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The Perceived Resilience on Community Urbanization

¹Pauline B. Malabanan & ²Emilia S. Visco

Abstract

Urbanization could provide benefits to community such as increase of income, access to services, and improved infrastructure due to the economic improvement and growth of investor. If not handled properly, risk from the shocks of this process must be mitigated by the community. With this, developing cities should manage its resources and be innovative so as to achieve community resiliency in the adverse effects of urbanization. To assess resiliency, modified sustainable livelihood framework with three variables; vulnerability context, community assets, and innovations was used. One area of interest is Cabuyao City, the youngest declared City in Laguna, as it is experiencing rapid urbanization. Changes in community budget, institutionalization, increased services, and influx of migrants were evident in the area. In addition, the offshoot of urbanization effects in the community assets of Barangay Sala which is considered Category 1 Urban Barangay and Barangay Casile, a Category 2 Urban Barangay has differences as they felt urbanization in different timeframe and the variation of the intensity of the impact brought by urbanization. With this, the two barangays have planned and implemented various innovation. The resiliency of the areas is determined in the linkages of these variables on how it managed its resources effectively and mitigate the negative effects using the policies, programs and projects designed by the community leaders.

Keywords: *community resilience, urbanization, sustainable livelihood framework, perceived resilience*

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1. Introduction

Urbanization has been defined in different ways from various studies and perspectives as the topic attracted many scholars around the globe. As defined by Chaolin, et.al (2015), urbanization, as a process, is based on industries present in an area with secondary and tertiary industries increasing rather than the primary industries. This means that working conditions and population is changing from agricultural to industrial and commercial. It also refers to the increase of population in urban areas as people shift from rural to urban (Sanyaolu and Sanyaolu, 2018). The change in settlement patterns brought transition in the society. The process of urbanization provided transformation in economic, social and cultural aspects of the society (Husian and Imitiyaz, 2018).

In the Philippines, the level of urbanization is measured through the number of population residing in urban areas. The urbanization rate recorded last 2015 was 51.2% meaning that around 51.73 million people are residing in urban classified barangays (Philippine Statistic Authority, 2019). It is estimated that half of the country's population is residing in 7,437 urban barangays and the rest are in 34,599 rural barangays. As stated by Ling Ooi (2007), the country experienced rapid urbanization from the last four decades as rural people migrated to cities for the opportunities betterment of life. The process has positive implications such as better health services, more job opportunities and an increased overall income of the population. As tackled by Chaolin (2019), population is dense in urban areas which allow employers to access a large pool of candidates and vice versa in job matching. Furthermore, those living in urban setting has advantage in proximity and access to basic services.

However rapid urbanization, if not handled properly, may pose negative impacts in the area. It causes great uncertainties to community members due to rapid population growth and the difficulty to manage community assets. The process may present consequences and as a result, community members experience a high vulnerability context due to shocks and trends of this phenomenon (Ernstson, et.al, 2010).

Cabuyao City is one suitable area of study. The city is located in the CALABARZON Area which has the largest population and second densely populated region in the Philippines (Mojares, 2013). Furthermore, Cabuyao City, classified as the Enterprise City of the Philippines, was among

the third component cities that were listed as “entirely urban” in 2015 even Cabuyao has only in its 3rd year declared as cityhood.

These conditions imply that the City is quickly developing, and its situation is an interesting one as it has almost, if not completely, transitioned into an urban center. This paper will investigate two barangays, one is classified as Category 1 urban barangay and the other is in Category 2 - comparing the effects of rapid urbanization to each barangay and examining the resilience through the use of Sustainable Livelihood Framework. Urban Barangays in the Philippines are categorized in to three categories (National Statistics Office, 2010).

1. Category 1 – has a population of more than 5,000.
2. Category 2 – an area with at least one establishment employing 100 persons.
3. Category 3 – Five establishment present employing 10-99 persons and having five or more facilities in the two-kilometer radius from the barangay

The research assessed the perceived resilience of Barangay Casile and Barangay Sala of Cabuyao City on urbanization. The specific objectives are: to discuss the vulnerability context to urbanization of Cabuyao City, Laguna; to examine the effects of the trends and shocks of urbanization to the barangays in terms of (a) human capital, (b) social capital, (c) financial capital, (d) physical capital, and (e) natural capital; and to present the innovation of the public officials through policies, programs, and projects to alleviate the negative effects of urbanization.

The study could also enlighten researchers on how the sustainable Livelihood Framework (SLF) could be practiced in the concept of resilience and how resilience can be applied to study of urbanization. Furthermore, it only aims to assess resilience based on the indicators and components of SLF.

2. Literature review

2.1. Effects of Urbanization in the Community

As stated by Dociu and Dunarintu (2012) in their study entitled, “*The Socio-Economic Impact of Urbanization*”, the process of urbanization brought various impacts on the social and economic status of a community. One of the social effects is a growth in new types of family structures compared to traditional forms due to the diverse options an individual has in urban areas.

Furthermore, people opt to have a smaller number of families. It was also seen that there is an increase in participation of women in the labor market balancing professional and family responsibilities. Also, individuals form collective units in their community. In urban areas, it is convenient for the population to access jobs due to increase in work markets. Same can be seen in access to education. If not managed properly, urbanization brought negative impact on the environment. In addition, issues like poverty, psychological adaptation problems and lack of opportunities are present in urban areas.

Economic impacts are also present in the community in the process of urbanization. Cities have diverse commercial activities which create opportunities and jobs. This connects the population to business owners, services and infrastructure. People residing in urban areas also have access to increasing new technologies.

With the various effects of urbanization on communities, it is important that policy makers and governments strategically plan and urgently adopt to mitigate the negative impacts of the process. In order to achieve adaptation, planning shall be grounded to sustainable development taking into consideration the impact of environmental conditions on the lives of people (Dociu and Dunarintu, 2012).

In Southeast Asia, 47% of the region's population lives in urban cities with an urban growth of 3.6% annually. With this, the region is rapidly urbanizing. The 47% of the population contributed around 80% of its economic growth. As a matter of fact, the growth domestic product (GDP) of Southeast Asia tripled from \$444 million to \$1.3 billion in 1990 to 2012. This economic resilience is due to demographic expansion, connection to domestic and international markets, improved business practices and competition in investment among cities as stated by Dahiya (2014).

Due to the growing economy in the urban areas, there is a shift of employment from primary to secondary and tertiary sector. However, there is a pressing concern on the employment of vulnerable and low wages sector. As stated by Dahiya (2014), around 32% of the population are under the working poverty rate where family has an income below the poverty line and 81 million are living under the income threshold of \$1.25 a day. Urban poverty declines slower than rural poverty due to three reasons; (a) a higher income is needed to support living in urban areas,

(b) policy makers in rural areas are focus in poverty alleviation programs, and (c) redistributive channels to benefit urban poor are not present in Asian Cities (Dahiya, 2014).

Furthermore, according to Dahiya (2014), 80 million in the Southeast Asia region are living in slum areas due to urban poverty and inequality. Even with the improvement of economic development, there is a pressing issue in poverty incidence, environmental degradation and consumption. In urban areas, a lack of infrastructure and services like safe water supply and sanitation contributes to water pollution which later on results in irreversible damage to the environment. Lack of resources for wastewater treatment affected the quality of groundwater. Lack of improvement in mass transit resulted in more people buying cars and motorcycles contributing to traffic congestion. Furthermore, transmission from these vehicles and industries contributes to air pollution. Therefore, the present infrastructure and services cannot keep up with the increasing population in urban areas.

2.2. Urbanization in Region IVA: Cavite, Laguna, Batangas, Rizal and Quezon (CALABARZON)

Region IVA or popularly known as CALABARZON is composed of 5 provinces namely CAVite, LAGuna, BATangas, Rizal, and QUEZON. The region has a total population of 14.4 million which is 1.53 million higher than the National Capital Region. In addition, there is an increase in the number of cities in the region from 14 in 2010 to 19 last 2015. The increasing number of population and cities is a manifestation that the area is experiencing urbanization. In-migration, high birth rate, and increasing life expectancy are the major factors of the region's population growth rate which can mainly be seen in more industrialized areas of the region namely; Laguna, Cavite, and Rizal. These provinces are alongside Metro Manila and act as "catch basin" of NCR's population and industries. The percentage distribution of urban-rural population of the region also shows that urban population is increasing compared to rural population (NEDA Calabarzon, 2019).

Developments are also seen in the region. In terms of transportation, a 25.2 kilometer increase is seen in the CALABARZON's National Road. Same can be seen in the length of its bridges from 18,547 linear meters to 18,575.17 linear meters. There is also development on the existing expressway namely South Luzon Expressway (SLEX) Toll Road 4 which connects from Sto. Tomas, Batangas to Malayao, Lucena City and Cavite - Laguna Expressway (CALAEX) connecting CAVITEX and SLEX. Calamaba and Los Banos Railways are both operational. While

Batangas and Quezon ports are both important water transportation facilities bridging the region to MIMAROPA and Western Visayas (NEDA Calabarzon, 2019).

Even with the developments happening in the region, there are also adverse effects brought by urbanization. As stated by Mojares (2013), poverty incidence in the region increased within 2003 to 2009. 18 out of 100 persons are reported poor in 2003 which increased to 21 in 2009. Rizal has the lowest poverty incidence and Quezon being the highest. This can be attributed to the agricultural setting of Quezon and the main employment of residents is farming. However due to the changing climate and the Philippines being prone to natural disasters, most farmers live below the poverty line. Furthermore, the unemployment rate of the region is 9.4% - 2nd highest in the country with Quezon being the highest as mainly are engaged in ‘*sari sari*’ store and agriculture.

CALABARZON is 2nd highest next to NCR in terms of number of informal settlers. People from rural areas migrate for high income, better job opportunities without clear plan which results in temporary shelter in riverbanks, beside railways, and under bridges developing urban slums (Mojares, 2013). Usually, slum areas are prone to flooding during typhoon season. This poses challenges to Local Government Units (LGU) as they need to find and provide resources to sustain basic services for the residents.

According to the same study, there is also no improvement in the crime rate of the region. This can be linked to poverty - with less resources to provide basic services for the population results in petty crimes for them to put food on the table.

Environment degradation is evident in the region. Due to urban development, large and wild animals are confined in remote forests and mountains even with 24 protected areas. Rivers in Laguna Province pose risks for the population according to World Bank. This is due to industries located near the rivers. Areas near Laguna Lake are prone to flooding during typhoons (Mojares, 2013).

2.3.Sustainable Livelihood Framework as tool for Resiliency

The concept of resilience has been studied by scholars from different fields. Holistically, the concept means the way of a system to plan, resist, and recover in stress and change (Bodland and Granberg, 2018). Community resiliency, as defined by Norris, et.al (2008), is “*a process of linking a set of adaptive capacities to a positive trajectory of functioning and adaptation after a*

disturbance.” Generally, the term focuses on the presence of disturbance and recovery of a community from disaster. According to Koliou, et.al (2018), there are three concepts that need to be focused on while studying community resilience; (a) consolidation and generalization of all available frameworks about resiliency, (b) correlation of social and economic aspect in the study of resiliency, and (c) development of “risk-informed decision-making tools”

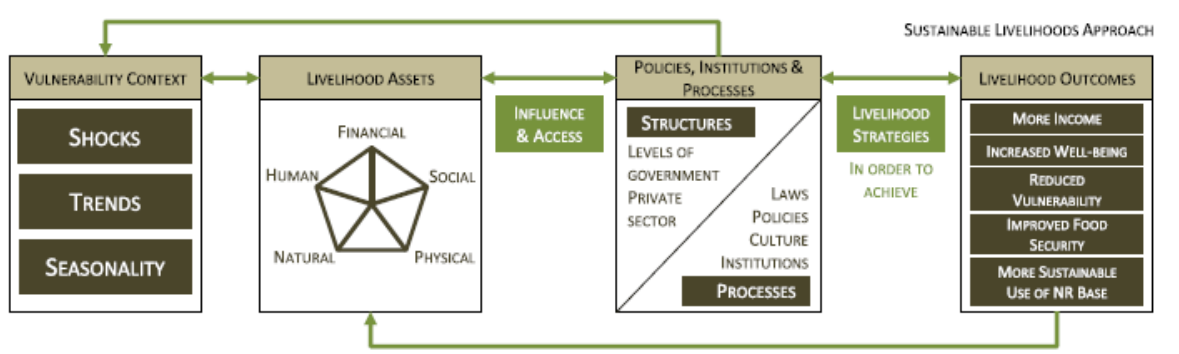
In the study of Chandra, et.al (2010) entitled ‘*State of the research in community resilience; progress and challenges*’, there are five components in the study of resiliency - physical and psychological wellbeing of the population, address issues in social and economic resources of the community, usage of tools and infrastructures to enhance preparedness and recovery, involvement of policy makers and government, and engagement of social networks.

With this, the study infer that there are three main key components in the study of resilience; (a) the shock or trends of hazard, (b) community networks or the capacities of community to recover from impact of hazard, and (c) innovation through policies and programs of the government to mitigate the negative effects of hazard. These three components are present in SLF. The framework is popularly used in assessing livelihoods in communities and the tool is also effective in evaluating community resilience. To justify this, Sustainable Livelihood Approach was used to evaluate the community resilience of Sudan from the study of Osman-Elasha, et.al (2005). SLF can be used as the framework can provide a holistic approach on how an intervention affects the life and livelihood of a community using various data collection methods. Furthermore, the five livelihood assets could present the adaptive capacity of a community and captures the changes in the livelihood assets of the community. In the study, the community identifies on the indicators and components of livelihood assets to measure resilience.

Furthermore, as stated by Saxena, et.al (2016), SLF allows an understanding of community assets, policies and institutions that govern the community and their strategies. The framework provides quantitative and qualitative picture on the analysis of shocks that affect local communities, their network or capital, and process that influence a system.

Figure 1

Sustainable Livelihood Framework



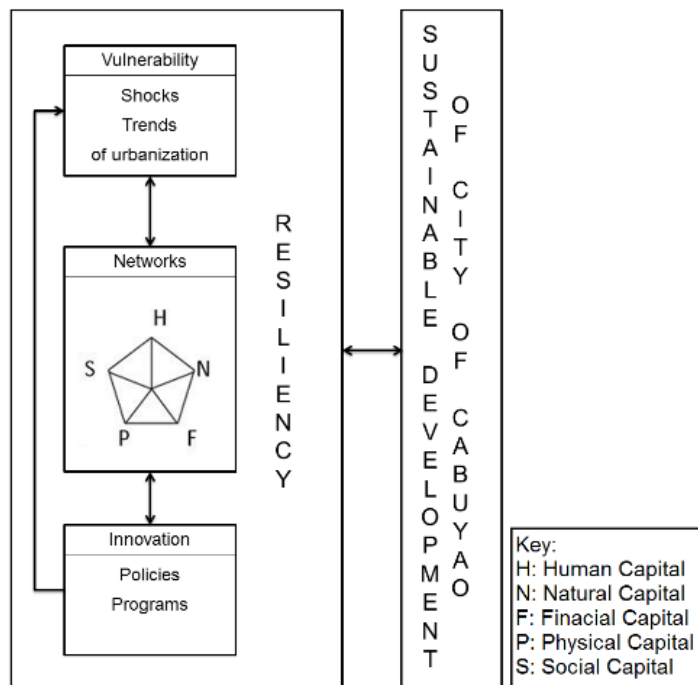
Source: Department for International Development (n.d.)

