



University of  
**Batangas**

# CONFERENCE PROCEEDINGS

UNIFYING BORDERS INTERNATIONALLY THROUGH  
ANNUAL NETWORK (UBIAN) CONFERENCE



**"Diverse Voices, Inclusive Actions, Innovative  
Ideas: Trends and Insights for the Future."**

27-28 FEBRUARY 2025  
Juan Y. Javier Culture and Arts Auditorium  
University of Batangas

# OVERVIEW

<i>Title</i>	4th Unifying Borders Internationally Through Annual Network Conference 2025
<i>Date</i>	February 27-28, 2025
<i>Venue</i>	Juan Y. Javier Culture and Arts Auditorium, University of Batangas, Batangas City, Philippines
<i>Sponsored and Organized by</i>	University of Batangas Office of the Vice President for External Affairs Research and Publications Office
<i>Cooperated by</i>	Gyalpozhing College of Information Technology Lipa City Colleges University of Perpetual Help System-DELTA Molino
<i>Supported by</i>	UBBC College of Arts and Sciences UBBC College of Education UBLIC College of Education, Arts, and Sciences



**University of  
Batangas**

Unifying Borders Internationally Through Annual  
Network Conference 2025

# **CONFERENCE PROCEEDINGS**

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Trends and Insights for the Future."

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Office of the Vice President of External Affairs  
Research and Publications Office



## MESSAGE FROM THE PRESIDENT

At the University of Batangas, we hold a vision close to our hearts: to cultivate a center of educational excellence that extends its roots deep into the communities we serve. Building on decades of experience and a global perspective, we empower future generations with knowledge and skills that transcend borders. Our commitment lies in shaping visionary leaders, advancing innovative research, and fostering an academic environment that rivals the world's most prestigious institutions. Together, through collaboration among educators, learners, and community partners, we nurture innovation that addresses real-world challenges while elevating the quality and relevance of research outputs.

This year's conference embodies pioneering research that forms the foundation of educational innovation. The presentations beautifully intertwine theoretical depth with practical solutions, champion civic responsibility, and advance inclusive learning environments designed for all. Central to these discussions is our holistic approach to education, one that honors the profound connection between mental wellness and academic achievement.

By advocating for compassionate support systems, fostering personal resilience, and strengthening community networks, we aim to build sustainable frameworks that protect our learners' emotional well-being. These efforts not only enrich individual journeys, technological innovation, but also ensure the enduring impact of our educational initiatives for generations to come.

**Marlene J. Hernandez-Bohn**

*President*

University of Batangas  
Batangas City, Philippines



## MESSAGE FROM THE VICE PRESIDENT FOR EXTERNAL AFFAIRS



Welcome to the 4th Unifying Borders through International Annual Networking (UBIAN) Conference 2025, hosted by the University of Batangas through the Office of the Vice President for External Affairs and the Research and Publications Office.

The idea of the UBIAN Conference germinated four years ago during the COVID-19 pandemic. Despite the restrictions, we believed that meaningful academic and professional connections should persist. Through technology, we were able to bridge the distance and engage with institutions worldwide. The resounding success of our first one-day virtual conference encouraged us to expand into a two-day virtual event. By our third year, we embraced a hybrid format, allowing participants to engage both online and in person. This evolution reflects our commitment to fostering global collaboration, adaptability, and knowledge-sharing beyond borders.

Beyond its growth in format and reach, UBIAN Con has also strengthened its network of institutional partners. Following our inaugural conference, we welcomed the Association of Universities of Asia and the Pacific (AUAP) as a co-host in our second year. In our third year, we collaborated with University of Perpetual Help System Dalta - Molino Campus, and this year, we are proud to expand our partnerships further. For our fourth year, we are working once again with University of Perpetual Help System Dalta - Molino Campus, as well as Lipa City Colleges and the Gyalpozhing College of Information Technology - Royal University of Bhutan. These collaborations underscore our mission to create a truly international and multidisciplinary platform for dialogue, research, and innovation.

