Inc. Additionally, the study aims to gain deeper insights into how parental discipline approaches influence students' abilities to interact with peers and navigate social situations. Using an embedded correlational design, the study employed Spearman's rank-order correlation coefficient to examine the relationship between parenting styles and students' social skills. Data were collected through written surveys that assessed students' perceptions of their parents' parenting approaches and their own social competencies. The findings revealed a weak negative correlation of -0.165 between parenting styles and social skills, suggesting that as parenting becomes more controlling (e.g., Authoritarian), students tend to exhibit lower levels of social skills. A p-value of 0.027 ($p < 0.05$) indicated a statistically significant relationship, leading to the rejection of the null hypothesis. However, the weak correlation also suggests that factors beyond parenting style contribute to students' social development. These results suggest that overly controlling parenting may hinder the development of social skills, underscoring the importance of a balanced parenting approach. The study encourages further research to explore additional factors influencing social skills and to support parents and educators in fostering positive social development among students.

Keywords: parenting styles, authoritarian, authoritative, permissive, neglectful, social skills, perceptions, comparison

A CORRELATIONAL STUDY BETWEEN INCOME BRACKET AND THE FREQUENCY OF DENTAL SERVICES RECEIVED BY GRADE 7 STUDENTS AT MARIANO PONCE NATIONAL HIGH SCHOOL S.Y. 2024–2025

Shean Vincent Cruz, Hailey Nicole Gumabon, Zurich Torres, Chelsea Jarienne Vidal

Abstract

Oral health problems, particularly tooth decay, remain a major concern among Filipino youth, especially those aged 12 to 13. While this highlights the need for adequate dental services, access to such services remains inequitable due to various barriers—one of the most significant being insufficient household income. This study aimed to examine the correlation between household income brackets and the frequency of dental visits among Grade 7 students at Mariano Ponce National High School. The study employed a non-experimental research design to explore the relationship between the two variables. Using Slovin's formula and convenience sampling, the researchers collected a total of 184 responses from students in the school's morning session group. Using Spearman's rank correlation, the relationship between household income and the frequency of received dental services was found to be statistically significant, with $\rho = 0.298$ and $p < 0.001$. The result indicates a weak positive correlation, suggesting that while students from higher-income brackets tend to receive dental services more frequently, the relationship between household income and dental visit frequency is not strongly established. This implies that other factors may have a stronger influence on access to dental care. The findings underscore the need for further research to explore the various factors affecting access to dental services in the Philippines.

Keywords: oral health, accessible dental services, dental visits, dental affordability

Natural Science and Mathematics, Curriculum, and Instructions

PERFORMANCE ASSESSMENT OF STANDARDS AND SKILLS ON JUNIOR HIGH SCHOOL LEARNERS: FOUNDATION FOR A COLLABORATIVE ACADEMIC ENRICHMENT PROGRAM

Victor Carlos Alba Mallare, Charlize Luna Afable, Janelle Intertas Balao, Cynthia Abaricia Bautista

Abstract

This study assessed the performance levels of Junior High School learners who took the Performance Assessment of Standards and Skills (PASS) during the 2024–2025 school year. It focused on evaluating their competencies in English, Mathematics, and Science based on pre-test and post-test results, providing the basis for a proposed collaborative academic enrichment program. Using a descriptive research design with total population sampling, the study included all Grades 7 to 10 students who participated in the PASS assessment. Data were collected through the Learners' Descriptive Questionnaire and PASS results and analyzed using frequency and percentage distributions. Findings revealed notable improvements in student performance, with a decrease in the number of learners classified under the "Beginning" category across all subjects. More students progressed to higher competency levels, particularly in Grades 9 and 10. These results underscore the effectiveness of assessment-driven instruction and the importance of providing ongoing academic support. The study recommends implementing enrichment programs targeting specific skills, employing data-driven teaching strategies, and conducting continuous assessments. Encouraging collaborative learning, such as peer tutoring and group activities, can further enhance student engagement and comprehension. This research highlights the importance of evaluating academic proficiency to improve learning outcomes for Junior High School learners.

Keywords: academic competency, performance assessment, collaborative academic enrichment program

**ENVIRONMENT EXPLORATION: OBSERVATION REGARDING THE
PROMOTION OF LEARNING AND DEVELOPMENT OF PUPILS
IN DON BOSKO 1 KUPANG - INDONESIA**