2.4. Theoretical framework

The study employs modified sustainable livelihood framework in the assessment of community resilience of Barangay Sala and Barangay Casile, Cabuyao City Laguna. As described in the literature, there are three factors in considering community resilience. They are (1) vulnerability context, (2) networks or capabilities, and (3) innovation. These factors are translated and categorized into the components of SLF.

Figure 2

Modified Sustainable Livelihood Framework



The vulnerability context in the framework are the shocks and trends brought by urbanization. It is the external and uncontrolled happenings in the society which affects the assets of the system. The community assets are the capacities and resource of the area that are affected by the trends and shocks of urbanization. These are categorized into five namely human, finance, social, physical, and natural. In this study, the indicators of these five assets are established based on secondary data (Table 1). The innovations are the policies and programs of the community that will improve community assets and mitigate the negative effects of urbanization. As the community becomes more resilient, sustainable development is more attainable.

Table 1

Indicators of Community Assets

ASSETS	INDICATORS	
Physical	Number of House Number of Building Electrical Line Water Line	Communication Line Roads Vehicles
Natural	Water Quality Soil Quality Air Quality Number of Waste or Garbage Presence of Solid Waste Management	Agricultural Lands Terrestrial Frequency of Disaster Presence of Disaster Risk Reduction Management
Financial	Number of financial managements Poverty Incidence Brgy. IRA Livelihood	
Human	Population Working Age Population Status of Health	Unemployment Educational attainment
Social	Education services Health services Presence of People's Organization	Connectedness Traffic Presence of crime

3. Methodology

A key informant interview (KII) was conducted with the City Mayor to understand the shocks and trends of urbanization happening in the City. Focus Group Discussion (FGD) is employed with the officials of Barangay Sala, classified as Category 1 urban barangay and Barangay Casile, considered as Category 2 urban Barangay of Cabuyao City, Laguna ensuring

quorum was attained. Before the data gathering process, an informed consent was established laying the steps that will take place during the FGDs and KII. Furthermore, anonymity of individuals participating in the research is ensured taking into account the confidentiality.

For the analysis of community assets, the officials were asked to rate the indicators with the use of semantic differential scale. The scale was developed and introduced by US psychologist Charles E. Osgood to capture the perception, affective and cognitive competencies of the respondents' connotation to certain concepts. For indicators measured in qualitative terms, a scale of 1 to 10 was used; 1 being low quality and 10 being high quality. While indicators measured in quantity, a scale of 0 to 10 was used with 0 being none and 10 being many. The 10 point scale was used for it capture the changes happening better and provide a higher degree of measurement. Furthermore, it has wide variance compared to the 5-point or 7-point scale.

Descriptive analysis was employed to interpret the changes of community assets and understand the perceived resilience of the two barangays. Same data analysis method was used in the analysis of the innovations of the leaders of barangays.

4. Findings and Discussion

4.1. Vulnerability Context of Cabuyao City, Laguna

As per the City Mayor, one of the trends of urbanization is the increase in the community budget. Cabuyao City was tagged as Richest Municipality in 2014, however this was not a good indicator of development. The nearby areas of the community which are Sta Rosa City, Calamba City, and Binan City converted as cityhood outperforming Cabuyao even with a budget of Php 600 - 700 million during 2010. Being one of the richest municipalities has negative implications especially in the internal revenue allotment (IRA) of the community. As a municipality, the community income will be divided into the total number of municipalities (1,488) in the Philippines. In 2010, Cabuyao as the richest municipality, contributed higher income, however due to the huge number of municipalities, the community received a lower budget in return. After the implementation of its cityhood, the community budget increases as their income along with the income of other component and highly urbanized cities was divided into 140 cities in the Philippines.

Furthermore, another effect of urbanization is the transition of the community from municipal category and the implementation of cityhood last 2012. As a component city, the local government code mandated to have additional departments in the city office. This resulted to additional manpower and social services for its constituents. The institutionalization of the city has brought independence in terms of political decision making. For example, in terms of tax amnesty and tax incentive, municipalities in the Philippines need the approval of Provincial Government before granting to the investors. Meanwhile, in a city, the officials have the liberty to approve and permit tax amnesty and incentives which can bring more private companies in the area. The city government also partnered with the private sector to provide social services in the community. The city, for example, tapped industries in health sector to supply cheaper price of medicine and other hospital equipment to the public pharmacy and hospitals. Besides the increase of community income, the private companies provide jobs to the public.

Urbanization was also accompanied by influx of population due to migrants. Because of numerous job opportunities available in the area, rural people try their luck in the City. With the increase of working age population, this adds to the income in the city. However, this posed challenges as the number of jobs were not enough to cater the unemployed population as some may not be qualified due to low educational attainment which resulted in a high unemployment rate. Furthermore, the increase in population means an increase in provision of basic services. AS per the City Mayor, the city has no sufficient number of hospitals and schools to cater the 330,000 population. With no available hospitals, sick constituents are referred to nearby public hospital outside Cabuyao or nearest provincial hospital. To mitigate this, the government officials have approved the building of another government-run hospital with 300 bed capacities.

Traffic congestion becomes a problem as population increases. Curative approach is used by the city government to mitigate this problem such as road widening and strict parking implementation. In addition, environmental problems are evident in the community from the water pollution of Laguna lake to air pollution due to vehicles and industries. Land conversion can also be seen with the building of residential lands.

4.2. Perception on Community Assets

4.2.1. Barangay Casile

Table 2

Effects of urbanization and innovations of Barangay Casile, Cabuyao City, Laguna.

TYPES OF ASSET			EFFECTS OF CHANGES IN ASSETS	
Before 2009		2017	Advantages	Disadvantages
Physical Asset				
3	Number of House	7	<ul style="list-style-type: none"> Easier way of life Economic progress 	<ul style="list-style-type: none"> noise pollution increase of minor crimes and incidents
1	Number of Buildings	3		
1	Electrical Line	7.5		
0	Water Line	8.5		
5	Communication Line	8		
4	Roads	9		
1	Vehicles	9		
Natural Asset				
8	Water Quality	8	<ul style="list-style-type: none"> Easier way of life increase of self-employed residents increase in people's awareness regarding SWM and DRRM 	<ul style="list-style-type: none"> increase of price of fertilizer and feeds in the market
8	Soil Quality	7		
9	Air Quality	9		
5	No. of Waste	7		
4	Solid Waste Management	8		
9	Agricultural Lands	5		
7	Terrestrial	9		
5	Disaster	5		
1	Disaster Risk Reduction and Management	7		
Financial Asset				
0	Financial Establishment	1	<ul style="list-style-type: none"> decrease of residents experiencing hunger increase of community services and programs increase of official's honorarium increase of number of resorts 	<ul style="list-style-type: none"> increase of price of goods All items have a price nowadays increase of number of resorts no market for the product of livelihood programs
7	Poverty incidence	5		
3	Brgy. IRA	9		
4	Livelihood	9		
Human Asset				
2	Population	6	<ul style="list-style-type: none"> Increase of barangay budget increase of scholarship good working career 	<ul style="list-style-type: none"> migrants cause trouble
2	Working Age Population	6		
2	Health Status	6		
6	Unemployment	2		
3	Educational Attainment	8		
Social Asset				
3	Education Services	8	<ul style="list-style-type: none"> increase in literacy rate knowledgeable community members 	Security problems due to migrants
3	Health Services	8		
3	People's Organizations	8		
3	Connectedness	8		
0	Traffic	0		
3	Crime	6		

Barangay Casile, a Category 2 Urban Barangay, felt the process of urbanization in the community around 2010 due to the construction of road, electricity, and water supplies. The changes in physical asset were brought by the increase of houses (3-7), increase of buildings (1-3), increase of electrical lines (1-7.5), water lines (0-8.5), communication lines (5-8), roads (4-9), and vehicles (1-9). However, there were still areas of the community that did not have electrical lines. The respondents noted that there was a specific time frame where they can access water. The respondents said that the reason behind it is the increase of demand of water since resort businesses are present in the area. Furthermore, the mode of transportation in the community is tricycle though before there were *jeepneys* available in the area. The reasons of the removal of *jeepneys* were not specified. However, the respondents noted that there was an increase of private vehicles. Some of these problems are the result of the barangay's status as an upland location.

The residents had easier way of life due to the improvement in the road systems, water lines and electrical lines. The changes in the physical asset also brought economic progress in terms of household income. However, the respondents noted that because of the increase in houses brought by the increase of population, the community was distracted by noise pollution. Furthermore, there was also an increase of minor crimes in the barangay.

Barangay Casile has improved their natural assets. There was no change in the water quality (8-8) of the barangay because, as noted by the respondents, the water before 2010 was from the natural flowing water bodies such as river which is now being treated with chlorine. Both are high quality and safe to drink as perceived by the participants. There was a 1-point decline in the soil quality of the community. But, as agreed by the respondents, their soil is still productive and fertile. Same as the water quality, the air quality (9-9) of the barangay had no change because the industries and factories were not located in their community. There was an increase in the community's waste (5-7) but the community could manage it through their solid waste management (4-8). The respondents said that their waste management before was having a compost or burning but nowadays, the LGU collects the garbage, and the community still has a compost. The community also experienced loss of agricultural lands; however, the community is still planting other crops, as stated by the respondents. The number of trees (7-9) increased because the community's committee of environment is active in tree planting activity. There was no account of change in the occurrence of disaster (5-5). The respondents determined that the barangay was prone to different hazards such as typhoons, landslides, and earthquakes. The

DRRM (1-7) became better because the barangay was one of the focus of the LGU for Casile is located in the fault line.

The changes in the natural asset had affected the community positively and negatively. The residents had easier way of life because of the conversion of land to road systems and water lines. Before, the community imported a drum of water from nearby communities with a high price. There was also an increase of self-employed residents with sari-sari stores, and root crops farming such as rice. Furthermore, people's awareness regarding DRRM and Solid Waste Management has improved.

The disadvantage of the changes is the increase of price of fertilizers and feeds in the market. These inputs are important to the farmers. Due to this and the conversion of agricultural lands, some of the farmers venture to other sources of income such as sari-sari stores or by becoming employees.

All of the indicators for the financial asset improved. The barangay's financial establishments had minimal change with the community only having *Smart Padala* as a money transaction establishment. If the residents of the barangay wish to send money to other provinces, the residents must go to the City proper. The poverty incidence decreased from 7 to 5. The barangay IRA increased from 3 to 9 and livelihood from 4 to 9. The respondents noted that their barangay IRA was higher than the Poblacions'.

The changes in financial asset of the barangay resulted to the decrease of residents experiencing hunger. Furthermore, the honorarium of the officer increased which somewhat supported the officials economically. The improvement of barangay budget increased the community services and programs. The increase of resorts both affected the barangay in a positive and negative way. The increase of resort provided livelihood and increase the budget of barangay however, it caused the problem on water supply. The changes in financial asset resulted in an increase in the price of goods. The livelihood projects were problematic because there are no sure markets for the products.

In terms of human asset, the community's population and the working age increased from 2 to 6. The health status (2-6) and educational attainment (3-8) of the residents improved because

of the presence of barangay doctor, nurses and schools. Furthermore, unemployment decreased by 4 points.

The increase of population increased the budget of the barangay. There was also an increase in the scholarship grants in the barangay which resulted to increase of graduates. With the improvement on the educational attainment, the residents had better career. There were also negative effects such as security problems caused by migrants and strangers in the community.

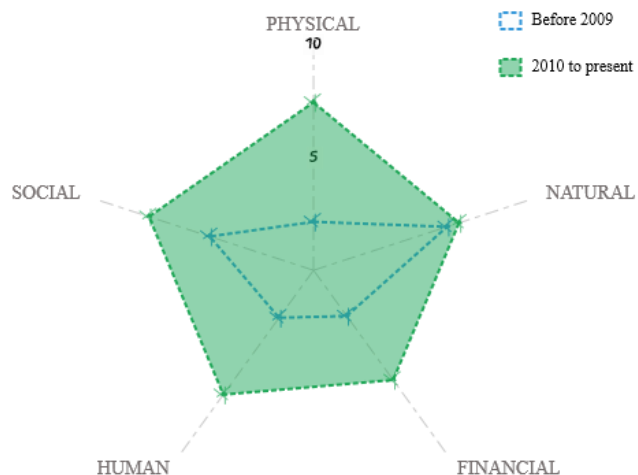
On the other hand, the barangay’s educational services and health services improved from 3 to 8. The number of people’s organization (3-8) and connection of the barangay to other organizations (3-8) also improved. The respondents identified some of the POs such as *samahan ng mga magsasaka* and *samahan ng mga kababaihan*. The community still do not experience traffic (0-0) however, there was an increase of minor crimes (3-6). The respondents noted that the usual suspects of crime are *dayo/migrants*.

The changes on social asset increased the literacy rate and there are more knowledgeable residents. These changes were brought by the improvement of education service in the community. As stated above, the increase of minor crimes caused by migrants and people outside the community was the negative impact. Table 2 summarizes the effects of urbanization to the community assets in Barangay Casile.

As a result of these changes in indicators, all the assets of Barangay Casile improved. The physical asset improved from 2.14 to 7.43 while the natural asset improved from 6.22 to 6.78. The betterment of financial (2.50-6.00), human (2.60-6.80) and social (4.83-7.68) asset can be seen (Figure 3).

Figure 3

Changes in community assets of Barangay Casile due to urbanization



4.2.2. Barangay Sala

Table 2

Effects of urbanization and innovations of Barangay Sala, Cabuyao City, Laguna

TYPES OF ASSET			EFFECTS	
Before 1980s		2017	Advantages	Disadvantages
Physical Asset				
4	Number of House	8	<ul style="list-style-type: none"> • Accessible services • Easier way of life 	<ul style="list-style-type: none"> • Increase in expenses • Traffic • Problem in Water supply • Increase in wastes
1	Number of Buildings	7		
10	Electrical Line	10		
3	Water Line	10		
1	Communication Line	10		
5	Roads	8		
2	Vehicles	9		
Natural Asset				
10	Water Quality	5	<ul style="list-style-type: none"> • Presence of water treatment • DRRM awareness • Lower disaster-related mortality rate 	<ul style="list-style-type: none"> • Decrease in natural resources • Future generations cannot see the natural resources • Decrease in food supply
10	Soil Quality	3		
10	Air Quality	3		
1	No. of Waste	10		
4	Solid Waste Management	8		
10	Agricultural Lands	2		
10	Terrestrial	5		
5	Disaster	8		
1	Disaster Risk Reduction and Management	10		
Financial Asset				
1	Disaster Risk Reduction and Management	10	<ul style="list-style-type: none"> • Increase in economic development • Increased quality of life • Increase in employment rate • More jobs 	<ul style="list-style-type: none"> • Increase in minor crimes including robbery • No bankers' association
0	Financial Establishment	8		
3	Poverty incidence	7		
0	Brgy. IRA	8		
2	Livelihood	9		
Human Assets				
3	Population	9	<ul style="list-style-type: none"> • Increase in IRA 	<ul style="list-style-type: none"> • Competition in availing community services • Increase in minor crimes
3	Working Age Population	9		
5	Health Status	3		
4	Unemployment	4		
	Educational Attainment			
Social Asset				
3	Education Services	8	<ul style="list-style-type: none"> • High participation of community members • Increase in competitiveness 	<ul style="list-style-type: none"> • Community members seem to be more knowledgeable than the officials
3	Health Services	8		
3	People's Organizations	7		
2	Connectedness	8		
0	Traffic	9		
2	Crime	7		

Sala, a Category 1 Urban Barangay, started to feel the development around the mid-1980s when the change of government happened and the construction of industries and factories in the area had boomed. The number of houses (4-8) in Sala doubled because of the construction of subdivisions in the community, the number of buildings drastically increased from 1 to 10 because of the presence of factories and industries (Nestle and Tanduay are among the factories located in Barangay Sala). The water lines increased from 3 to 10 as well as the communication lines from 1 to 10. The road systems also increased from 5 to 10, but some roads are not in good quality. The number of vehicles also increased from 2 to 9. There was no change in the electrical lines of the community (10-10).