As our conference name infers, today's educational environment no longer views institutions as competitors but rather recognizes this as an era of unifying, networking, and collaborating. The challenges and opportunities in education, research, and professional practice demand collective action and shared knowledge, where institutions work together to advance learning, discovery, and innovation for the greater good.

Each year, the UBIAN Conference focuses on particular areas of interest, ensuring that discussions and presentations remain timely and relevant to the evolving landscape of academia, industry, and global challenges. Aside from research presentations, we also invite faculty members to share their best practices through "how I do it" presentations, offering practical insights and innovative strategies that can be applied in various educational and professional settings.

With the theme “Diverse Voices, Inclusive Actions, Innovative Ideas: Trends and Insights for the Future,” this year’s conference highlights the critical role of education, arts, humanities, sciences, and social sciences in promoting inclusivity, equity, and innovation. By amplifying diverse perspectives and embracing collaborative approaches, we aim to break barriers, challenge conventions, and build a future shaped by shared knowledge and mutual respect.

Over the next two days, esteemed researchers, industry experts, educators, and students from across the globe will engage in thought-provoking discussions, share groundbreaking research, and explore cutting-edge advancements across multiple disciplines. The UBIAN Conference remains a dynamic platform for knowledge exchange, professional networking, and academic collaboration.

We extend our heartfelt gratitude to all participants, speakers, and institutional partners for their dedication to advancing knowledge and promoting meaningful change. May this conference inspire new ideas, forge valuable connections, and pave the way for future innovations that will shape a more inclusive and progressive society.

Welcome to UBIAN Con 2025!

**Dr. Abegayle Machel P. Chua**

*Vice President for External Affairs*

University of Batangas  
Batangas City, Philippines



## MESSAGE FROM THE PRESIDENT

Greetings from Bhutan, Gyalpozhing College of Information Technology, GCIT.

We are extremely honored to be invited and be part of the University of the Batangas UBIAN 4th International Networking conference 2025. This conference is more than just unifying the borders but brings together some of the greatest researchers, innovators, educators and students to reform and transform the future of education. The two days UBIAN conference scheduled on the 27th and 28th February will ignite the tone with a renewed sense of education purpose and offers the most propelling catalyst for success in 2025 specially organized by the University of Batangas.

At GCIT, we believe that diverse voices where the school, staff and students are encouraged to think analytically, innovate boldly and contribute meaningfully to society sets the platform to shape the future of education and technology. We are a leading institution in software development and interactive design that collaborates with distinguished Universities like UB to enhance research and expanding network and collaborations for international diversity and sustainability. Our participation in this conference is a testament to the importance of driving progress that nurtures innovation and lifelong learning.

There are a line-up of stellar plenary and keynote speakers ready to inspire and motivate the world of learners in this UBIAN Conference. You will be captivated with the latest trends and modern research principals from arts to humanities and to technology. Have a great time at the conference and looking forward to seeing you at GCIT's Keynote session with regards to "Leadership Development, Implementing Innovative Technologies in Education."

Technology - like design is a soaring exercise of the human imagination & education. Let's soar and ride the future together in this 4th UBIAN International Networking Conference!

**Audrey Low**

*President*

Gyalpozhing College of Information Technology  
Royal University of Bhutan

## MESSAGE FROM THE PRESIDENT



I extend my warmest greetings to all of you at the 4th Unifying Borders Internationally through Annual Network (UBIAN) Conference 2025 with the theme “Diverse Voices, Inclusive Actions, Innovative Ideas: Trends and Insights for the Future.”

As one of the co-organizing institutions, Lipa City Colleges remains steadfast in its commitment to fostering a culture of research and innovation that transcends borders. This conference serves as a platform where scholars, practitioners, and thought leaders converge to share valuable insights, challenge existing paradigms, and shape the future of education, industry, and governance.