Lani Agustina Teknomia, Dr. Gloria Peralta

Abstract

The learning environment plays a crucial role in shaping students' academic and personal development. This study examined how the physical, social, and instructional settings at Don Bosco 1 Kupang, Indonesia, support students' learning and growth. By analyzing classroom interactions, teaching strategies, and school facilities, the research aimed to identify best practices and highlight areas for improvement within the educational setting. Specifically, it sought to address the following research questions: What facilities are available at Don Bosco 1 Kupang, Indonesia? How does the school environment influence students' learning experiences and motivation to attend school? What recommendations can be made to enhance knowledge and understanding of the learning environment? The study employed a qualitative approach, utilizing classroom observations, interviews with teachers and administrators, and an analysis of learning materials. A thematic analysis was conducted to identify patterns in how the learning environment influences students' educational experiences. An exploration of the school campus and classroom environment at Don Bosco 1 Kupang, Indonesia, revealed that facilities such as the library, counseling room, canteen, medical clinic, and learning resource center support students in various ways—enhancing their knowledge, well-being, and social interaction. The availability of essential amenities, including well-maintained restrooms, well-ventilated classrooms, and organized learning materials, helps students stay focused on their studies without unnecessary distractions. However, the absence of a science laboratory, gymnasium, and auditorium highlights areas for potential improvement, particularly in promoting hands-on learning, physical education, and extracurricular engagement. The findings emphasized the importance of an inclusive and well-resourced learning environment in fostering students' academic success. Schools like Don Bosco 1 Kupang, Indonesia, benefit from strong teacher involvement and the integration of cultural values into teaching practices. However, addressing resource limitations and space constraints could further enhance the quality of education. The study underscores the need for continuous improvement in the learning environment to maximize student potential.

Keywords: learning environment, student engagement, teaching strategies, early education, classroom observation, educational development

**LEARNER DIVERSITY: OBSERVATION OF CHARACTERISTICS,
NEEDS AND INTERESTS OF GRADE 1 PUPILS**

Armena Gavia, Dr. Gloria Peralta

Abstract

Today's classrooms are increasingly diverse, with students exhibiting a wide range of developmental characteristics, learning needs, and interests. This is especially evident in early childhood education, where learners enter school with varying cognitive, social, emotional, and physical abilities. Understanding this diversity is essential in designing effective teaching strategies that address each child's unique needs. This research aimed to answer the following questions: What are the salient developmental characteristics of learners at the Grade 1 level? What are the implications of these developmental characteristics for the teaching-learning process in Grade 1? What recommendations can be made to enhance knowledge and understanding of learner diversity in the teaching-learning process? This study employed the descriptive research methods and utilized the Observation, Analysis, and Reflection (OAR) approach. Classroom observations were conducted by the researcher at St. Mary's College, Inc., Quezon City, during the first semester of Academic Year 2024–2025. Findings revealed that Grade 1 pupils exhibit a range of developmental differences. Cognitively, they have short attention spans, are highly curious, and respond well to visual aids. They frequently ask questions, demonstrating a desire to understand their environment. Socially, they enjoy interacting with peers but require guidance in turn-taking and cooperative activities. Emotionally, they express their feelings openly and respond positively to encouragement and praise. Physically, they are actively engaged in play but are still in the process of developing fine motor skills. The researcher highlighted that pupils expressed their emotions openly and respond well to positive reinforcement, which suggested that a supportive classroom environment is crucial for their emotional development. While they enjoyed social interactions, they sometimes struggle with turn-taking, emphasizing the importance of guided social skill development through role-playing, partner work, and class discussions.

Keywords: learner diversity, developmental characteristics, cognitive development, social skills, emotional development

CLASSROOM ROUTINES AS A FOUNDATION FOR EFFECTIVE CLASSROOM MANAGEMENT IN PRE-SCHOOL

Reah Villarin, Dr. Gloria Peralta

Abstract

One effective strategy for managing a preschool classroom is the establishment of consistent and predictable routines. These routines provide young children with the structure they need to understand expectations, reduce anxiety, and stay focused on learning. In addition, well-established routines support classroom management by promoting positive behavior, minimizing disruptions, and fostering a sense of security among children. This study aimed to determine the importance of classroom routines as a foundation for effective classroom management in preschool settings. Specifically, it sought to answer the following questions: What are the different types of classroom routines? How do classroom routines affect classroom management? Why are classroom routines important in classroom management? How can classroom routines be improved to enhance classroom management? The study employed a descriptive research method and utilized the Observation, Analysis, and Reflection (OAR) approach to aid in data collection. Additionally, the Activity-Based Guide for the Field Study 1 journey was used as a tool to support the research process. The findings demonstrated that established routines—particularly those involving transitions, movement, and communication—contribute significantly to creating a well-structured and supportive learning environment. The results of this research align with existing literature on classroom management, underscoring the critical role of consistent and predictable routines in fostering a positive and productive learning environment. Establishing routines provides young children with a sense of structure, predictability, and security, which helps reduce anxiety and enables them to focus on learning. The study also emphasized the importance of teacher-led routine implementation in a preschool setting, noting that these routines can evolve as children develop greater independence. To enhance classroom management, teachers should establish and implement clear, consistent routines for all activities; gradually involve pupils in executing these routines to foster independence and responsibility; and regularly assess and adjust routines to respond to pupils' needs and changing classroom dynamics.