These changes in physical asset made the life of the residents' easier and made services accessible to them. The improvement of physical asset providing social services such as water lines, communication lines and electrical lines increased the expenses of the residents because of the additional payment. The increase of vehicles resulted in traffic, while the increase of houses which led to increase of population, water shortages and increase of waste.

For the natural asset, the water (10-5), soil (10-3) and air (10-3) quality worsened. As said by one of the respondents, the water is drinkable, however it is treated with chemicals. The barangay was known for producing high-quality garlic back when its soil was fertile. The number of waste drastically increased from 1 to 10 but because of this, the solid waste management improved from 4 to 8. The LGU was the one managing the waste of the community through garbage collection. There was also a drastic decrease in the agricultural lands (10-2) and number of trees (10-5) in the barangay. The remaining agricultural lands in the area were privately owned. There was also an increase in the occurrence of disasters from 5 to 10. The DRRM of the barangay improved significantly from 1 to 10 because of the presence of *tanod*/community police as a rescue team.

The changes in natural asset resulted to positive and negative impacts in the community. The low quality of water gave rise to the science of treating it, making it safer to drink. There was also an improvement in the knowledge of the residents regarding DRRM and hence low disaster-related mortality.

One of the negative impacts was the decrease of natural resources: one of the respondents stated that there were a lot of *Maya*, a type of bird in the community until the bird population

started to decrease. The deterioration of natural resources made it impossible for future generations to see it. The decrease of agricultural land led to a decrease in food supply.

On the other hand, the financial establishments drastically increased from 0 to 8 as well as the barangay IRA. Some of the money transaction establishments identified were Metrobank, Laurel and Western Union. The livelihood of the barangay also improved from 2 to 9. Driving tricycles and *jeepneys*, having sari-sari stores, making rags and processed food were the identified livelihood present in the area. However, the poverty incidence has seen an increase from 3 to 7.

The changes in financial assets increased the quality of life of the residents in terms of income and increase of employment rate. Also, more jobs became available due to the increase of livelihood. However, there was an increase in minor crimes and robbery. The most recent robbery happened last November 30, 2009 in one of the banks in the community. One of the disadvantages was the absence of bankers' association.

For the human asset, the population as well as the working age population almost tripled (3-9). The health status of the residents worsened from 5 to 3. It was noted by one of the respondents that the life expectancy in the community decreased to 75 years unlike before that some of the residents could live up to 100 years. The unemployment rate was still the same (4-4).

The increase of population, as stated above, increased the barangay budget of the community. However, competition for services happened, especially in education, where school facilities are not enough to handle the growing population. Furthermore, it increased the number of minor crimes in the community.

In terms of social aspect, education and health services improved from 3 to 8 because free school supplies were being provided by the barangay. There was also an increase in the number of people's organizations from 3 to 7 with fraternities, women's organization, teacher's organizations, homeowners' association, and senior citizen organizations as the identified POs in the barangay. The connection of the barangay to other organizations also improved from 2 to 10. It is noted that the barangays in Cabuyao City coordinate with each other, unlike before. However, there was a drastic change in the presence of traffic (0-9) and crime (2-7).

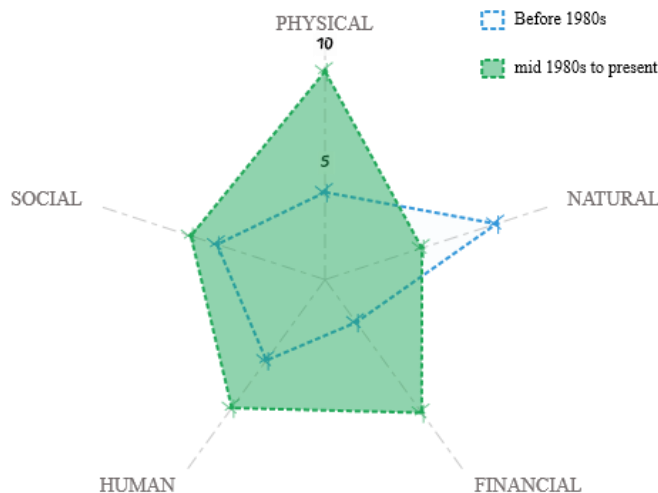
The changes in social assets improved the participation of the community members especially the POs. The residents of the barangay were competitive in terms of education because

they were literate. However, some of them seemed to be more knowledgeable on how to run the barangay than the barangay officials. Table 3 shows the type of assets, effects of urbanization and policies to mitigate the negative effects of the process.

While in the process of urbanization, Barangay Sala had seen to have improvement in their physical (3.71-8.86), financial (2.25-7.00), human (4.25-6.75), and social (4.83-6.00) asset. The natural asset, however, worsened from 7.67 to 4.33 giving negative impacts to the barangay (Figure 4).

Figure 4

Changes in community assets of Barangay Sala due to urbanization



4.3. Community Innovations

4.3.1. Barangay Casile

To solve the problem of the increase of crimes and incidents, the barangay implemented curfew, anti-drug campaign, *oplan sita* and barangay census. Furthermore, the barangay has numerous programs such as *Oplan Kalinisan (Tapat mo, Linis mo)*, *Aso mo, Itali mo*, No littering beside the streets, No cutting of trees, Tree planting, Training and seminars during disaster, and No construction of building at danger zone to further improve its natural assets. The barangay also partnered with factories for free seedlings to solve the increase of farming inputs (Table 4).

The barangay is strict in implementing its tax ordinance because of numerous resorts. This change also led to an increase of noise pollution which is eased by the videoke ordinance of the barangay (Table 4).

As seen in Table 4, the improvement of the educational attainment of the community members was due to scholarship grants of the barangay and ALS. In health status and services, the barangay has a barangay doctor and implemented feeding and medical missions. The increase of minor crimes caused by migrants is answered by listing of migrants' profiles, UBAS, and drug campaigns.

Table 4

Community Innovations of Barangay Casile

Asset	Innovation (Community Policies, Programs and Projects)
Physical	<ul style="list-style-type: none"> • Curfew • Anti-Drugs campaign • Oplan Sita • Asmo, Itali mo • Oplan Kalinisan • Brgy. census • Waste management policies
Natural	<ul style="list-style-type: none"> • Training and seminars regarding disaster • No cutting of trees • Tree planting • Waste management policies • Partnership with factories for seeds • No building in at the danger zone
Financial	<ul style="list-style-type: none"> • Tax ordinance • Videoke Ordinance
Human	<ul style="list-style-type: none"> • Scholarship program • Presence of barangay doctors
Social	<ul style="list-style-type: none"> • Listing of migrants's name • Alternative Learning System • Ugnayan ng Barangay at Simbahan • Feeding and medical miission • Drugs campaign

4.3.2. *Barangay Sala*

As seen in Table 5, officials of Barangay Sala have implemented policies and programs to mitigate the negative impacts of changes in physical asset such as parking ordinance to solve

problems caused by traffic. Furthermore, the officials also proposed the construction of tents for the marketing of livelihood products by so-called Barangay Entrepreneurs. The increase of waste was alleviate by canal cleaning.

Table 5

Community Innovation of Barangay Sala

Asset	Innovation (Community Policies, Programs and Projects)
Physical	<ul style="list-style-type: none"> • Planning or Barangay Entrepreneur • Ongoing Parking ordinance • Canal Cleaning
Natural	<ul style="list-style-type: none"> • Participation of barangay in DRRM • Agricultural programs (seeds and fertilizer) • Strict in converting agricultural lands to other land use • Waste segregation
Financial	<ul style="list-style-type: none"> • 24 hour patrolling • Free school supplies • Free medicines • Competitive barangay fees
Human	<ul style="list-style-type: none"> • Census • Job fair • Free medicines
Social	<ul style="list-style-type: none"> • Free education • Free school supplies • Curfew • Liquor ban • Videoke ordinance • No smoking

The negative change in natural assets also helped barangay officials and residents to participate in the activities of LGU. Further, the barangay has agricultural programs which provide seeds and fertilizers to the farmers and promote agriculture in the area. The barangay is also strict in the conversion of agricultural land to other uses.

The problems in minor crimes and robbery were mitigated by 24 hours patrolling of the barangay tanod. To further invite investors in the community, the barangay has lower fees for the private sector in order to provide more jobs for the residents. In addition, the barangay conducts job fairs regularly.

To deliver medical and educational needs of the residents, the barangay provided free medicines and school supplies. Furthermore, the barangay has smoking policies in public places. In order to improve the security of the community; curfew, liquor ban and videoke ordinance were implemented.

5. Conclusion

The study showed the linkages of the three variables of the modified sustainable livelihood framework: vulnerability context, community assets and innovation. The trends and shocks of urbanization observed in Cabuyao City are increase in community budget, transition of municipal category to city which resulted to institutionalization, and influx of population due to migrants. The trends brought by urbanization was felt diversely by Barangay Casile and Barangay Sala as seen in the changes in their community assets. This was due to the difference in time when they felt the process of urbanization and the over-all impact of the trends in their community. Due to the differences in the impact on community assets, the two barangays have various program to improve these assets and mitigate the adverse effects in their community. Barangay Casile and Barangay Sala are still in the process to be resilient to mitigate the negative effects brought by urbanization and improve their ability and strength as a community.

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Overseeing From Overseas: The Role of ICT in Sustaining Parental Relationships

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Abstract

The study investigates the role of information and communication technology (ICT) in sustaining parental relationships among Overseas Filipino Workers (OFW) families. Specifically, the study sought to determine the communication tools and its usage in terms of frequency, features and mode. It also tested any significant relationship between ICT usage and the degree of family closeness. The theories, Bowen Family Theory and the Media Richness Theory, were integrated to gather data from the purposively chosen students of Laguna State Polytechnic University with one or both parents are OFWs for at least one year. Results revealed that laptops and mobile phones are mostly used by the families as communication tools while Facebook is the most popular online platform because of the variety of features. The study also revealed a significant relationship between the perceived role of ICT tools with the degree of closeness of the family. Parents mostly initiate communication, indicating their desire to strengthen the closeness of the family. Their left-behind children, however, do not fully share details about their life, causing them to have a distant relationship. Further studies can provide more relevant information that can be used in the development of migrant workers and their families.

Keywords: *ICT, Overseas Filipino workers, migration, parental relationships*

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1. Introduction

A family is an important social unit. A person's culture and conduct are developed in the family which can have an impact on the society in which they live. Parents take the lead in instilling good manners and values in their children in order for them to grow into productive adults. As specified in the Convention on the Rights of the Child (CRC), parents have the legal responsibility of providing "appropriate direction and guidance" to their children. Being a parent is a lifetime commitment. They gave life to their children, provide food, medical care, shelter, and clothing, as well as give love, compassion, and encouragement. They are their role models, setting a good example for the moral values that their children should learn and carry as they become adults.

Parents serve as a mediator to resolve a conflict that family members experience (Dugue, et al., 2017). They also exert control over their children through enforcing discipline, establishing rules and boundaries, and holding them accountable for their behaviors and decisions ("Role of Parents", n.d). As their children get older, parents take the role of counselors in their life choices and decisions. Parents should always be present at every stage of their child's life. When parents are unable to be physically present with their children such as when they work abroad, indigeneity problems arise. Various issues such as violent behavior, child rebellion, drug addiction, depression, broken marriages, and teen pregnancy have been prevalent, especially during the 1980s when overseas employment was highest (Alampay, et al., 2017).

An increasing number of Filipinos are leaving the country in search of better opportunities abroad (Reyes, 2008). According to the Philippine Statistics Authority (PSA), an estimated 2.2 million Filipinos worked overseas in 2019. The majority were women who worked as nurses, cleaners, and nannies, hoping to give their children a better future (Rocamora, 2019; Yeung & Bacani, 2020). The high unemployment rate in the country also pushes skilled workers – welders, carpenters, construction workers, teachers, etc. – to find employment abroad for higher salaries ("OFWs are Heroes of PH Economy", 2019; "OFWs – The Strong Pillars Of The Philippine Economy", 2019) and financial security (Harper & Martin, 2012) at the expense of leaving their loved ones.

While working abroad has significant financial advantages, it is impossible to deny the sacrifices that OFWs are enduring away from their families. These modern-day heroes have to

overcome homesickness, communication gaps (Bautista & Tamayo, 2020), biased working conditions (Ofreneo & Samonte, 2005), cultural differences and, even maltreatment (Sayres, n.d.) in order to provide for their family's needs. They miss important events, like birthdays and graduations, to save more money and send it back to their family. They forego their own personal needs in exchange for a better life for their loved ones. They risk their health, at the same time, worry about their family's health (Pogoy & Cutamora, 2021). Sometimes, the bond they have with their children are broken and damaged because of the separation (Yeung & Bacani, 2020).

One of the fundamental factors that play a vital role in the parent-child relationship is communication. For communication to become effective, one should be able to listen, be accessible and able to comprehend what is being said. It establishes and maintains the relationship between parents and children, makes the parent-child interaction successful and strong, and helps parents and children understand and accept each other (Runcan et al. 2012). With the advent of the Internet and social media, parents no longer see the physical distance as a hindrance in doing their responsibility to their families who are left behind. For them, it is their commitment to constantly communicate so that their children will not feel neglected and alone while they are millions of miles away.

This research aims to determine the role that information and communication technology (ICT) play in the parental relationship of OFW families. In particular, the researchers explored the different communication tools used by the OFW families, its frequency of use, and features most used. Furthermore, the researchers evaluated whether the degree of closeness of the family has a significant relationship with the usage of these communication tools.

This research is conducted at the Laguna State Polytechnic University – San Pablo City campus (LSPU - SPC), a state university in the province of Laguna. It has four major campuses and several auxiliary campuses. The students from this campus hail from different areas in Region IV – A which is where the majority of OFWs also come from (PSA, 2019). Thus, this study provides a baseline data on the development of migrant workers and their families. Understanding the impact that ICT has on parental relationships could uncover future researches that will help in the improvement of OFW and their families' well-being.