The theme of this year’s conference underscores the importance of diversity, inclusivity, and innovation—pillars that drive transformative change in our global landscape. As we engage in meaningful discussions and present groundbreaking studies, let us remain steadfast in our pursuit of knowledge that not only advances academic excellence but also creates sustainable and impactful solutions for society.

On behalf of Lipa City Colleges, I commend the dedication and passion of the organizers, presenters, and participants who continue to contribute to the ever-evolving field of research. May this gathering inspire new collaborations, ignite fresh ideas, and empower us to take meaningful actions toward a brighter and more inclusive future.

**Dr. Joe Vincent J. Abiera**

*President*

Lipa City Colleges

Lipa City, Batangas, Philippines



## MESSAGE FROM THE DIRECTOR

We are honored to extend our good wishes to the participants of the esteemed 4th Unifying Borders Internationally through Annual Network (UBIAN) Conference, which the University of Perpetual Help System DALTA-Molino Campus (UPHSD-Molino) co-organized with the University of Batangas (UB), this February 27-28, 2025.

The theme of this year's conference, "Diverse Voices, Inclusive Actions, Innovative Ideas: Trends and Insights for the Future," underscores our various institutions' commitment to exploring and fostering the multifaceted dimensions of innovation and collaboration.

We estimate about 500 delegates to participate, comprising scholars, educators, researchers, and industry professionals from various provinces of the Philippines as well as international participants. This diverse assembly is designed to facilitate a profound exchange of knowledge, showcase pioneering research in the arts, sciences, and humanities, and promote interdisciplinary collaboration. Moreover, the conference seeks to foster cultural and academic exchanges that transcend geographical boundaries.

This event holds special relevance to both the education sector and the industry. By introducing novel approaches, tools, and strategies, we aim to enhance learning experiences and stimulate research collaboration among educators, students, and industry professionals. Furthermore, the conference will serve as a platform for fostering industry-academe partnerships, providing industry stakeholders with invaluable insights to navigate and address the challenges posed by emerging trends.

As we convene to deliberate relevant and crucial topics, let us welcome diverse voices and inclusive actions in driving innovative ideas. This conference is a testament to our collective dedication to shaping a future where education and industry synergize to overcome the complexities of our ever-evolving world.

We cordially invite you to meaningfully participate in this conference, where every presentation, conversation, and action contributes to a brighter, more inclusive future. Your participation, whether as an educator, student, researcher, or industry professional, will add a unique and invaluable dimension to this conference.  
Mabuhay, 4th UBIAN Conference!

**Dr. Reno R. Rayel**

*School Director*

University of Perpetual Help System DALTA-Molino Campus  
Cavite, Philippines



# CO-ORGANIZERS



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**GYALPOZHING**

COLLEGE OF INFORMATION TECHNOLOGY



# PROGRAMME



University of  
Batangas



## 4TH UNIFYING BORDERS INTERNATIONALLY THROUGH ANNUAL NETWORK (UBIAN) CONFERENCE 2025

Theme: Diverse Voices, Inclusive Actions, Innovative Ideas: Trends and Insights for the Future

### DAY 1 – FEBRUARY 27, 2025

#### SCHEDULE OF ACTIVITIES

8:00 am - 8:30 am	Registration
8:31 am - 8:35 am	Invocation
8:36 am - 8:40 am	Philippine National Anthem
8:41 am - 8:45 am	<b>Welcome Message</b> Dr. Abegayle Machel M. Perez-Chua Vice President for External Affairs, University of Batangas
8:46 am - 8:50 am	<b>Inspirational Message</b> Marlene J. Hernandez-Bohn President, University of Batangas
8:51 am - 8:55 am	<b>Inspirational Message</b> Atty. Jesus V. Mayo Chairman, Board of Regents University of Batangas
8:56 am - 9:00 am	<b>Inspirational Message</b> Ms. Audrey Low President, Gyalpozhing College of Information Technology Royal University of Bhutan
9:01 am - 9:05 am	<b>Conference Rationale</b> Dr. Romell A. Ramos Conference Co-chair Director, Research and Publication University of Batangas
9:06 am - 9:10 am	<b>Introduction to the 1st Keynote Speaker</b> Dr. Edward E. Babasa Dean, College of Education University of Batangas
9:11 am - 9:55 am	<b>Keynote Speech - "Culturally Responsive Teaching in Inclusive Schools Guided by Global Standards"</b> Dr. Amelia Ilagan Retired Supervisor, Department of Education SDO-Batangas City Philippines
9:56 am - 10:05 am	Open Forum