Keywords: classroom routines, foundation, classroom management

ENHANCING STUDENT ENGAGEMENT THROUGH ACTIVE LEARNING STRATEGIES

Reah Villarin, Agustina Teknomia Lani, Armena Gavia, Angel Meche Lugnasin, Lina Mercado

Abstract

Student engagement plays a crucial role in the learning process, directly influencing motivation, participation, and overall academic performance. However, many educators struggle to keep students actively involved in classroom activities. Traditional teaching methods, which often rely on passive learning, may not effectively capture students' attention or promote deeper understanding. This action research aims to examine the impact of active learning strategies on student engagement. Specifically, it seeks to identify which strategies most effectively enhance engagement, how they influence students' attention, motivation, and collaboration, and how increased engagement affects academic performance. This action research employed a cycle of Action, Observation, and Reflection as its methodology. Active learning strategies were introduced, and student engagement was closely observed to assess their effectiveness. Based on these observations, adjustments were made to enhance the learning experience. This continuous cycle allowed for ongoing evaluation of how the implemented strategies influenced both student engagement and academic performance. The findings reveal that the use of active learning strategies increased students' engagement and participation in classroom activities. These strategies enhanced students' focus, motivation, and collaboration, fostering a sense of ownership while promoting teamwork and communication. Approaches such as collaborative group work, peer teaching, and "reflect and discuss" activities were particularly effective, as students were noticeably more active and participative. They demonstrated greater focus and involvement during class. However, the Pre-test and Post-test data showed that the use of active learning strategies had a limited impact on academic performance. Specifically, 62.06% of students scored lower on the Post-test, while a combined 38.24% either improved or maintained the same scores in both assessments. The researchers emphasize that employing a variety of active learning strategies is effective in increasing students' engagement within the classroom environment. These strategies positively influence students' interest, motivation, and participation in the subject, even though their impact on academic performance may be limited. Therefore, the consistent and varied use of active learning approaches is recommended to foster greater engagement, sustained interest, motivation, and collaboration among students in the learning environment.

Keywords: student engagement, motivation, collaboration, active learning strategies, student academic performance

THE NUTRITIONAL STATUS OF CHILDREN AGED 2-5 YEARS OLD IN BARANGAY 163, TONDO, MANILA: BASIS FOR A PROPOSED NUTRITION PROGRAM

Rolando Bagro

Abstract

Malnutrition continues to be a significant public health concern in urban poor communities, particularly affecting young children. This study assessed the nutritional status of children aged 2 to 5 years in Barangay 163, Tondo, Manila, to serve as a basis for a proposed nutrition program. Employing a descriptive research design, data was gathered through anthropometric measurements, dietary assessments, and surveys conducted with parents or caregivers. This study employed a descriptive quantitative research design to assess the nutritional status of children aged 2 to 5 years in Barangay 163, Tondo, Manila, targeting all eligible children within the barangay. Anthropometric measurements—including weight-for-age, height-for-age, and weight-for-height—were collected to evaluate the children's growth and nutritional condition. The findings revealed a notable prevalence of malnutrition among children in Barangay 163, including underweight, stunting, wasting, obesity, and micronutrient deficiencies. Key contributing factors identified were socio-economic challenges, poor dietary habits, and limited access to health services. In response to these results, the study proposes a community-based nutrition program aimed at enhancing dietary diversity, increasing parental education, and improving access to essential health services. This program seeks to address nutritional gaps, promote proper feeding practices, and improve overall child health. The study underscores the need for targeted interventions and collaborative efforts among local government units, healthcare professionals, and community stakeholders to effectively combat malnutrition. The findings of this study revealed important insights into the nutritional status of children aged 2 to 5 years old in Barangay 163, Tondo, Manila. Based on anthropometric assessments, a significant proportion of children were found to be malnourished, exhibiting conditions such as underweight, stunting, or wasting—reflecting trends commonly observed in poor urban communities across the country. Contributing factors likely include limited access to nutritious food due to high costs, inadequate knowledge of proper food preparation, and overall low socioeconomic status.

Keywords: malnutrition, public health issue, urban poor communities, nutritional status

**DEPED MEMORANDUM NO. 054, SERIES 2023: PAGESUSURI SA MGA PERSPEKTIBO
AT HAMON SA PAGTUTURO NG MGA GURO SA KINDERGARTEN, BAITANG 1,
4, AT 7 SA ILALIM IMPLEMENTASYON NG MATATAG CURRICULUM
SA ST. MARY'S COLLEGE INC. QUEZON CITY**