2. Literature review

2.1 Overseas Filipino Workers (OFW) Profile

The Revised Philippine Overseas Employment Administration (POEA) rules and regulations governing the recruitment and employment of land-based OFWs of 2016 defined an OFW as “*a contract worker with employment contract/offer of employment already processed by the POEA for overseas deployment, whether as an agency hire or a direct-hire*”. The overall number of OFWs who worked abroad at any time between April and September 2019 was projected to be 2.2 million by PSA’s 2019 Survey on Overseas Filipinos (SOF), with 96.8% of them having current contracts during the same period. Female OFWs account for 56.0 percent while male OFWs are at 44.0 percent. Around 60% of OFWs are between the age of 25 – 39 years old. The majority of OFWs come from Region IV-A (CALABARZON) which accounts for 20.7 percent, followed by Region III (Central Luzon), which accounts for 13.3 percent. Saudi Arabia, with one out of every five (22.4 percent) OFWs working there, and the United Arab Emirates (UAE), with 13.2 percent, remain the leading country destinations from 2017 to 2019, however both are dropping over time. Other destinations such as Hongkong, Taiwan, and Europe have seen an increase within the same time period. During the months of April to September 2019, OFWs sent a total of Php 211.9 billion in remittances. This includes cash that was sent home, cash that was brought home and remittances in kind.

2.2 Labor migration in the Philippines

Labor migration has long been an option for Filipino families to increase their income flow and raise their standard of living. This is the impact of globalization to Philippine households. Because of political instability, unemployment, growing population and low wages (Estrada, 2015), the Philippines has seen an increase in migrant workers.

Filipinos have been migrating since the turn of the 20th century. Low-skilled agricultural workers from Ilocos initially migrated to Hawaii and later, movement shifted to the United States and Alaska. But it was in the 1970s, when Middle East started contracting workers to work in their oil rigs and construction sites that migration has come full circle. “*Katas ng Saudi*” became a popular phrase when families receive care packages in *balikbayan* boxes or their life improves as a result of working in Saudi Arabia (Santos, 2014). In the 80s and 90s, women began filling the service needs of other countries in and around Asia. The Asian market share of deployed overseas

workers rose steadily and significantly from 1.29 percent in 1983 to 25 percent in 1989 to 1990. Today, labor migration in the Philippines is more diverse and intense as they have made working abroad common and desirable. Filipinos are now one of the major exporters of workers, dominating the seafaring, domestic work and nursing sectors, among others, all over the world.

The decision to work abroad was brought about by the pressing unemployment and underemployment in the Philippines. A significant portion of the population is discontent with the country's current situation, and the perception that "greener pastures" are forthcoming abroad, are some of the factors for the decision to migrate. With higher salary and better working conditions (Pastera, 2014), OFWs can improve the financial situation of their left-behind family that translates to providing for the needs and wants of their children and other family members (Teguihanon & Cuaton, 2020).

2.3 Information and Communication Technology

ICT is a broad term that covers a wide range of technological tools used to handle communication processes. These tools include computers, the Internet, wireless networks, landline or mobile phones, video-conferencing, social networking, and other media applications and services enabling users to access, retrieve, store, transmit, and manipulate information in a digital form.

ICTs entails far more than just information access or computer technology. ICTs influence how an individual, a family, a business, or a country accesses information, people, services, and technology. Because of ICT, people has not only altered how they get the information, but also how it is used, depending on the amount and availability of information at any given time. It has also change how people relate to one another, in terms of their association in the digital world. It has the ability to both link and isolate people (Dutton, 2001).

Communication with loved ones during the 80s and 90s is done through snail mail, voice tape, telephone, and mobile phone (Bernarte et al. 2015). Using these methods take a long time to receive a response and is also costly therefore messages must be kept short. Families now have more communication time because of modern and less expensive communication technology. Face-to-face communication was shown to be the most common means for sharing information about family life, followed by instant messaging, phone, social media sites, video calls and email (Shen, 2017). According to the same findings, a combination of face-to-face and video calls was

also strongly associated with improved family well-being. Because the parent and child can see each other's faces, the experience becomes more interactive and personal. This is especially beneficial for parents who have left-behind infants and toddlers who are not yet speaking fluently.

The 2019 National ICT Household Survey conducted by the Department of Information and Communication Technology (DICT) in collaboration with the Philippine Statistical Research and Training Institute (PSRTI) and Philippine Statistics Authority (PSA) found that 24 percent of households have a communal mobile phone and only 8.2 percent have their own telephone lines. In terms of utilization, about 79 percent men and women, aged 10 and above had used a cellular phone. Eighty-nine percent of them have only one unit, while the rest have more than one. According to a Microsoft survey, Filipino families have the highest number of gadgets in the region, with an average of ten devices used to communicate with loved ones in other parts of the country and the world (Ho, 2011).

The NICTHS also reported that only two out of ten have communal computers, yet approximately 34 percent have used a computer. The desktop computer is the most commonly used (44%); while 39 percent said they use a laptop and 22 percent reported they use a tablet computer. Almost 69 percent of all computer users use computers primarily for communication purposes. Interestingly, women (77%) outnumber men (66%) in their usage of computers for social interaction. The report also showed that 63 percent of Filipino users said that they use the computer for entertainment and gaming, 23 percent use them for sending electronic mail and 22 percent of all users said that they used computers for online courses.

The internet has revolutionized communication in this generation. Using this technology, people can instantly share photos, post news and stories, and chat with friends and family anywhere around the world. Communication has become more fluid because of the internet. Digital 2021 reported that there are 73.91 million internet users in the Philippines in January 2021, 77.3 percent access the internet via laptops or desktop computers. The same survey also showed that mobile phones (98.6%), smartphones (98.5%), and tablet devices (33.2%) were also utilized to access the internet. This is in contrast with the NICTHS report that around 47 percent individuals aged 10 and above, use the internet and many of them have used a cellphone to connect to the internet (85%). This is followed by desktop computer (30%), laptop computer (19%) and tablet devices (7%). However, the NICTHS also reported that 17.7 percent of households have their own internet access at home, majority of which use it for social media and communication. Statista (2020)

forecasted that by 2025, there would be an estimated 77.1 percent of the population using the internet.

In terms of social media statistics, there are 89 million social media users in the Philippines in January 2021, which is equivalent to 80.7% of the population (Digital, 2021). According to Statista (2020), the Philippines has the highest number of social network users in Southeast Asia, with a penetration rate of approximately 67 percent during the same period. The report also showed that Filipinos spend an average of four hours each day on social media, which bridged the distance with family and friends. Among the social media users, Facebook was the most used platform, which accounted for almost 93 percent of the social media market and 99 percent of the internet users, as of June 2020. Facebook users are mostly between 18 to 24 years old said they read messages and posts, look at photos, and chat with their loved ones abroad. Twitter is a far second with 2.99 percent of the population using the platform.

In terms of electronic mail, there is about 3.8 billion email accounts around the world at the start of 2019. Many young people have at least two email accounts. Millennials spend about 6.4 hours a day using email, which they have adapted for their personal and professional use (Internet World Stats, 2019).

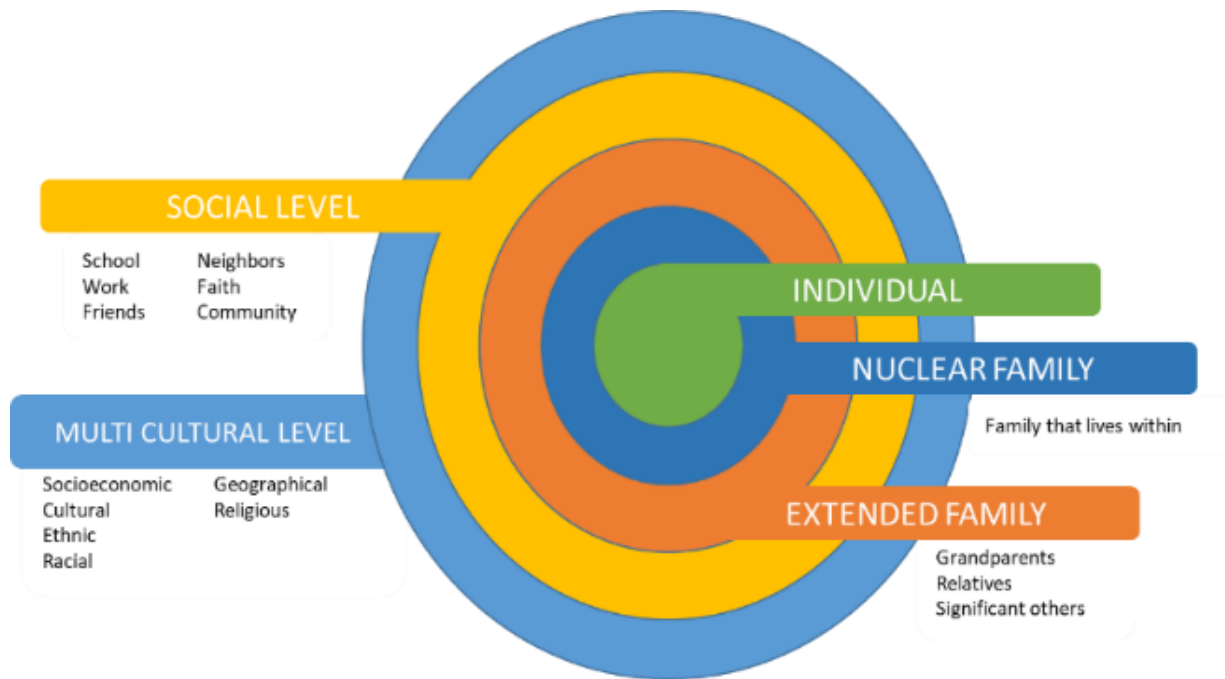
2.4 Theoretical framework

This study is based on the integration of several theories, the Bowen Family Systems Theory and the Media Richness Theory.

Bowen family systems theory is an approach of human behavior that views the family as a single emotional unit and that the individual members and the group as a whole can influence each other's functioning. There is a strong emotional connection among members of the family. They affect each other's thoughts, feelings, and actions and seeks each other's attention, approval, and support. They react to each other's needs, expectations, and disappointments. Each member plays a specific role and must follow rules. Even if the family is disconnected, the members still have an impact on each other's emotions. Families differ in their degree of interdependence, but the connection is always present to some degree.

Figure 1.

The Bowen Family Systems Theory



Source: <https://empoweredlivingcounseling.weebly.com/introduction-to-family-systems-theory.html>

The Bowen family Systems Theory is depicted in Figure 1. It is explained that the family is a strongly connected emotional unit made up of individual members. Everything that a member of the family acts or feels has an impact on the rest of the unit. A typically Filipino family consists of a father, a mother and their children. It may be extended to grandparents, aunts and uncles, and in-laws. The family lives in a community. They have regular interactions with their neighbors, friends, classmates, and workmates, among others. The family is also part of a community with beliefs and culture that influences who they are as individuals and as a group.

When there is a change in the normalcy of the unit, each of the member senses it and reacts to this change. When a parent makes the decision to work abroad, the normalcy of their family will change. One family member will be physically absent and the children will feel this void. Members who are left-behind will have to adjust to this separation and cope with the difficulties (Shih, 2016). The other parent may act as both mother and father (Graham et al., 2012). If a member of the extended family, such as an aunt or grandparent, takes the role as the “parent”, they may have an impact on the development of the children, which may result in issues with psychological

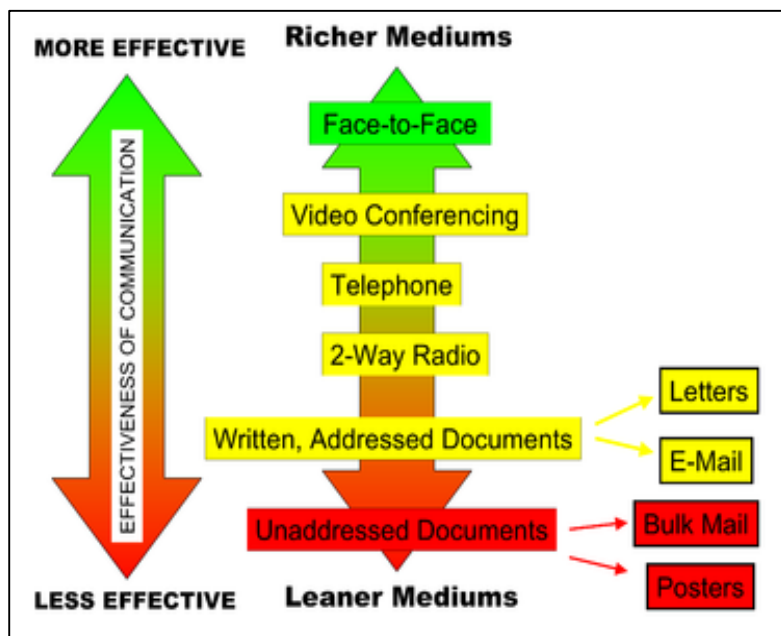
development, adjustment, and educational functioning (Edwards & Mumford, 2005). Children's academic performance may be impacted as well (Lu, 2014; Mao, Zang & Zhang, 2020; Marchetta & Sokcheng et al., 2019).

Constant communication between parents and children is required to maintain a normal parenting relationship. Simulating a normal parental relationship in OFW families is dependent on the efficacy of the communication medium. In describing the results, the researchers used media richness theory and family systems theory.

The media richness theory is a framework for assessing the efficacy of communication mediums such as phone conversations, video conferencing and email. The ability of all communication media to allow users to transmit complex messages varies

Figure 2

Media Richness Theory



Source: Daft, R.L.; Lengel, R.H. (1986). "Organizational information requirements, media richness and structural design". Management Science. 32 (5): 554-571.

Messages can be communicated in several levels (Figure 2). A text message can send and receive less information than an email or phone conversation. As the level progresses, the amount of information increases therefore increasing the amount of understanding. There is also a lesser chance of being misunderstood.

Communication through texting has the least amount of richness and is most likely to be misread. Texting contains a shorter version of the language with a lot of acronyms and phonetic techniques of shortening words/phrases for convenience and speed.

According to the theory, face to face communication is still the most efficient way to convey a message, such as parental advice. However, when face to face contact is not possible, transnational parents are able to find ways to still connect and interact with the children they left behind. They are able to reinvent parenthood by utilizing the different communication media. Text messaging is a popular medium because it is convenient, messages can be dispersed quickly and responses can be received immediately. This capability is now available on all mobile phones, making it versatile and readily available. It is considered to be a leaner medium of communication since it is prone to misinterpretation. Because text messages have limited space, the amount of information that may be sent is likewise limited. Letters and emails are more enriched form of media. Using these media, longer messages can be written. Letters are more personal since they are hand written, so the recipient can feel the importance of the message being conveyed. Email, on the other hand, is fast. If children want to send a lengthy message to their OFW parents, the fastest way to do it is through email. Email attachments may also be used to further understand the message. However, an internet connection is required to send and receive emails. The telephone is in the next level of rich media. Through a telephone conversation, parents and children can communicate more effectively. Because it is two-way, there is immediate feedback from the receiver of the message. Clarifications can be made right away to avoid misunderstanding. Cellular phones provide portability and accessibility to one another. Parents and children can just dial the number and they will be able to talk to each other right away. It can also be used anytime and from any location. Video conferencing or video calls are richest media of communication because of the ability to see each other while communicating. Through video calls, parents can monitor the status of their children. They can observe their behavior, they can see how they smile and hear them laugh and they can share moments with each other.

Integrating these two theories would help the researchers in understanding how parents can sustain their relationship with their children while they are apart.