### NORVINE M. QUINAG DAY 1 – MASTER OF CEREMONY

10:06 am - 10:10 am	<b>Introduction to the 2nd Keynote Speaker</b> Dr. Priscilla Mizpah P. Santillana Dean, College of Arts and Sciences University of Batangas
10:11 am - 10:55 am	<b>Keynote Speech - "Bridging Cultures: Exploring Multicultural and Language Practice in Education"</b> Dr. Kasumi Arciaga Assistant Professor Utsunomiya University, Japan
10:56 am - 11:05 am	Open Forum
11:06 am - 11:10 am	<b>Introduction to the 3rd Keynote Speaker</b> Dr. Minerva Apita-Chavez Dean, College of Education, Arts and Sciences University of Batangas-Lipa City
11:11 am - 11:55 am	<b>Keynote Speech - "Inclusive Education in Southeast Asia: Perspective and Practices under SEAMEO Initiatives"</b> Mr. John Arnold Sasi Siena Deputy, Director of Programme and Development SEAMEO Secretariat, Thailand
11:56 am - 12:00 pm	Open Forum
12:01 pm - 12:10 pm	<b>Awarding of Token and Certificates</b> Dr. Abegayle Machel M. Perez-Chua, Dr. Lolita F. Tegon, Dr. Priscilla Mizpah Santillana, Dr. Edward Babasa, Dr. Minerva Apita-Chavez
1:00 pm - 2:00 pm	Cultural Show
2:01 pm - 2:05 pm	<b>Introduction to the 4th Keynote Speaker</b> Dr. Daisy D. Maghirang External Affairs Programs Specialist University of Batangas
2:06 pm - 2:50 pm	<b>Keynote Speech - "Leadership Development for Inclusive Schools: Designing, Implementing, and Assessing innovative Technologies in Education"</b> Mr. Ronnie Peh Senior Director, Gyalpozhing College of Information Technology Royal University of Bhutan



University of  
Batangas



## 4TH UNIFYING BORDERS INTERNATIONALLY THROUGH ANNUAL NETWORK (UBIAN) CONFERENCE 2025

Theme: Diverse Voices, Inclusive Actions, Innovative Ideas: Trends and Insights for the Future

### CONTINUATION OF DAY 1 ACTIVITIES

**2:51 pm - 3:00 pm** Introduction to the 1st Plenary Speaker  
Dr. Shara May T. Espinol  
Program Head, Psychology Department  
University of Batangas

**3:01 pm - 3:45 pm** Plenary Speech - "Conducting  
Mental Health Research on the  
Community Level"  
Dr. Philip C. Cuizon  
Dean, St. Dominic College of Asia  
Philippines

**3:46 pm - 3:50 pm** Introduction to the 2nd Plenary Speaker  
Dr. Mary Grace V. Delgado  
Program Head, Multimedia Communications  
Department  
University of Batangas

**3:51 pm - 4:40 pm** Plenary Speech - "Inclusive Communication  
in the New Media Landscape"  
Mr. Mark Lester del Mundo Chico  
Director, Office of Public Relations  
University of the Philippines - Los Baños

**4:41 pm - 4:45 pm** Introduction to the 3rd Plenary Speaker  
Dr. Jerson Marino  
Program Head, Psychology Department  
University of Batangas - Lipa City

**4:46 pm - 5:30 pm** Plenary Speech - " Answering the Call:  
How to Prepare Health Philippine Council  
for Health Research and Development  
and Wellness Research Proposals"  
Mr. Jules Carl R. Celebrado, GDipAstro  
Lead Coordinator, Brain and Mental Health R&D  
Research and Development Management Division  
Department of Science and Technology