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Abstract

Layunin ng pag-aaral na ito na suriin ang mga pananaw at hamon ng mga guro sa Kindergarten, Baitang 1, 4, at 7 ng St. Mary's College, Inc., Quezon City kaugnay ng implementasyon ng MATATAG Curriculum. Partikular nitong tinatalakay ang mga sumusunod: (1) ang mga pangunahing hamon na kinakaharap ng mga guro sa pagtuturo; (2) ang kanilang kaalaman sa layunin, istruktura, at nilalaman ng kurikulum, pati na rin kung paano ito nakaaapekto sa kanilang mga estratehiya sa pagtuturo; at (3) ang mga hakbang na kanilang isinagawa upang matugunan ang mga pagbabagong dulot ng kurikulum at mapabuti ang kalidad ng kanilang pagtuturo. Gumamit ang pag-aaral ng penomenolohikal na kwalitatibong pamamaraan upang masusing maunawaan ang mga karanasan at pananaw ng mga guro kaugnay ng implementasyon ng MATATAG Curriculum. Isinagawa ito sa St. Mary's College, Inc., Quezon City, gamit ang purposive sampling na may mga sumusunod na pamantayan: (1) mga guro na may hindi bababa sa dalawang (2) taon ng pagtuturo sa SMCIQC, at (2) kasalukuyang nagtuturo sa Kindergarten, Baitang 1, 4, at 7. Ginamit ang semi-structured interview bilang pangunahing instrumento sa pangangalap ng datos, na isinagawa sa mga guro na sumailalim na sa implementasyon ng MATATAG Curriculum. Ang mga nakalap na datos ay sinuri sa pamamagitan ng Thematic Analysis upang matukoy ang mga paulit-ulit na tema, kaisipan, at pattern mula sa mga karanasan ng mga kalahok. Tema 1: Layunin, Estruktur, at Nilalaman ng MATATAG Curriculum Tinalakay sa temang ito ang pag-unawa ng mga guro sa layunin, estruktura, at nilalaman ng MATATAG Curriculum. Ipinapakita nito kung paano nakaaapekto ang kanilang kaalaman sa kurikulum sa kanilang mga estratehiya sa pagtuturo at adaptasyon sa mga pagbabago sa edukasyon. Tema 2: Mga Hamon na Nararanasan ng mga Guro sa Kindergarten, Baitang 1, 4, at 7 sa MATATAG Curriculum Ibinahagi ng mga guro ang iba't ibang suliraning kinahaharap nila sa implementasyon ng kurikulum, kabilang ang: Kakulangan sa oras para sa sapat na paghahanda Limitadong oras ng aktuwal na pagtuturo sa silid-aralan Kakulangan ng sapat na teaching and learning resources Tema 3: Mga Hakbang sa Pagbibigay ng Solusyon Bilang tugon sa mga hamon, inilapat ng mga guro ang sumusunod na mga hakbang upang mapabuti ang kanilang pagtuturo: Pag-aadjust ng mga aralin upang umangkop sa oras at sitwasyon Maagang paghahanda sa mga pagbabagong dulot ng kurikulum Paggamit ng makabagong teknolohiya at digital tools upang mapadali at mapahusay ang pagtuturo at pagkatuto Natuklasan sa pananaliksik na ang MATATAG Curriculum ay inilunsad upang gawing mas epektibo ang edukasyon sa pamamagitan ng reorganisasyon ng mga aralin at pagsasanib ng ilang asignatura, na nagresulta sa mas malinaw at nakatuong pagtuturo. Bagama't nakatulong ito sa pag-decongest ng dating K-12 Curriculum, nakaranas ang mga guro ng mga hamon tulad ng kakulangan sa preparasyon, limitadong oras sa pagtuturo, at kakulangan sa mga learning resources. Bilang tugon sa mga suliraning ito, inirerekomenda ang pagbibigay ng sapat na pagsasanay sa mga guro, paggamit ng integrative lesson plans, at pag-access sa mga digital tools at Open Educational Resources (OER). Hinihikayat din ang administrasyon at ang Kagawaran ng Edukasyon na magbigay ng malinaw na mga gabay, suportahan ang paggamit ng online tools, at pagtuunan ng pansin ang Special Needs Education (SPED). Para sa mga susunod na pag-aaral, inirerekomenda ang paglawak ng saklaw upang maisama ang karanasan ng mga mag-aaral, nang sa

gayon ay mas lubos na maunawaan ang kabuuang epekto ng implementasyon ng MATATAG Curriculum.

Keywords: matatag curriculum, hamon sa pagtuturo, implementasyon ng kurikulum

**PAGKATUTONG NAKAUGAT SA WIKA: PANIMULANG PAG-AARAL SA POSIBILIDAD
NA EPEKTO NG PAGTATANGGAL NG MOTHER TONGUE-BASED MULTILINGUAL
EDUCATION SA MGA GURO NG TEACHING CHILDREN THROUGH
PERSONALIZED INTERVENTIONS ACADEMY INC.
SA PANURUANG TAON 2024-2025**