3. Methodology

The study used the descriptive design of research. This method is used to obtain information concerning the current status of the facts to describe what exists with respect to variables or conditions in a situation. It is a quantitative kind of research to understand a certain research problem from the perspective of the subjects (Burns and Grove, 2005).

The study was conducted at the Laguna State Polytechnic University-San Pablo City Campus (LSPU-SPCC), using purposive sampling. Eighty nine students who have parents working abroad were given questionnaires. They were chosen based on the following criteria: (1) they are bonafide college students studying in LSPU - SPCC whose parents are working abroad for more than a year. (2) OFW parents could be mothers, fathers, or both; and (3) the student must still be in contact with his/her parents. Respondents' age ranges from 17 to 21 years old. Fifty – four are female, while thirty – five are male respondents. They are all single but it is interesting to note that sixteen of them are single parents. According to Fluellen (2016), there is a major issue of poverty among female headed household. To improve their quality of life, single mothers pursue to continue their education. Moreover, Fluellen stated that these single mothers receive motivation from their own parents.

To interpret the gathered data, the researchers used different statistical methods including frequency and percent distribution. Pearson Product Moment Correlation (Pearson-r) was used to determine the relationship between the involvement of students in social media and in sustaining their relationship with their families.

4. Findings and Discussion

4.1 Communication Tools Used by OFW Families

New communication technologies, such as internet and mobile phones, allow mothers to experience their parental relationship remotely (Madianou, 2012). Samonte (2018) found that the choice of communication medium is dependent on four factors: the socio-economic status of the family, location of the parent(s), availability of the communication media and features of the communication media.

Table 1*Communication Tools used by OFW families and its Frequency (Hardware)*

Categories	Communication Tools	Never used at all	Rarely	Average	Often	All of the time
Traditional	Desktop	0	2	4	0	34
	Laptop	0	4	18	0	56
	Phone / Landline	20	2	6	12	48
	Snail Mail	89	0	0	0	0
Modern	Smart Phone	0	0	0	0	89
	Tablet	0	0	12	15	59

Respondents were asked what tools their parents use in communicating with them. The tools were categorized as traditional and modern tools. Traditional communication tools include desktop, laptop, landlines or telephones and snail mail, while smart phones and tablets are categorized as modern communication tools. Table 1 indicates that the respondents are still using the traditional as well as modern communication tools whenever they communicate with their family. In terms of traditional tools, laptops are the most frequently used. Laptops are preferred over other devices because it is portable. It has the same function as the desktop but it can be carried around outside the house. Landline phones are also popular among respondents possibly because it has a more stable signal compared to cellular phones. It can also be used even without electricity, which makes it more reliable for communication. There were none who used the snail mail anymore. Respondents are not used to the pen and paper type of communication and prefers electronic devices over manual type.

For modern communication tools, all 89 respondents use cellular phones to interact with their family all the time, while 59 respondents use tablets. Smart phones are more portable than traditional communication tools. They are versatile devices due to numerous capabilities they have such as texting and calling. These provide OFW parents to still portray their roles even when there are geographical constraints that separate them. (Madianou and Miller, 2011). Chen (2020) referred to it as mediated family gaze. Based on the media richness theory, text messages are effective communication medium because of its convenience and availability. Messages can be sent and received immediately using text. They also use these devices to collect information and track the welfare of their left-behind children (Madianou, 2016). Aside from that, there are applications in mobile devices that allows OFW parents to transfer money to address financial needs of family members or as gifts (Fresnoza - Flot 2009; Madianou and Miller 2012).

In 2015, the number of mobile phone users in the Philippines was about 66 million (Statista, 2016). It is considered as an essential consumer product. Statista found that Filipinos still allocate amounts for communication spending even when expenditure is mostly concentrated on food and beverage. Telephone calls and mobile calls are more personal because both parties can hear each other's voice and feel their emotions (Samonte, 2018).

Results show that we have embraced technology as a means of communication. As technology becomes more available and affordable, more OFW families will be using these devices to bridge the relationship gap.

4.2. Communication Tools used by OFW families and its Frequency (Software Application)

In terms of software applications, the options presented include different social media platforms (Facebook, Skype and Twitter), email providers (Yahoo Mail and Gmail), and other communication tools (Text, cellular phone calls and landline phone calls).

Table 2

Communication Tools used by OFW families and its Frequency (Software and Application)

Communication Tools	Never used at all	Rarely	Average	Often	All of the time
Facebook	0	2	3	6	78
Skype	46	15	5	20	3
Twitter	7	10	14	23	35
Yahoo Mail	0	2	5	6	40
Gmail	1	6	10	1	18
Text Messages	0	0	0	0	89
Cellular Phone Calls	0	0	0	0	89
Telephone Calls	20	2	6	12	48
Letters / Snail Mail	89	0	0	0	0

Table 2 shows that the respondents' parent(s) prefer to communicate with their loved ones using the Internet, in which the different social media application, as well as the email providers, are available. Having access to the Internet at all times makes it possible for more interaction among family members (Alampay, et.al. 2012).

Facebook is still the application commonly used by families nowadays to communicate with one another. Results showed that 84 respondents or 94.3% use Facebook often or all the time. The result is consistent with statistics showing that Facebook is the most popular social network

on the web, with over 2 billion active users monthly worldwide. There are currently 89 million Filipinos using this social media platform (Digital 2021). Facebook has become a key to portraying transnational family life (Madianou, 2016; Madianou and Miller, 2012). It facilitates a state of an always on platform in which there is a continuous flow of information through a various content such as text, photos and videos. (Boyd, 2011), where bonds are established through likes and comments (Madianou, 2016). Same findings were reported by Garinga, et. al. (2018) and Vargas & Racasa (2018).

The next platform commonly used is Twitter, with 58 respondents or 65.1% using the application often to all the time. Twitter has 206 million daily active users worldwide as of Q2 of 2021. It has 73 million monthly users in the United States and 9 million users in the Philippines as of July 2021 (Statista, 2021). Skype, on the other hand, has not been popular among the respondents. This may be because of the perception that Skype is used for business meetings and not for personal usage.

The use of telephones and cellular phones either to send text messages or to make calls to family members especially those in faraway places are also preferred. These are rich communication media because messages can be relayed immediately. Parents can also hear their children's voice which makes communication more effective.

A more enriched form of media, based on the media richness theory, are email and handwritten letters or snail mail because longer messages can be sent and the risk of misinterpretation are lessened compared to text messages. However, findings show that email is less utilized by the respondents. This can be attributed to the fact that feedback and responses are not immediate using this medium. In the era where both parents and children are busy with their work or studies, there is less time to construct letters or long messages and wait for the reply. The generation today prefers short but frequent messages. This is also evident from the results that none of the respondents and their parents use snail mail any longer. This generation currently use email as their new snail mail, when they want more to share more details or attach files which is not possible with telephone calls.

4.3. Features of the communication tool used

Table 3

Features of Communication Tools Used

Communication Tool Features	Never used at all	Rarely	Average	Often	All of the time
1. Messenger/Fb	0	0	0	0	89
2. Video Chat/Fb	0	0	0	0	89
3. Voice Chat/Fb	0	0	0	0	89
4. Email	1	7	8	7	66
5. Land line	1	7	11	17	53

As can be clearly seen in Table 3, the features used by the OFW parents are Fb messenger, video chat, and voice chat. Facebook has become the primary means of communication with families from a distance. It is accessible in mobile devices such as cellular phones, tablets and laptops. Messenger, video and voice chat are utilized to forge intimacy among family members (Cabalquinto, 2017). By reading the status, browsing photos, and commenting on posts, migrant mothers consider it as distant mothering (Madianou, 2014). They also ‘tag’ their family members on Facebook photos to symbolize intimacy despite being separated (Cabalquinto, 2018). Using the video call feature of Facebook enables parents to see their children’s faces and interact with them more personally. They can tell stories to each other, help with homeworks, talk about grades (Racasa & Vargas, 2018), show off the latest dance moves to each other on screen. The feeling of still being together is simulated using the video call feature of Facebook. Garinga, et. al. (2018) found that Facebook is used by seafarers to cope with homesickness.

4.4. Perceived role of communication tool and the degree of closeness in the family

Table 4

Mode of Communicating with Family

Indicators	Never	Sometimes	Always
a. I chat with my family on line	5	88	1
b. I send and receive messages from my family	5	84	0
c. I always update my family in social media	25	64	0
d. I send email to my family	74	14	1
e. I receive emails from my family	15	70	4

As shown in Table 4, the different modes of communicating online with their family are used by the respondents, but not always. Even if they are constantly online or using social media platforms, it does not mean that they always connect with their family. This only shows that efforts to connect with family is initiated by the parent overseas. This can be explained through the Family Systems Theory where a change in the normalcy affects the behavior of the respondents. Their tendency to not always connect with their family abroad is their way of adjusting to the situation. Since chatting, texting and sending emails are less effective media, respondents does not always use these. Moreover, the initiative of the respondents to connect with their overseas parent(s) can also be attributed on the socio-economic status since they do not always have the money for internet connection or text.

Table 5

Perceived Degree of Closeness in the Family

Indicators	Knows Nothing	Knows Some	Knows A Lot
a. How well do my parents know about my friends	21	68	0
b. How well do my parents know about my school work	20	50	10
c. How well informed is my family regarding problems/issues	18	60	11
d. How well does my family ask to advise in doing family decisions	7	77	5
e. How often do I tell my family secrets about myself	58	28	3

OFW parents do not know everything about their children (Table 5). Information like their child’s friends, school work, problems are not shared with them fully. This is contradictory to Ariate, et.al. (2015) where communication technology makes it easy to maintain a long distance relationship. It is also interesting to note that majority of the respondents does not tell their secrets to their family. Although there are opportunities of communication, children are hesitant to establish an open relationship with their parents. This may be because they do not want their activities to be monitored and controlled by their parents. Social media posts among OFW families can also be interpreted based on an ideal familial image. As explained in the Family Systems Theory, when one side does not conform to what is ideal, it can become a source of tension. The tendency of children is to only post details that will conform to the expectation of their parents. Thus, strategies such as hiding post (Madianou, 2016) or suppressing emotion (Parreñas 2001) can be critical in dealing with family separation. This is referred to as “ambivalent intimacy” (Cabalquinto, 2018).

Time difference may also contribute to the results obtained. As cited by Bernarte et.al., Katz (2004), the possibility of [an OFW parent] calling anytime may be in conflict with the child's availability and vice-versa. Finding a mutual time may be difficult for one or both of them.

Emotional strains of transnational mothering and fathering can include feelings of anxiety, helplessness, loss, guilt, and the burden of loneliness (Parreñas, 2001). Because of this, children conceal problems and secrets that might add to the emotional burden of their parents. Children also regulate their online posts and information that their parents can see, to avoid possible disappointments (Cabalquinto, 2018).

4.5. Relationship between the role of communication tools with the perceived Degree of closeness in the family

The purpose of this research is to find out how the role of ICT in the parent - child relationship relates to the degree of closeness in the family. Overall results show that there is a significant relationship between these variables (p-value = 0.01). The relationship in the family becomes closer as parents spend more time communicating online with their children. This result is the same as the findings in the study of Fan & Chen (2001) and Schrodtr et al., (2007) where positive communication was related to the level of openness as well as frequency of communication.

A possible explanation for the low p-value, although positive, may be due to the fact that online communication is mostly initiated by the parents. Even if respondents spend time online, it was not always used to communicate with their parents abroad. The frequency of time spent by the respondents in communicating with their parents may also explain why they do not share more information about themselves. In addition, online communication cannot compare to the impact that face-to-face interactions have on the degree of closeness in the family. Further investigations may be conducted to determine the length of time that is spent online by both parents and child and whether it was utilized for communication.

5. Conclusion

From the analysis of data, the results show that laptops and smart phones are the most used ICT tool in communicating with family due to its affordability, mobility and variety of features included. Respondents prefer to use text messaging and online chat over other modes. This result is supported by the media richness theory where rich media such as online chat is more effective

than less rich media such as telephone call. OFW parents do not know everything that is happening to their children. Studies claim that respondents do not fully inform their parents about their personal life. This may be due to time difference between families which conflicts with their availability, and / or to avoid emotional stress, tension and disappointments of their parents especially when it comes to problems and decisions.

The results also show that overseas parents and their left-behind children utilizes Facebook as the preferred online platform for communicating while text messaging and calls are used when offline. Using Facebook features such as posts, comments and reactions, chat and messaging, members of the family are able to inform each other of their day-to-day activities and experiences. Despite the indications that communication technologies can bridge the gap between transnational families, their online presence may not be sufficient to maintain the parental relationship and degree of closeness compared to their physical presence. Face-to-face interaction is still recommended to sustain parental relationships.

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Extrajudicial Killings and its Effects on the Socialization and Self-acceptance of Victim's Families

Jherwin P. Hermosa

Abstract

This research examined the extrajudicial killings (EJK) and its effects on the socialization and self-acceptance of the victim's families. Using quantitative research with structured questionnaires and interviews as the main data gathering strategies, the primary data were collected from 60 purposively chosen residents of the three (3) selected barangays with high recorded cases of EJK. The findings showed no significant relationship between the profile of the respondents and their socialization. However, there was a significant relationship between the profile of the respondents and their self-acceptance. There is a significant relationship between socialization and the self-acceptance of the respondents; thus the null hypothesis was rejected. The results may infer that acceptance of the happenings within the society greatly influences interrelation, treatment of other people and the socialization with each other. This study may serve as a vantage point for the local government units (LGU) in their response and treatment of the family members' victims of EJK. This could be inputs to establishing a program to address the psychological needs of the people with such depressing experiences.

Keywords: *extra-judicial killings, socialization, self-acceptance, human rights, drugs*

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1. Introduction

When President Duterte assumed to power on 2016, he immediately started the so called “*war on drugs*” envisioned to halt the long time problems of the Philippines on illegal drugs. He tasked primarily the PNP to lead this war with their so called “*Oplan Tokhang*” in going after illegal drugs activities and personnel. Unfortunately, the *Oplan Tokhang* is allegedly used or abused by policemen for their personal interests or some sort of vendetta against their enemies which resulted to the problems of EJK (Franco, 2016; Johnson & Fernquest, 2018). In the Philippines, the term “extrajudicial killings” does not have a clear definition. Baldwin (2016) in *Secretary v. Manalo*, the Supreme Court, citing the rule on the writ of Amparo, opined that extralegal killings are “*killings committed without due process of law, i.e., without legal safeguards or judicial proceedings*” (Arceo, 2016).

In 2016, President Duterte released the so called “Narco-Lists” naming active and retired politicians and police officials who were allegedly involved in the drug trade. One of the listed personalities was the ex-mayor of the San Pablo City, Laguna whose family members allegedly involved in illegal drugs either as users or dealers (Escuta, 2017). The unending battle seemingly started resulting to the loss of lives of the suspected drug users, dealers and drug lords without any due process of law. The ironic reality about the story was that most of the killed were the poor, the ordinary people, and the powerless leaving their families with this remarks “*Nanlaban kasi eh, kaya napatay!*” (Reyes, 2016; Barera, 2019; Fernquest, 2018; Amnesty International, 2019). The turn of events can disturb human behaviour and might affect the expression of feelings and thoughts, socialization and self-acceptance that eventually could lead to fear, discomfort and anxiety. Some issues in the community like EJK might result to disorganized and chaotic society (Houle & Kenny, 2018).

Taking the premise of democracy and psychosocial development, this study dwells into the effects on the immediate family members who experienced the tragic loss of loved ones lives due to EJK. In a report by Boghani (2019), the left behind families suffered deep trauma resulting to children’s withdrawal from school and others work menial jobs. Similarly, the reports of Human Rights Watch (2020) emphasized on the psychological distress suffered by family members after witnessing the killing of a loved one. Children had to leave the community, hide and relocate due to fear while some children experienced bullying due to stigma. In this context, the current study

aims to assess the effects on the socialization and self-acceptance of the left-behind families of EJK victims in a specific community. The results of the study could be fundamental in understanding the extent of effects of these variables to other people and the society at large.

2. Literature review

2.1. EJK and Oplan Tokhang

The Philippine constitution clearly states “*No person shall be deprived of life, liberty, property without due process of law, nor shall any person be denied the equal protection of the law.*” However, the prevalent killings reported almost every day through all forms of media give an otherwise different presumption on people going above the law. Accordingly, Article III, Section 14 paragraph 1 which reads, “*No person shall be held to answer for a criminal offense without due process of law, nor shall any person be denied the equal protection of the laws*”, promulgates that no one is allowed to judge a person as criminal or not without the judiciary process.

It is the drive of the President and his men to eradicate the illegal drugs and eventually dismantle drug syndicates that are lurking in the country. The efforts of the government paved way to declaring war on drugs which killed almost 1,800 people in just seven weeks (Lema & Mogato, 2016; Liu, 2016; Reuters, 2016) after its implementation. With such a controversial death toll rise, the country became the spotlight of comparison with the enraging war of the drugs of Mexico and China (CNN, 2016). According to Katigbak (2016), the country has confronted significant denunciation from the international media, human rights activists and even in the local civil society for the causes of the deaths of political activist, journalists, and others that oppose the government. Accordingly, perpetrators of the said killings are pointed to the Philippine National Police and the Armed Forces of the Philippine (Pangilinan, 2010). Instead of enforcing the rule of law, police officers violated the constitutional right of the suspected criminals (Baguilat, 2016) which led to killings without legal judgment of the court. The USAID and the ASIA Foundation called for a national epidemic considering that multiple people had been killed and involved in the operation (Parreno, 2010; GMA, 2016).

The Department of Interior and Local Government (DILG) has ordered the Philippine National Police (PNP) to extend its ‘*Oplan Tokhang*’ program from illegal drugs to illegal gambling. *Oplan Tokhang*, which means “knock and plead,” is a police operation in

the where authorities knock on the doors of suspected drug users or pushers and ask them to surrender. The PNP publicly pronounced the results of Project Tokhang that was initiated since its inception on July 1, 2016 until September 6, 2016 (Gonzales, et. al, 2016). The operations conducted by the uniformed men range to 15,905 operations, around 15,193 were arrested and around 1,033 killed (Hunt, 2020). DILG Secretary Ismael Sueno (2016) said that apart from the narcotics campaign, the PNP should also implement the '*Oplan Tokhang*' principle in going after illegal gambling lords "*to ensure that appropriate taxes go to government coffers.*" Sueno also asked the PNP to ensure that the program was not used for the self-interests of the policemen. *Oplan Tokhang* is not used or abused by policemen for their personal interests or some sort of vendetta against their enemies (Felipe, 2017). It is implemented for the sole purpose that it was conceived, and that is to round up drug personalities and other criminals (Sioson, 2017).

In the face of repeated condemnation from local and international human rights organizations, UN experts, and the international community, President Duterte continues to encourage the police to kill criminals and alleged drug offenders, and has vowed to protect those who kill for him (Human Rights Watch, 2017). His threats have become even more incessant in recent months, amid reports of an increase in killings once again. In March 2020, the President railed against human rights groups and critics of the "war on drugs" in a speech meant to address COVID-19, stating, "*A mayor can always threaten a criminal without criminal liability. It is my job to scare people, to intimidate people, and to kill people.*" (Sotomayor, 2020) In his 4th State of the Nation Address, President Duterte justified his war on drugs and abuses seen under his administration, simultaneously vowing to uphold human rights and then threatening to kill people who use drugs (Tomacruz, 2020). From July to August 2020, the President spoke anew about his readiness to kill on national television no less than four times, in one case stating, "*I said, I will kill you if you destroy my country and I will really do it. You'd be unlucky if you're there.*" (Inquirer, 2020). These calls are further evidence of the climate of impunity and the deliberate and systematic nature of the killings which continue to be conducted as part of a government-orchestrated attack against people suspected of using or selling drugs. Amnesty International (2019) has concluded that extrajudicial executions and other human rights violations committed as part of the "war on drugs" may amount to crimes against humanity. As demonstrated in previous findings of Amnesty International (2017), these crimes have continued over a period of several years, with frequent statements of support and approval from senior government officials and

almost complete impunity for the perpetrators, who appear in most cases to be either police officers or people linked to the police (Human Rights Watch, 2017). It is Amnesty International's position that these acts should therefore be investigated as possible crimes under international law. The International Criminal Court (ICC) has not yet opened a formal investigation into the situation in the Philippines. Amnesty International continues to call for the ICC to expedite the preliminary examination into possible crimes against humanity, with a view to opening an investigation as a matter of urgency. In 2019, President Duterte warned that the second half of his six-year term will only be harsher, stating that "*the last three years of my term will be the most dangerous for people into drugs*" (Lopez, 2020). The Amnesty International (2020) is concerned that if the international community does not act strongly enough to pressure the Duterte administration – and other governments that might be tempted to follow its lead – it will continue and possibly escalate its campaign of killings and other human rights violations with impunity.

2.2. Theoretical Framework and Study Variables

The current study variables are closely related to the Social Influence Theory proposed by Kelman in 1958 which explains the influence of the society in the individual's attitudes, beliefs and behaviors. As cited by Estrada et al. (2011), the three central elements of the theory are compliance (accept influence), identification (adopt induced behavior) and internalization (accept influence). In this study, the three elements are considered central to the behavioral change of the individuals left behind by victims of the EJK. It underscores the perception of the person on the issue of EJK (compliance) that made him/her change the attitude towards the other person (identification) and towards himself (internalization). As such, the compliance element was assessed through the approval or disapproval of EJK, the identification was evaluated through socialization and internalization through self-acceptance, self-control and optimism.

Socialization. According to Christiansen (2008), socialization is one of the most important environmental factors during childhood development which taught children how to act. It refers to the period of childhood development when children learn the rules and values of their society. This hypothesizes that initially children learn to merely obey the rules of their society. Certain actions are repeated because of directly correlated consequences. In addition, Weidl (2012) reiterates that socialization is the development of culture within a person, teaching him or her values, norms and roles. This also creates self-awareness as individuals interact with others making socialization a life-long process (Brym, Lie & Rytina, 2010). Deviance, by contrast, is an aversion from the

common values, and norms of one's own culture. A crime is when one deviates from a norm that is considered a law, and enforced by government bodies (Brym, Lie & Rytina, 2010). All three of these have a large effect on the society.

In the past decades, a number of studies have focused on issues related to personal safety in the community (Crawford et al., 2008). However, there are still gaps in the literature since the field of personal safety is still growing in various countries. In addition, individual perception often measures belief or opinion not influence on the behaviour. The subject of personal safety falls within the social geography (Chekwa, et al., 2013) which justifies the current study locale. There are several studies conducted related to environmental danger, risk, or threat of harm, injury, or loss to personnel and/or property, whether caused deliberately or by accident (Brown & Andy 2007). Individuals are threatened by societal behaviour as victims, perpetrators, or both (Flannery & Quinn-Leering, 2010) requiring preventive measures (Fischman & Foster, 2007). The incidence of environmental safety generally associates with greater perceptions of fear (Loukaitou-Sideris & Fink, 2009; Johnson, 2009; Burton & Leoschut, 2013).

Self-Acceptance. Self-acceptance, a dimension of Ryff's (1995) psychological well-being model, means having a positive attitude, good of bad qualities, toward the self and positive feelings about the past. According to Saleem and Saleem (2017), it refers to the individual's satisfaction about himself/herself. As considered necessary for good mental health, it requires a realistic and subjective awareness of one's own strengths and weaknesses. It demonstrates the individual's 'unique value.' Ultimately, an individual needs to achieve unconditional self-acceptance, accepting self without concerning about others love, respect, and approval (Hill, et.al. 2008).

Baroni et al. (2016) emphasize the importance of being aware of the individual potential and making this potential functional to reach self-fulfillment. In this sense, human empowerment is important. The purpose in life is having goals and outlook that gives its meaning. Thus, personal growth, a close concept to self-actualization, helps realize a person's potential (Altunbas, 2014). The individual characteristics along with psychological well-being develop the individual potential. In this context, this study presupposes that the participants have positive relations with the society, in general. Positive relations include well and trusting relationships with others, empathy, love, and trust.

Self-Control. Good self-control has been related to many positive outcomes related to health, success, wellbeing, and crime avoidance (Stock, & Baumeister, 2012; Duckworth, Quinn, & Tsukayama, 2012). Policy-makers have considered large-scale programs aimed at improving self-control with the hope of improving the health and wealth of the citizenry and reducing crime (Moffitt et al., 2011). The trait of self-control is found in a plethora of research studies, predominately in the field of psychology. Although self-control is considered an important trait, no single accepted definition or name is used consistently. Self-control has been referred to as self-regulation, self-discipline, and willpower, among other names (Duckworth & Kern, 2011). Duckworth, et.al. (2012) acknowledged the confusion between the meaning of self-control and self-regulation and differentiate them as “self-control” being a personality trait that voluntarily regulates impulses to meet long-term goals and “self-regulation” being metacognitive strategies that help in meeting personal goals. Storch (2015) succinctly sets self-control and self-regulation apart by saying “*self-control helps you meet small challenges, but to change your life significantly you’ll need self-regulation.*”

Optimism. Abdel Khaleq & El Nayal (2015) defined optimism as “*the positive view, loving life and belief in the possibility of good occurrences, or the good aspect of things, rather than the bad aspect.*” In addition, Abdel Khaleq (2010) defines optimism as rejoicing view of the future making the person expects better, anticipates occurrence of goodness, and looks forward for success. Accordingly, it holds generalized favourable expectancies for the future (Carver et al., 2010). Optimism concentrates in the general expectation that good or positive things will happen. Thus, optimists are individuals with a tendency to have positive expectations about the world in general, whereas pessimists tend to anticipate negative outcomes in their lives (Carver et al., 2010). On the other hand, pessimism is a negative anticipation of the events to come, making the person expects worst things to happen, and anticipates badness, failure and disappointment.

3. Methodology

A descriptive correlational method was used to find out the relation between the self-acceptance and socialization of the selected participants. The method was used because the research aims to correlate the relationship between the variables.

The participants were 60 selected residents who are related (relative, friend or neighbor) to the victims of EJK in the three barangays namely Barangay San Juan, Barangay Guadalupe and Barangay Del Remedio, San Pablo City, with age 18 years old and above. The participants were purposively chosen who agreed to answer the research questionnaire. The respondents were mostly 18-25 years old (45%), female (51.67%), single (53.33%), high school graduate (41.67%) and employed (75%). These were mostly relatives of the victims.

The study used a self-made questionnaire with three portions:

Personal Information. This includes the basic information about the respondents, which include the age, gender, civil status, educational attainment, occupation, family monthly income and relationship to the victim.

Questionnaire on Self-Acceptance. This was divided into three categories which are optimism, emotional stability and self-control. Each category has 10 questions that aimed to answer the perceived level of self-acceptance of the respondents.

Questionnaire on Socialization. This was divided into two categories which are the family safety and concern and safety of the community. Each category has 10 questions that aimed to answer the perceived socialization of the respondents.

The data collection was personally administered for confidentiality and security. The study secured the participants' consent at the beginning of the survey. The study objectives were clearly discussed to give the participants enough time to comprehend the critical nature of the study. The study treated the data gathered with utmost confidentiality in order to protect the identity of the participants.

The frequency, mean, percentage were used for the non-inferential statistical treatments whereas Pearson r was used to correlate the independent and dependent variables.

4. Findings and Discussion

Table 1

The Respondents' Factors for Socialization

Indicators	Mean	SD	VI
Personal/Family Safety	1.69	0.873	L
Community Safety	2.11	0.932	M
OVERALL	1.90	0.902	A

Legend: 4.0-3.26 High; 3.25-2.51 Moderate; 2.50-1.76 Average; 1.75-1.0 Low

Table 1 shows the respondents' perception on the different factors for socialization. It is evident that the level of socialization in terms of family safety has an overall mean of 1.69 which is verbally interpreted as "low." It means that the respondents' socialization is very limited due to the heavy effects of the situation. The Filipinos are well-known for being socially and family-oriented people. Most often than not, the strength comes from family members and loved ones due to strong ties enabling support system in times of challenges. The results clearly indicate that the fearful experience created stigma and long lasting trauma that limited their way of socialization (Almendral, 2017). Meanwhile, safe community has been perceived as "moderate" with an overall mean of 2.11. Although higher than expected, the general impression of the respondents towards other people still is indifferent. There are still prohibitions as to the actions towards other people and the society, in general. The respondents still feel the need to be secured towards their community actions.

The overall general perception on the factors of socialization has an overall mean of 1.90 which is verbally interpreted as "average." The assessment clearly showed the negative consequences of the EJK on the left behind families. As narrated by Demick (2016), that many suffer psychological distress after witnessing the killing of a loved one. Some of these respondents also had to leave their homes and community, either to hide or relocate because of fear. Similarly, some experienced bullying because of the stigma of alleged drug use by a now deceased parent.

Table 2

The Respondents' Level of Self-Acceptance

Indicators	Mean	SD	VI
Optimism	1.91	0.934	M
Emotional stability	1.90	0.967	M
Self-Control	2.13	0.924	M
OVERALL	1.98	0.941	M

Legend: 4.0-3.26 High, 3.25-2.51 Moderate, 2.50-1.76 Average, 1.75-1.0 Low

Table 2 shows the respondents' level of self-acceptance. The mean of 1.91 reflects the moderate level of self-acceptance as to optimism. There was moderate level also in the emotional stability with a mean of 1.90 and with 2.13 mean reflects the moderate level of self-control of the respondents. Summing this up, the overall level of self-acceptance of the respondents was

“moderate” with mean of 1.98. This implies that EJK affects the self-acceptance of an individual, particularly those who are relatives and family members of the victims. Most of them feel judged and secluded with a tagged negative stereotyping. Due to the stigma tied to DRKs, neighbours’ and relatives are also afraid to associate with bereaved families and are unable to condole at the wakes. This also leads to weaker support systems for affected families. Some respondents noted that some informant ‘assets’ and assassins are also members of the community, eroding trust among neighbours. As shared experience, Pangilinan, et al. (2017) identified one orphaned grandchild of a respondent is saving up money to buy a gun so that he can avenge his father’s death.