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Abstract

Ang pananaliksik na ito ay naglalayong suriin ang posibleng epekto ng pagtanggag ng Mother Tongue-Based Multilingual Education (MTB-MLE) sa mga guro ng Teaching Children Through Personalized Interventions Academy Inc. para sa taong panuruan 2024–2025. Layunin ng Pag-aaral: Matukoy ang mga pananaw ng mga guro hinggil sa desisyon ng pagtanggag ng MTB-MLE sa kurikulum, at alamin ang mga hakbang na kanilang isinasagawa upang harapin ang mga hamon sa pagtuturo nang hindi gumagamit ng Mother Tongue. Masuri kung paano maaapektuhan ang pagtuturo ng mga guro—lalo na sa asignaturang Filipino at iba pang kaugnay na asignatura—kung tuluyang alisin ang paggamit ng MTB-MLE. Mailarawan kung paano iaangkop ng mga guro ang kanilang mga pamamaraan at estratehiya sa pagtuturo upang mapanatili ang interes, motibasyon, at epektibong pagkatuto ng mga mag-aaral sa kabila ng kawalan ng Mother Tongue bilang midyum ng pagtuturo. Metodolohiya ng Pananaliksik: Ang pananaliksik na ito ay gagamit ng penomenolohikal na kwalitatibong pamamaraan upang masusing maunawaan ang mga karanasan, pananaw, at saloobin ng mga guro hinggil sa pagtanggag ng Mother Tongue-Based Multilingual Education (MTB-MLE) sa kurikulum. Isasagawa ang pag-aaral sa Teaching Children Through Personalized Interventions Academy Inc., isang institusyong pang-edukasyon na sumusunod sa K–12 curriculum. Pagpili ng Kalahok: Gagamitin ang purposive sampling upang mapili ang mga kalahok batay sa sumusunod na pamantayan: Mga guro na nagtuturo ng MTB-MLE sa Kindergarten hanggang Baitang 3. Mga gurong nagtuturo ng Filipino at gumagamit ng wikang Filipino bilang pangunahing midyum ng pagtuturo. Paraan ng Pagkalap ng Datos: Ang datos ay kokolektahin sa pamamagitan ng semi-structured interview, na magbibigay ng kalayaan sa mga kalahok na maipahayag ang kanilang mga karanasan at opinyon habang pinapanatili ang pokus ng panayam sa mga layunin ng pag-aaral. Paraan ng Pagsusuri ng Datos: Gagamitin ang thematic analysis upang tukuyin, suriin, at bigyang-kahulugan ang mga temang lilitaw mula sa mga panayam. Sa pamamagitan nito, mas mapapalalim ang pag-unawa sa epekto ng pagtanggag ng MTB-MLE sa mga guro at sa kanilang mga estratehiya sa pagtuturo. Tema 1: Epekto ng Pagtanggag Tema 2: Pananaw ng mga Guro sa Pagtanggag ng MTB-MLE Tema 3: Mga Epekto sa Pagtuturo Tema 4: Pagbabago ng Interes Karamihan sa mga guro ay naniniwala na hindi malaki ang magiging epekto ng pagtanggag ng Mother Tongue-Based Multilingual Education (MTB-MLE), subalit may pangamba para sa mga mag-aaral na hindi pa bihasa sa wikang Filipino at Ingles. Sa mga probinsya at rural na lugar, may posibilidad na bumaba ang antas ng pagkatuto bunsod ng biglaang pagpapalit ng wikang panturo. Upang matugunan ang mga hamong ito, kinakailangang paghusayin ang mga estratehiya sa pagtuturo, gaya ng paggamit ng visual aids, interactive na teknolohiya, at pagbibigay ng sapat na pagsasanay sa mga guro. Hinihikayat ang mga mag-aaral na patuloy na paunlarin ang kanilang kasanayan sa Filipino sa pamamagitan ng pagbabasa ng mga aklat at paggamit ng iba pang mapagkukunan ng impormasyon. Gayundin, mahalaga ang aktibong suporta ng mga magulang sa pamamagitan ng paggamit ng wikang Filipino sa tahanan. Sa kabuuan, ang matagumpay na transisyon at pagpapanatili ng mataas na kalidad

ng edukasyon ay nakasalalay sa sapat na suporta mula sa paaralan, mga guro, at sa Kagawaran ng Edukasyon (DepEd).

Keywords: mother tongue-based multilingual education (mtb-mle), wika sa edukasyon, pagtuturo ng filipino at ingles, reporma sa kurikulum

**HINABING SALITA SA NAKARAAN: ISANG PAGSUSURI SA PANANAW NG MGA
PILING MAG-AARAL SA BAITANG 7 AT 8 NG ST. MARY'S COLLEGE INC.
QUEZON CITY SA EPEKTO NG PAGGAMIT NG PAMBANSANG WIKA
SA PAGTUTURO NG KASAYSAYAN NG PILIPINAS
SA ARALING PANLIPUNAN**