Table 3

Test of Correlation between the Profile of the Respondents and Socialization

Profile of the Respondent	Test-statistic	Tabular value	Value of tc	r-value	Decision	Interpretation
Age	R	2.00	0.187	0.024	Accept Ho	NS
Gender	R	2.00	0.499	0.065	Accept Ho	NS
Civil status	R	2.00	0.761	0.099	Accept Ho	NS
Educational attainment	R	2.00	0.687	0.90	Accept Ho	NS
Occupation	R	2.00	0.557	0.073	Accept Ho	NS
Family Monthly Income	R	2.00	1.313	0.170	Accept Ho	NS
Relationship to the Victim	R	2.00	1.450	0.187	Accept Ho	NS

Table 3 shows the test of correlation between the respondents’ profile and the factors of socialization. It can be implied that the age, gender, civil status, educational attainment, occupation, monthly income and relationship to the victim were not statistical factors affecting socialization of the respondents. This infers that the demographic profile of the respondents have no statistical implication on the various factors considered for socialization. Thus, the situation must be assessed on a case by case basis.

Table 4*Relationship between Profile of the Respondents and Self-Acceptance*

Profile of the respondent	Test-statistic	Tabular value	Value of tc	r-value	Decision	Interpretation
Age	r	2.00	0.449	0.065	Accept Ho	NS
Gender	r	2.00	0.678	0.089	Accept Ho	NS
Civil status	r	2.00	0.201	0.026	Accept Ho	NS
Educational attainment	r	2.00	2.545	0.317	Reject Ho	S
Occupation	r	2.00	0.790	0.103	Accept Ho	NS
Family Monthly Income	r	2.00	0.418	0.055	Accept Ho	NS
Relationship to the Victim	r	2.00	1.620	0.208	Accept Ho	NS

Table 4 presents the test of correlation between the profile of the respondents and the level of self-acceptance. Noticeable that all the variables under profile were not significant to the self-acceptance of the respondents expect for educational attainment. Willis (2011) claimed that the higher education of an individual, the higher the level of emotion. Being exposed and aware of the different circumstances in the environment, the educational level reflects the level of critical thinking and analysis. The level of education opens the socio-cognitive skills of an individual to respond to the different social situations. Similarly, the educational attainment in the Philippines is tantamount to a higher social expectations in terms of emotional stability which also affects the self-acceptance.

Table 5*Test of Correlation between Factors of Socialization and Self-Acceptance*

Variables	Test statistic	Tabular Value	Value of tc	r-value	Decision	Interpretation
Family Safety and Concern	R	2.00	1.026	0.134	Accept Ho	NS
Safety of the Community	R	2.00	1.162	0.151	Accept Ho	NS

Table 5 reveals that the family safety and concern and safety of the community were not factors that affect the self-acceptance of the respondents even after the occurrence of EJK. This

indicates the positive outlook of the Filipinos on looking for a positive side and stay optimistic even in the midst of this crucial event. As asserted by Hill, et.al. (2008), self-acceptance requires a realistic and subjective awareness of one's own strengths and weaknesses. The results show the ironic side of life that despite fearing for their lives, the level of the respondents' optimism is still high.

Table 6

Relationship between Socialization and Self-acceptance

Variables	Test statistic	Tabular Value	Value of tc	r-value	Decision	Interpretation
Socialization and Self-Acceptance	R	2.00	2.208	0.507	Reject Ho	S

Table 6 shows a positive relationship between socialization and self-acceptance. The results signify that as socialization increases the level of self-acceptance also increase. Relatively, when the socialization of the respondents is poor then the level of their self-acceptance drops. As Grusec (2011) clearly states that “*the ability of a person to maximize the potential skill was brought out with socialization and with this the emotion that arises emphasizes the severity and degree regarding to the norm of a certain community.*” Similarly, the self-acceptance can be measured through the degree of socialization of an individual per se. It infers that the psychological domain of a person has a strong impact on the way he/she socializes and views the society.

The findings of the study suggest that the left behind families have high involvement, whether emotional or social, with the EJK victims' unbearable fate. This explains the Filipinos high regard for family, family ties and strong family bond. Generally, the results imply a rather clear effect on the socialization and self-acceptance of the respondents. Whether low level or high level, the family's involvement in the tragic experiences brought trauma and fear (Reyes, 2015) affecting how to socialize and reject the dictates of the society. However, this raises questions on the family's life after the victims' death. Rebuilding a family after a tragic event is not easy which Carandang, (1987) as cited in Puente (2000) coined the term *mananalo* (helper) to describe this phenomenon in Filipino family dynamic.

5. Conclusion

The study examined the EJK victims' left behind families to determine the effect of the tragic event on the socialization and self-acceptance. The results showed no significant relationship between the profile of the respondents and the factors for socialization while there was significant relationship between the profile of the respondents and the self-acceptance. As to the socialization, the respondents' perceived personal safety and community safety as generally "average". Meanwhile, the self-acceptance in terms of optimism, emotional stability and self-control, are generally assessed as "moderate." It was further revealed that there was a significant relationship between socialization and self-acceptance of the respondents.

The results of the study serve as fundamental to the complete understanding of the effects of a difficult situation. Although it is easier said than done, respondents should have the strength to face any problems with optimism. Strong family support system is needed in order to overcome this difficulty.

For the Local Government Unit, this study may serve as a vantage point in their better response and approach to assist the EJK victims' family members. The priority must be establishing a program to address the psychological needs. Further studies may be conducted using validated and expanded questionnaire to include other variables not considered in this study. A mixed method may also be considered for triangulation and validation of the results.

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Elderly Parent Caring for an Adult with Down syndrome: A Case Study

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Abstract

The presence of mental and physical disabilities within the family members can be complicated to handle. A child with a mental disability has different demands than an adult with the same disability. However, an old-aged person raising an adult child with Down syndrome with occasional epileptic seizures is a whole different experience. Thus, the purpose of this case study is to examine the unique relationship, challenges, and demands of an elder parent caring for an adult child with a life-long mental illness. The family case gave many valuable insights into the challenges and struggles as a family under trial who find strength through faith, within themselves and among the circle of support, adapt and handle the stresses accompanying daughter's disability. The story also illustrated the hardships experienced by the father as the only caregiver of a mentally disabled daughter. Despite the difficulties experienced by the father, it was shown through the result of his Parental Stress Test that he is experiencing a low level of stress. His coping mechanism, such as his faith and perception in life and the support received from the people around him, made him positive and expectant of what the future may bring him and his daughter. It is recommended that the parents arrange legal assistance and financial plan as early as possible. The government should have supporting services that cater to the needs of the family's preparation for the future, such as free legal consultation, family budgeting workshops, and health insurance.

Keywords: *elderly parent, down syndrome, mental disability, parental stress*

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1. Introduction

One of the common cases of mental illness is Down Syndrome (DS). It is generally caused by the presence of an extra chromosome 21 resulting in trisomy (Sherman et al., 2007). Trisomy 21 is the most common kind of Down syndrome. A typical person has 46 chromosomes, a person with DS has 47. This genetic disorder is characterized by developmental delays and physical features typical of the disorder (Grieco et al., 2015) which include weak information processing, social interaction, demonstrating language, receptive, and motor skills (Gandy et al., 2020).

The presence of mental and physical disabilities within the family members can be complicated to handle. Parents of children with mental disabilities take on the role of primary caregiver in the child's care (Juandó-Prats et al., 2021). Dealing and taking care of children with chronic illness, mental retardation and handicapped may bring painful experiences to the parents, as well as to the other members of the family. According to the family systems perspective, attributes of each family member influence the relationship, roles, and function of the family because all parts of the system are interconnected (White, Klein & Martin, 2015). If one member of the system isn't functioning well, the whole system will struggle.

Studies showed that raising a child with a developmental disability, such as Down Syndrome, has fewer negative effects and more positive effects on the parents as caregivers. This is due to the parental acceptance and understanding of children's condition (Widyawati et al., 2021). However, an old-aged person raising an adult with Down syndrome and occasional epileptic seizures is a whole different experience. Thus, the purpose of this case study is to examine the unique relationship, challenges, and demands of an elder parent caring for an adult with a life-long mental illness. This study aimed to identify the difficulties experienced by an elder parent of an adult with Down syndrome, understand the family's interaction pattern during the crisis, and examine the family's adaptability and coping strategies.

2. Literature review

2.1. Theoretical Framework

Family systems theory has been applied to understand the family under study. According to Keller and Noone (2019), family systems theory is used to better understand family relationship processes among family members. The theory stated that families are interconnected members of a system and individuals within the family are involvedly related to each other and that the events

in one area of the system affect all other sections of the system. The connectedness of the family is a key concept of the family systems theory which asserts that all outcomes are the results of numerous causes. The family dynamics which include all types of communication within the family, family rules, family structure, and roles play significant roles within the system (Murray, 2006). This theory also focuses on the concept of holism which states that to understand an individual or a family, a person must look at the family as a whole (Keller & Noone, 2019). From the perspective of family systems theory, the relational life of families provides the basic environmental setting in which children are raised. The traits that each family member bring to family relationship, as well as their opinions, have an impact on the family system. The presence of a child with a mental disability, such as Down syndrome, is likely to have a wide-range impact on the family system.

The presence of a disability is a family issue that can cause stress to the family. The severity of the disability determines the amount of stress of the family (Pang, 2010). However, a family under trial can cope and adapt to the present challenges through the unique interaction, unity, and interconnectedness of its members (Keller & Noone, 2019). The family systems theory will provide a better perspective of the adaptability, coping strategy, struggles, and strengths of the family under study.

2.2. Family Dynamics and Stress

Some studies were conducted to see the dynamics going on in families of children with mental disabilities. It shows that children with intellectual disabilities have greater needs and have significant negative impacts and consequences on the family members (Lima-Rodríguez et al., 2017; Luijkx et al., 2017; Mulya et al., 2019). The stress level (emotional, physical, mental, and social) of parents and caregivers were commonly examined to understand the demand and the level of difficulty they experience. The level of difficulty is commonly associated with the severity of the disability and behavior problems (Boehm and Carter, 2019).

Parents are usually experiencing increased stress levels which are related to the presence of disability in the family. Parents experience a high level of parental stress and health problems while responding to the difficulties and struggles related to raising a child with mental illness (Hou et al., 2018). Consequently, siblings of mentally disabled children also experience stress in the family setup. Adjustment in household activities is typical struggles. Moreover, siblings of

children with mental disabilities turned out to have difficulties with their interpersonal relationships, managing leisure time, and school performance (Goudie et al. 2013).

Although several factors can contribute to the level of stress of caregivers and family members, the child's behavior problem often plays a major role in the stress (Luitwieler et al., 2021). Nevertheless, family as a system has its unique function of adaptability (Keller & Noone, 2019) which creates resiliency during the time of stress. A positive coping strategy will likely decrease familial stress which has a positive effect on the child with mental illness (Sangawi et al., 2018).

2.3 Children with Down syndrome

A child with a mental disability has different demands from an adult with the same disability. As the individual grows, the demands increase, both on the parents and the individual. The condition of the child as he or she grows leads to parental adaptation which has been studied extensively about parental well-being. From adolescence to adulthood of a person with DS, parents experienced a wide range of challenges and stress as a result of their emotional response to the demands of their role (Cuskelly et al. 2009). In addition, parents of children with mental illness have common apprehensions regarding the future of their children. A study showed that adults with DS, aged 50 to 59, experienced more life events than other adults with mental illnesses. These life events include changes in daily routines, adjustment on living conditions, death of a parent, and medical problems (Desriyani et al., 2019). Inevitably, these life events will be faced not only by the parents but by the whole family.

3. Methodology

3.1. Research Design

A qualitative, descriptive approach was adopted to explore the experiences and occurrences in the life of an elderly caring for an adult with mental disability. The study used a single-case design that focuses on a particular story or phenomenon. Single-case design is a strong procedure helpful to understand underlying relations (Nock et al., 2007), specifically among family experiences. Different sources of data were used in the study such as direct observation, in-depth interview, and questionnaire. The data obtained were systematically collected, analyzed, and presented in narrative form.

3.2. Participants

The participant of this case study is a family of two – a 79-year old father and his 44-year-old youngest daughter with DS and epilepsy. The father works as a home-based hog raiser and is a retired plant nursery worker in Saudi Arabia. He worked abroad for 11 years and came back to the Philippines in 1997. His wife died due to complications of kidney failure. His other three daughters are living with their own families and his only son died in 1996. They lived in a small bungalow house near their relatives in the town of Masaya, Bay, Laguna, Philippines. The father started living alone with her mentally disabled daughter after her wife died in the year 2000.

3.3. Instrument and Procedure

The case study utilized three methods in gathering data – direct observation, non-structured interview, and Parental Stress Scale Questionnaire (Berry & Jones, 1995). Direct observation was done during the interview and the visits to the participant's residence. Observable data were taken using notes of what was seen, heard, and sensed in the area. The observations focused on human actions and the physical environment of the participant. On the other hand, the interview was recorded and conducted face-to-face. Open-ended questions were asked to reveal the reality of the participant's condition which provided significant insights into the case. Lastly, the Parental Stress Scale Questionnaire was used to measure the level of stress experienced by the parent at present. It is an 18 item self-report scale that shows the positive and negative aspects of parenthood (Berry & Jones, 1995). It used a 5-point scale to represent strongly disagree, disagree, undecided, agree, and strongly agree to describe the kind of relationship the child has with the parent.

3.4. Data Collection and Analysis

The data preparation is the first step in the analysis of the case. The data from observational notes were examined thoroughly, while the data of voice recording obtained from the interview were transcribed verbatim. The combination of observational notes and transcribed recordings were linked together to get the whole picture of the story. Editing of the data took place during and after the initial write-up of the story. Moreover, the data from the Parental Stress Scale Questionnaire was computed based on the scoring procedure. Items 1, 2, 5, 6, 7, 8, 17, and 18, which showed the positive aspect of parenting, were reversely scored. The scores from all the items were then summed. The total score of the Parental Stress Scale signifies the level of stress

of the parent. A score of 18 indicates the lowest level of parental stress and a score of 90 indicates the highest level of parental stress (Berry & Jones, 1995).

4. Findings and Discussion

The findings were divided into three sets: the family story and interaction, the challenges faced by the father as the only caregiver, and the adaptability and coping strategies of the family as well as the father alone.

4.1. The Family Story and Interaction

Using the perspective of family systems theory, one way to capture family dynamics over time is to look at how the family has dealt with stress or adapted to challenges. It can predict family interdependence and identify areas where family system flexibility can be increased (Keller & Noone, 2019). The family consisted of a father, mother, four daughters, and a son. The first and second children were girls, followed by a boy, then another two girls. The father worked as a plant nursery worker in Saudi Arabia for 11 years. He consistently comes home every 2 years and in 1997 he came home for good. His wife was a public school teacher at Masaya Elementary School. Their first four children displayed the typical characteristics of a normal child. However, when their last child came, it was quite different. The family never knew that their youngest child has special needs until they observed something unusual.

(“Ang napansin naming sa kanya na kakaiba ay napakatahimik nya nung baby pa sya kesa nung baby pa yung iba naming anak. Di sya umiiyak masyado at wala din syang kiliti. Papalit-palit din kami ng gatas noon sa kanya pero parang wala syang magustuhan. Dahil napansin naming na kakaiba nga sya, nagpunta kami sa doctor nung mga tatlong taong gulang sya. Tinignan sya ng doctor at pinatest yung bata. Sinabi sa amin ng doctor na may Down Syndrome sya... Kwarenta na sya ngayon pero ang edad ng isip nya para lang walong taong gulang na bata.”)