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Abstract

Pinag-aaralan ng pananaliksik na ito ang pananaw ng piling mag-aaral sa Baitang 7 at 8 ng St. Mary's College, Inc. sa Quezon City hinggil sa epekto ng paggamit ng wikang Filipino sa pagtuturo ng kasaysayan. Layunin nitong tukuyin kung paano nakaaapekto ang wikang Filipino sa pag-unawa, kultural na pagkakakilanlan, at aktibong pakikilahok ng mga mag-aaral. Sinusuri rin ng pag-aaral ang epekto nito sa kanilang pakikipag-ugnayan, kritikal na pag-iisip, at pagkamakabansa kaugnay ng pag-aaral sa Kasaysayan ng Pilipinas. Penomenolohikal na kwalitatibong pamamaraan - St. Mary's College Inc. Quezon City - Purposive Sampling: (1) Maging kasalukuyang mag-aaral ng Baitang 7 o Baitang 8 sa St. Mary's College Inc. Quezon City na nanggaling mula sa mga cream section ng baiting nila sa panahon ng pagsasagawa ng pananaliksik, (2) May sapat na kaalaman sa mga konseptong pangkasaysayan na tinatalakay sa asignaturang Araling Panlipunan, at (3) May kakayahang ipahayag ang kanilang mga karanasan at pananaw sa Wikang Filipino nang malinaw at detalyado. - Semi-structured interview - Thematic Analysis Batay sa mga nakalap na datos, lumitaw na ang paggamit ng Filipino sa pagtuturo ng kasaysayan ay nagdudulot ng mas malalim na pag-unawa sa mga aralin, nagpapalakas ng pambansang identidad, at nagpapadali ng pagpapahayag ng mga ideya ng mga mag-aaral. Gayunpaman, may ilan ding hamon, tulad ng hirap sa pag-unawa ng mas malalalim na terminong Filipino para sa ilang mag-aaral na mas bihasa sa Ingles. Tema 1: Kasanayan at Pananaw sa Wika Tema 2: Epekto ng Wika sa Pagkatuto Tema 3: Epekto ng Wika sa Kultura at Pagkamakabansa. Ipinakita ng pag-aaral na mas epektibo ang paggamit ng Filipino sa pagtuturo ng kasaysayan dahil mas pamilyar ito sa mga mag-aaral, kaya't mas nauunawaan nila ang mga aralin at mas naiuugnay ito sa kanilang kultura at identidad. Pinapalakas nito ang kanilang pakikilahok sa klase at pagpapahalaga sa pambansang kasaysayan, bagaman may ilan na mas komportable sa Ingles. Upang mapabuti ang pagtuturo, inirerekomenda ang pagpapalawak ng bokabularyo ng mga mag-aaral, paggamit ng makabagong estratehiya ng mga guro, at pagsuporta ng paaralan sa mga kagamitang panturo. Mahalaga rin ang papel ng pamahalaan sa pagpapalakas ng paggamit ng Filipino sa edukasyon sa pamamagitan ng mga programa at pagsasalin ng mahahalagang babasahin. Hinihikayat ang mas malalim na pananaliksik upang higit pang mapahusay ang paggamit ng Filipino sa iba't ibang asignatura at mapataas ang kalidad ng edukasyon sa bansa.

Keywords: wikang filipino, pagtuturo ng kasaysayan, araling panlipunan

**SARIBUHAY SA PAGTUTURO: ANG PAPEL NG FILIPINO SA PAGLINANG NG
KAMALAYANG PANGKALIKASAN GAMIT ANG PANUNURING PANDISKURSO
SA MGA FACEBOOK VIDEOS NI CELINE MURILLO**

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Abstract

Ang social media, tulad ng Facebook, ay isang epektibong plataporma sa pagpapalaganap ng mga adbokasiyang pangkalikasan sa Pilipinas (Caballero at Caballes, 2020). Mahalaga ang paggamit ng wikang Filipino sa diskursong pangkalikasan dahil ito ay mas nauunawaan ng nakararami at nakatutulong sa pagpapalakas ng pagkilos (Tupas at Lorente, 2014; Constantino at Atienza, 2016). Ayon kina Pascua (2019) at Villanueva (2017), mas nagiging epektibo ang mensahe kung ito ay inihahatid gamit ang katutubong wika. Isa sa mga halimbawa nito ay si Celine Murillo, na gumagamit ng Facebook upang talakayin ang mga isyung pangkalikasan sa simpleng Filipino, na mas madaling maunawaan ng publiko (Murillo, 2022). Susuriin ng pananaliksik na ito ang kaniyang mga bidyo gamit ang panunuring pandiskurso ni Fairclough (1992) upang matukoy ang bisa ng paggamit ng wikang Filipino sa pagpapalaganap ng kamalayang pangkalikasan. Ang pag-aaral na ito ay isang pagsusuri sa mga bidyo ni Celine Murillo gamit ang Critical Discourse Analysis (CDA) ni Fairclough (1992) upang suriin ang papel ng wikang Filipino sa pagbabahagi ng kaalaman hinggil sa konserbasyon ng kalikasan. Isinasagawa ito sa pamamagitan ng kwalitatibong pamamaraan, na nagbibigay-diin sa masusing pag-unawa sa nilalaman at konteksto ng diskurso. Bilang bahagi ng metodolohiya, gagamitin ang textual analysis upang siyasatin ang mga salitang ginagamit, estilo ng pagpapahayag, at estruktura ng diskurso sa mga bidyo. Layon nitong tukuyin kung paano nakatutulong ang simpleng gamit ng wikang Filipino sa pagpapalaganap ng kamalayang pangkalikasan, at kung paano nito naaabot ang mas malawak na audience, lalo na ang mga hindi bihasa sa teknikal na terminolohiyang pangkalikasan. Sinuri ang mga bidyo ni Murillo batay sa wika, diskurso, at estratehiya sa pagpapaliwanag ng impormasyon. Gumamit siya ng malinaw at payak na Filipino, retorikal na tanong, at personal na karanasan upang gawing relatable ang talakayan. Binibigyang-diin din niya ang lokal na konteksto upang palalimin ang koneksyon ng tagapanood sa mensahe. Napatunayan sa pagsusuri na epektibo ang paggamit ng wikang Filipino sa digital na midya sa pagpapalaganap ng kaalamang pangkalikasan. Sa kabuuan, ipinakita ng pananaliksik na ang social media ay isang makapangyarihang kasangkapan sa pagpapalakas ng kamalayang ekolohikal ng mga Pilipino. Ipinakita ng pananaliksik na epektibong nagagamit ang wikang Filipino sa social media, partikular sa mga bidyo ni Celine Murillo, bilang kasangkapan sa pagpapalaganap ng kamalayang pangkalikasan. Mas madaling nauunawaan at naiuugnay ng publiko ang mga isyung pangkapaligiran kapag ito ay ipinaliliwanag sa wikang kanilang kinagisnan. Ang pagsasanib ng wikang Filipino, teknolohiya, at adbokasiyang pangkalikasan ay nagpatunay na nakapagdudulot ito ng mas mataas na antas ng interaksyon at partisipasyon mula sa mga Pilipino. Bunga nito, inirerekomenda ang mas malawak na paggamit ng wikang Filipino sa mga platapormang pang-edukasyon at social media upang higit pang mapalawak ang kaalaman at magsilbing mitsa ng kolektibong aksyon para sa pangangalaga ng kalikasan. Sa kabuuan, pinatotohanan ng pag-aaral na ang wika ay hindi lamang midyum ng komunikasyon kundi isang makapangyarihang instrumento sa pagpapalakas ng kamalayang ekolohikal at pagbubuo ng pambansang identidad.