"One of the distinct difference of our daughter among her siblings was she was a very quiet baby. She seldom cries and she also didn't respond to our tickle. We kept on changing her milk because we can't seem to find the milk she wanted. When my wife and I knew that maybe there was something wrong with her, we immediately went to the doctor. She was 3 years old when we

had her checked. After some tests were done, she was diagnosed with Down syndrome. Today, she's already 40 years old but she thinks and acts like an eight-year-old child.”

Raising their children wasn't a great challenge to the couple. Even with the condition of their youngest child, their growing years were normal. Her siblings loved her and were protective of her, especially her only brother. They easily accepted her condition primarily because their daughter was not a difficult child. They did not experienced tantrums or any forms of difficult behavior. According to Widyawati et al. (2021), acceptance of family members to the child's mental disability is vital to family resilience. Positive perception of parents leads to happiness and understanding in rearing their children which serves as a coping resource to them (Suzuki et al., 2015). As a result, the family cultivated a good relationship with each other as well as with their youngest daughter.

(“Eh sa isang pamilya naman hindi nawawala ang mga problema, pero hindi sya naging prolema sa amin. Hindi sya pinagmumulan ng away sa kanilang magkakapatid. Sa loob ng bahay namin, madalas tahimik lang sya. Gustong-gusto nga din sya ng mga tao duon sa amin. Palabati sya sa mga tao at mahilig sya makipaglaro sa mga bata kaya gusto din ng mga bata sa kanya.”)

“Although problems in the family are normal, we never had any problem with her when she was growing up. She was just quiet in the house. She was never a cause of any fight with her siblings. She also has a good relationship with our neighbors because she greeted them whenever she was outside. The children in our place loved her because she loves to play with the kids.”

According to Cuskelly et al. (2009), the birth of a child with DS affects the family system in many ways. Family interactions were likely to change during the growing years of a child with a disability. Positive interactions among the family members can be developed only when immediate acceptance of the child's disability happened. Another factor that creates a positive interaction within the family was the acceptance of the social group of the family.

The family provided everything their child's special needs. They had her checked to the doctor regularly when she was growing. She had a nanny and was enrolled in a special school in San Pablo City. In these times the father wasn't involving much in her early years because of his work abroad. He only saw her every two years for a month. But when he decided to stay, he needed to learn how to relate to her daughter well. He also ventured into small businesses to have a continuous source of income for the increasing needs of her daughter. After their three other

daughters got married and their only son died in an accident, he and his wife was the only one left to take care of their special daughter.

("Ang asawa ko talaga ang madalas kasama ng anak ko at sya din ang nag-aalaga sa kanya. Sya ang nagpapaligo, nagpapakain at nagpapatulog sa kanya. Tumutulong naman ako minsan pag wala akong trabaho. Kaya lang nung umabot sya ng mga 30 yearsl old nag-umpisa syang mag-seizure... Pinatignan namin sya at ang sabi sa amin epileptic daw ang anak namin")

"My wife usually was the only tending to the needs of our daughter such as bathing her, preparing her meals, and sending her off to bed. I helped her sometimes whenever I'm free. When she approached her 30's, her seizure started. We had her checked and we knew that she had epilepsy."

During this time, the family experienced extreme difficulty. Their daughter was having seizures, his wife got critical because of a kidney problem and his small business was not running well. His wife needed to undergo dialysis thrice a week and grew very weak. The father hadn't much time to make a living because his time was consumed in the caregiving of his wife and daughter. The hardship of taking care of his mentally disabled daughter and his sick wife was the beginning of a crisis in their family. A crisis is defined as "the subjective reaction to a stressful life experience that compromises the individual's stability and ability to cope or function," (Roberts & Ottens, 2005, p.331).

4.2. Challenges Faced by the Father as Caregiver

In the year 2000, the wife died and the father was left alone to take care of their daughter. The adjustment period was painful and frustrating at times. According to the father, many times he didn't know what and how to give care for his daughter. The task of bathing her daughter and helping her to sleep was a struggle since his wife was the primary caregiver back then.

("Kapag inaatake ang anak ko, hindi ko alam ang gagawin. Nagpapanic kasi ako at napapasigaw na lang. Ang asawa ko ang madalas nag-aalaga sa kanya, madalas akong wala dahil sa mga baboy naming. Natagalan talaga ako bago ko matutunan maging kalmado. Noon naawa ako sa sarili ko at anak ko kapag inaatake sya. Parang wala akong magawa eh. Pero natutunan ko rin naman

kung paano ang gagawin kapag inaatake sya.. Para sa akin para ko ba syang partner sa buhay ko at syempre eh mahal ko ang anak ko.”)

"When my daughter had seizures, I didn't know what to do. I was in panic and I kept shouting. It was my wife who took care of her because I was usually out of the house to run our small business. It took time for me to learn to be calm. Before, I felt depressed and frustrated whenever I see her having seizures. I felt helpless. But when I finally learned how to take care of her, it was easy for me. She is now my partner in this journey and I love her."

Parental adaptation was extensively studied about parental well-being and stress. The emotional response of the parent to the demands of the parenting role predicts the level of adjustment the parent had with the child's condition (Widyawati et al, 2021). In our case, the father realized that he needed to learn caregiving skills to support the needs of her daughter, such as giving first aid for seizure patients. His attitude toward her daughter's condition was motivated by love. He humbly learned how to comfortably give a bath to her daughter and assist her during her monthly period. Other daily concerns, such as preparing coffee, washing the dishes, and sweeping the floor, was able to do by his daughter. Their partnership had given him confidence that her daughter can survive even at times he is not at home. This kind of perspective gives him hope for his child in the future.

Table 1

Positive aspects experienced as a parent

	Indicators	Level of Agreement
1	I am happy in my role as a parent	Strongly Agree
2	There is little or nothing I wouldn't do for my child(ren) if it was necessary.	Strongly Agree
5	I feel close to my child(ren).	Agree
6	I enjoy spending time with my child(ren).	Agree
7	My child(ren) is an important source of affection for me.	Strongly Agree
8	Having child(ren) gives me a more certain and optimistic view for the future.	Strongly Agree
17	I am satisfied as a parent.	Strongly Agree
18	I find my child(ren) enjoyable.	Strongly Agree

Table 1 shows the positive aspect experienced being a parent which he scored the highest. It supported his claims that he looked at his daughter as a partner and not a burden. He appreciates

her, enjoys her company and he feels close to her. He is also hopeful for the future of his daughter. At present, it shows that the father is satisfied with his role as a parent.

Table 2

Negative aspect experienced as a parent

	Indicators	Level of Agreement
3	Caring for my child/ren sometimes takes more time and energy that I have to give.	Agree
4	I sometimes worry whether I am doing enough for my child/ren	Agree
9	The major source of stress in my life is my child(ren).	Strongly Disagree
10	Having child(ren) leaves little time and flexibility in my life.	Agree
11	Having child(ren) has been a financial burden.	Disagree
12	It is difficult to balance different responsibilities because of my child(ren).	Disagree
13	The behavior of my child(ren) is often embarrassing or stressful to me.	Disagree
14	. If I had it to do over again, I might decide not to have child(ren).	Strongly Disagree
15	I feel overwhelmed by the responsibility of being a parent.	Strongly Agree
16	Having child(ren) has meant having too few choices and too little control over my life.	Agree

Table 2 shows the negative aspect experienced by the father. It shows that the father didn't look at her daughter as a source of stress and he didn't regret having her in his life. He also expressed that the continuous demands in taking care of her daughter made him feel that his efforts were sometimes not enough. And being the only caregiver to his child, he felt overwhelmed with the responsibility accompanied by having a child with DS.

According to the result of his Parental Stress Scale, the father got a total score of 39 points. The maximum score of 90 points signifies the highest level of parental stress, while the minimum score of 18 points signifies the lowest level of parental stress. The result showed that the father has a low level of parental stress at present.

Lastly, as a solo parent, another challenge he's facing, is his health. The related issues of growing older, such as declining health status and widowhood, make older parents susceptible to the stresses of caring for an adult with mental illness or disability (Belcher, 1988). Older parents have little energy both in making a living and tending to the needs of their mentally disabled children. As a result, the uncertainty of the child's future is often the dilemma of older parents.

(“Kapag umuuwi ang mga anak ko tuwing pasko at bagong taon, ibinibilin ko sya sa kanila. Ako’y mahina na at marami na bang nararamdaman sa katawan kaya alam kong hindi ko sya maalagaan ng matagal. Lagi bang masakit ang

mga kasukasuhan ko at minsan nga eh hindi ako makabanong sa katre. Marami nga akong nararamdaman eh hindi ko naman makuhang magpatingin dahil mas priority ko ang kakainin naming dalawa. Ipinapanalangin ko na lang na pakalooban pa ako ng lakas ng Diyos dahil kailangan pa ako ng anak ko.”)

"Whenever my other children visit me every Christmas and New Year, I always tell them to prepare themselves to take care of their youngest sister. I am weak and I know I won't be able to take care of her for that very long. I usually experience back and joint pains. There were times that I cannot get up from my bed. I know I may have health issues but my priority is to make a living for both of us. I always pray to God for continuous strength because my daughter needs me."

4.3. Adaptability and Coping Strategies

The relationship among family members plays a fundamental role, not only to the emotional and social development of the child but as well as the emotional well-being of the family members. In our case, the family's acceptance of the condition of the daughter served as a strength of the family. Aydin and Yamac (2014) defined acceptance as “the warmth, affection, care, comfort, concern, nurturance, support, or simply the love that the child can experience from their parents and other caregivers.” Family system theory states that family resilience is often strengthened with the presence of mental illness in the family (Keller & Noone, 2019). It was felt by the daughter who in return showed the same kind of love to her family.

(“Hindi naman kami nahirapan tanggapin ang kondisyon nya dahil unang-una bigay sya ng Panginoon sa amin.. Mapagmahal sya atnmalambing syang bata. Paborito sya ng mga kapatid nya dahil marunong din sya magpatawa minsan. Siya nga ang kasiyahan duon sa amin. Mahal na mahal sya ng mga kapatid nya gaya ng pagmamahal naming mag-asawa.”)

"We easily accepted her condition because we know that she's a gift from God. She is a very loving daughter in her ways. She makes her siblings laugh making her the joy of our family. My other children love her as much as we do."

Another positive source of strength for him and his whole family was their relentless faith in God. The father often stated in the interview that their strength comes from God alone. When the tough time comes, together as a family, they acknowledge the fact that God is in control of

everything. They live their lives one day at a time, knowing that the promises of God are true in their lives. Their faith reflects the strength they have as a family, as well as an individual.

(“Nung panahong naghihirap talaga kaming pamilya dahil sa sunod-sunod na pangyayari, dasal lang talaga ang ginagawa namin. Lagi naman naming kasama ang Panginoon at hindi Niya kami bibiguin. Siya din naman ang nagpapalakas sa aming lahat at hindi Siya nagkukulang hanggang ngayon na dalawa na lang kami. Minsan, kapag pinanghinaan ako ng loob nagdadasal na lang ako. Alam kong ang mga pagsubok sa amin ay nakakapagpalapit sa amin sa Kanya.”)

"During the toughest times in our family, prayer is the only thing we hold on to. We know that in this journey, God is with us. He has never failed us. He continues to strengthen my family and provides for us until now. When doubt and fear come to my mind, I will immediately pray. I know that these trials we have are avenues for us to come closer to Him."

Several studies have shown that having a sense of self-reflection as well as a good support system and confidence to deal with challenges have been associated with resilience (Rutter, 2013). Social groups and relationships, such as the church, are recognized to play a major role in promoting long-term resilience in people with mental disorders. The father stated that when his wife died, he never felt alone. His bible study group, the church and the support he got from his community made him realize that he was not alone in his journey. The people around him, aside from his relatives, showed their love not only to him but to his daughter as well. The relationship in a support group is identified as a central influence of reliance and that resilience requires ongoing growth and development within the environment of the current challenges (Suzuki et al., 2015). Families' positive adjustment to challenging life conditions is influenced by the support they received from their social groups.

(“Nung namatay ang asawa ko, nagtaka ako na ang daming kapitbahay ang madalas dumalaw sa akin. Iniisip ko di naman sila nadalaw sa akin dati. Minsan nagdadala pa sila ng ulam, minsan naman nakikipagkwentuhan lang, misnsa naman nakikipaglaro pa sila sa anak ko. Hinahayaan lang nila ang mga anak nila na makipaglaro sa anak ko. Para na ngang day care sa dami ng bata. Kahit ba ganoon eh panatag naman ako dahil alam kong gusto nila ang anak ko.”)

“When my wife died, I was surprised that many people in my neighborhood often visit our house. Those people that I thought never cared for us. They sometimes bring food or just make time to talk to me and sometimes even play with my daughter. They let their children play with my daughter making our house looks like a daycare sometimes. It makes me feel relieved to see that my neighbors care for my daughter.

The relationship in a support group is identified as a central influence of reliance and that resilience requires ongoing growth and development within the environment of the current challenges (Walsh, 2003). Families' positive adjustment to challenging life conditions is influenced by the support they received from their social groups.

5. Conclusion

Every parent wants his or her child to live a healthy and normal life as possible. Every parent aspires to bring up their family in the best way. However, the journey of a family can never be planned because familial problems are inevitable to happen. The case of the family gave a lot of valuable insights into the challenges and struggles they had as a family under trial. The family was able to find strength through their faith in God, within themselves and among the circle of support they had, to adapt and handle the stresses that accompanied the daughter's disability. The story also gave us a picture of the hardships experienced by the father as the only caregiver of her mentally disabled daughter. Despite the hardships experienced by the father, it was shown through the result of his Parental Stress Test that he is experiencing a low level of stress. His coping mechanism, such as his faith and perception in life, as well as the support he received from the people around him, made him positive and expectant of what the future may bring to him and his daughter.

Families of children with mental disabilities have their unique ways of coping and overcoming the trials in their families. Parents seem to do everything to provide a normal and satisfactory life for their children. In this study, the partnership of husband and wife, along with the support of their children, were seen as a significant factor in coping with their situation in their early years. However, the main factor that changes the family's perspective was their faith in God. The father, though later he was the only caregiver for her daughter, experienced low stress on their situation. His love for his daughter gave him joy and fulfillment in taking care of her needs even though he is already slow and weak. His security and assurance of what will happen to them in

the future lie in his deep faith in God. Furthermore, the community that supports him includes the church, relatives, and neighbors. These groups provided him with unwavering encouragement which translate to him having so much confidence and hope even with life's uncertainties.

Parents of children with mental disabilities must be prepared physically, mentally, emotionally, and socially with all the demands and difficulties that come along with caregiving. Aside from financial support and health services, the government must have comprehensive programs that will assist these families. Community awareness and education, for example, will prevent prejudice and discrimination against mentally challenged children. It will create an understanding that the community is part of the social well-being of the children and it will help overcome the stigma among family members.

Proper planning for future care must also be taught to the parents as well as to the other members of the family. Legal assistance and financial plan must be arranged by the parents as early as possible. The government, then, should have supporting services that cater to the needs of the family's preparation for the future such as free legal consultation, family budgeting workshops, and health insurance. These programs will not only address the needs of the families of children with mental disabilities but also improve the parent's parenting and problem-solving skills.

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