Keywords: wikang filipino, celine murillo, konserbasyon ng kalikasan, saribuhay (biodiversity), critical discourse analysis

**CAREER DECISIVENESS AMONG GRADUATING SHS
STUDENTS AT ST. MARY'S COLLEGE INC.**

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Carizza Anthonette Agudo, Shaira Anna Jusi

Abstract

This study aims to measure and analyze the career decisiveness levels of graduating Senior High School students at St. Mary's College, Inc., Quezon City, with the goal of localizing findings from previous research. The results will serve as a basis for contextualized recommendations to support the improvement initiatives of the Center for Life and Career Development. The researchers utilized a slightly modified version of the Career Decision Scale by Samuel Osipow et al., published by Psychological Assessment Resources, Inc., as the standardized instrument for the study. The entire Grade 12 population of St. Mary's College, Inc., Quezon City (SMCIQC), consisting of 59 students, was selected as the respondent group. The results indicate that 77.97% of the population are in further need of assessment. 3 STEM students of 59 respondents have little to no need for intervention and 1 respondent from the ABM strand has a high likelihood of needing intervention. 9 respondents are marked as possible invalid test data. 57.14% of ABM, 60% of HumSS, and 66.67% of STEM remark that yes, their career prospects match their strand. It would seem that the STEM strand is the most decisive strand and HumSS the least decisive. However, these are minor observations as the overwhelming majority of the batch results fall well within the range of requiring further assessment. These results point to a critical lack of overall career decisiveness, which is a vital tenet of career preparedness. The results show that a significant portion of graduating Senior High School students at St. Mary's reveal a need for proper career guidance. These findings reflect ongoing concerns about the effectiveness of the K-to-12 program in preparing students for the workforce (PIDS, 2019; Moritz & Digamon, 2023) and underscore the importance of providing comprehensive career support (Conley, 2007; Dodd et al., 2021). While the study primarily focused on career decisiveness, it did not examine other influential factors, such as cognitive skills or the underlying causes of students' uncertainty—areas that future research could explore. The results highlight the need to enhance and tailor career counseling services to address the diverse needs of students in different strands, enabling them to make more informed and confident career decisions.

Keywords: psychology, career guidance, career readiness, career decisiveness, workplace readiness, k-12, senior high school, career decision scale

**EXPLORING THE SCHOOL COMMUNITY'S PERCEPTIONS AND USAGE
PATTERNS OF E-WALLETS AS A PAYMENT OPTION FOR SCHOOL
TRANSACTIONS: A MIXED-METHODS STUDY**

Patrick Geronimo, Roger Dela Cruz, Athena Beatrice Alfaro,
Julianna Javellana, Bea Baguio, Shaira Jusi

Abstract

As the world continues to evolve, so does technology. Technological advancements—particularly the rise of e-wallets—are becoming increasingly widespread, influencing many aspects of society, including education. This study explores the perceptions of the St. Mary's College, Inc. Quezon City (SMCIQC) community regarding the potential implementation of an e-wallet system as an option for conducting school transactions. The researchers conducted the study with a diverse sample of 277 participants from the school community, with the only criterion being that participants were 14 years old or older. A simple random sampling method was employed. Additionally, a thematic analysis was conducted to interpret the respondents' perceptions. To gain administrative insight into the challenges and potential benefits of e-wallet implementation, a face-to-face interview was conducted with Sr. Maria Apolina Dumandan, RVM, the Vice President for Finance. Quantitative Results: Students: Responses ranged from Neutral (2.93) to Strongly Agree (4.92), with most falling under the Agree (A) category. Parents: Responses were generally higher, ranging from Neutral (2.91) to Strongly Agree (4.70), with the majority in the Strongly Agree (SA) category. Personnel: Responses varied from Neutral (3.65) to Strongly Agree (4.68), showing a mix of Agree (A) and Strongly Agree (SA) ratings. Overall Results: Most respondents agreed (average rating: 4.10). Questions Q3 (4.54) and Q14 (4.77) received the highest Strongly Agree ratings, while Q4 had the lowest rating (Neutral, 3.16). Questions Q9 and Q12 were marked as not answered (NA). Qualitative Results: The study identified several challenges related to implementing e-wallets for school transactions. Security concerns emerged as a major issue; Sr. Maria Apolina highlighted the risks associated with processing large transaction volumes, such as daily enrollment fees exceeding half a million pesos. Verification difficulties were also noted, particularly with e-wallet-to-e-wallet transactions, which complicate record-keeping and reduce transparency during disputes compared to the existing system. Students, parents, and school personnel expressed a generally positive view of e-wallets, highlighting their convenience and efficiency. However, concerns about internet reliability, accessibility to technology, and privacy and security issues hindered the full adoption and potential implementation of the system. Overall, while the community appears ready to embrace e-wallets, addressing these challenges is essential to ensure successful integration.

Keywords: technology in finance, digital wallets, e-wallets

**COMPARATIVE ANALYSIS ON PARENTAL INVOLVEMENT OF
STUDENTS FROM CREAM AND NON-CREAM SECTIONS
TO STUDENTS' SCHOLASTIC ACTIVITIES**

Patrick Niñoh Arellano, Guillana Pescadero, Barachiel Jeorge Carvajal, Amanda Baltazar

Abstract

Parental involvement plays a vital role in a child's overall well-being, encompassing activities such as academic support, volunteering, attending school events, and meeting with teachers. This study examines the impact of parental involvement on students' scholastic engagement by comparing Cream and Non-Cream sections. Parental involvement contributes to emotional well-being, builds resilience, and fosters motivation and active participation in school activities. It also offers children a sense of security and emotional support, positively influencing their academic potential and success. The study aims to determine whether section placement affects the level of parental involvement and its subsequent impact on students' scholastic performance. Researchers selected 80 students from Grades 7 to 10, representing both Cream and Non-Cream sections, using stratified sampling criteria. A Likert scale was employed to assess responses across the two groups. Data was collected through questionnaires administered via Microsoft Forms. The study maintained a focus on the research objectives and did not involve the collection or discussion of participants' personal information. The research found that Cream students experience greater parental involvement in areas such as extracurricular activities, study routines, and guidance with performance tasks. They recorded more "often" responses compared to Non-Cream students, who more frequently selected "sometimes." Additionally, the Cream section showed higher parental involvement during exam preparation, averaging five "sometimes" votes in this category. These results suggest that Cream students benefit from more consistent parental support. Overall, the findings provide compelling evidence that students in the Cream section have an advantage in terms of parental involvement compared to those in the Non-Cream section. Based on the researchers' verbal interpretation using the Arbitrary Scale, the Cream section received a combination of "Sometimes" and "Often" responses across the fifteen survey questions, which covered three categories of parental involvement. These results indicate that students in the Cream section perceive a higher level of parental involvement in the specified areas. In contrast, the Non-Cream sections consistently averaged a "Sometimes" rating across all survey items. This study underscores the importance of parental involvement in a student's academic journey, highlighting its enduring value and relevance in supporting student success.

Keywords: parental involvement, scholastic, cream section, non-cream sections

**THE EFFECTIVENESS OF INSTRUCTIONAL VIDEOS TO ENHANCE THE
CLOTHING DESIGN OF SENIOR HIGH SCHOOL DRESSMAKING
STUDENTS OF CULIAT HIGH SCHOOL**

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Sheila Marie Peralta, Whelmina Reciproco, Justin Benedict Domingo

Abstract

This study explores the effectiveness of instructional videos in enhancing the clothing design skills of senior high school dressmaking students at Culiat High School. It investigates how video-based learning influences students' creativity, technical abilities, and engagement in garment design. Using a quantitative research approach data was collected through survey questionnaires from Grade 11 and ALS Dressmaking students. The findings indicate that instructional videos have a positive impact on student learning by enhancing their understanding of design concepts, improving technical proficiency, and inspiring new creative ideas. The most commonly used design styles among students were easy-to-make and visually driven designs, reflecting a preference for clear, practical, and engaging content. However, while instructional videos were effective, their overall impact was moderate rather than highly significant. To enhance the effectiveness of instructional videos, the study recommends incorporating real-time interactive tutorials, step-by-step demonstrations, augmented reality (AR) simulations, and other multimedia tools. These enhancements aim to create a more immersive and engaging learning experience, making instructional videos a more powerful resource in vocational education. This research contributes to the ongoing discussion on digital learning tools in dressmaking education by emphasizing the importance of interactive and dynamic content to optimize student learning outcomes.

Keywords: instructional videos, dressmaking, clothing design, senior high, culiat high school



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