**5:31 pm - 5:50 pm** Open Forum

**5:50 pm - 6:00 pm** Awarding of Token and Certificates  
Dr. Abegayle Machel M. Perez-Chua,  
Dr. Lolita F. Tregon, Dr. Priscilla Mizpah Santillana,  
Dr. Edward Babasa, Dr. Minerva Apita-Chavez

### DAY 2 - FEBRUARY 28, 2025

#### SCHEDULE OF ACTIVITIES

**8:00 am - 8:30 am** Registration

**8:31 am - 8:35 am** Invocation

**8:36 am - 8:40 am** AVP UB, UPHSD, LCC, & GCIT

**8:41 am - 8:45 am** Opening Remarks  
Dr. Aurora P. Tolentino  
Vice President for Academic Affairs,  
University of Batangas

**8:46 am - 8:50 am** Inspirational Message  
Ms. Mira Ramirez  
Linkages and International Student Affairs Officer  
University of Perpetual Help System Dalta-Molino

**8:51 am - 8:55 am** Inspirational Message  
Dr. Dina Catalina C. Dayon  
Vice President for Academic Affairs  
Lipa City Colleges

**8:56 am - 9:05 am** Recap of Day 1  
Dr. Precious Naj Alcantara  
Department Head, General Education  
University of Batangas - Lipa City

**KIM LORRAINE M. FERNANDO**  
DAY 2 - MASTER OF CEREMONY

**9:05 am - 9:10 am** Parallel Session Guidelines  
Dr. Angela C. Napa  
Program Head, BEED/BSNED/BECED  
University of Batangas

**9:20 am - 12:00 pm** Parallel Session (Paper Presentation)

**1:00 pm - 1:30 pm** Opening of Poster Exhibition

**1:31pm - 3:00 pm** Mini-Lectures / Workshops

**3:30 pm - 3:35 pm** Message of Gratitude  
Dr. Lolita F. Tregon  
Assistant Vice President for Academic Affairs  
University of Batangas

**3:36 pm - 4:00 pm** Awarding of Token and Certificates  
Dr. Abegayle Machel M. Perez-Chua,  
Dr. Lolita F. Tregon, Dr. Priscilla Mizpah Santillana,  
Dr. Edward Babasa, Dr. Minerva Apita-Chavez



# KEYNOTE SPEAKERS



**DR. KASUMI ARCIAGA**

**KEYNOTE SPEAKER**

- Assistant Professor, English Program of Utsunomiya University in Japan.
- M.S.Ed in TESOL, Temple University Japan Campus
- Ph.D. in Applied Linguistics, De La Salle University in the Philippines

*"Bridging Cultures: Exploring Multicultural and Language Practices in Education (COIL PROGRAM)"*

In partnership with





**MR. RONNIE DEH**

**KEYNOTE SPEAKER**

- Senior Director, Gyalphozing College of Information Technology
- Specializes in Full Stack Development, Blockchain, Artificial Intelligence (AI), and Game Development.
- Former Adjunct Lecturer, University of London (UOL) Goldsmiths College International Programme
- Seasoned IT professional and educator with over 25 years of experience in the field

*"Leadership Development for Inclusive Schools: Designing, Implementing, and Assessing innovative Technologies in Education"*

In partnership with





**DR. AMELIA ILAGAN**

**KEYNOTE SPEAKER**

- Associate Professor, University of Perpetual Help Delta, Las Pinas City, Graduate School Department
- Bachelor of Music in Voice and Minor in piano, Conservatory of Music, Centro Escolar University, Manila.
- Master of Arts in Education, Golden Gate Colleges, Batangas City
- Doctor of Philosophy, Metro Manila College
- Composer, Official hymn of San Jose, Batangas entitled "San Jose, O Bayan Ko"

*"Culturally Responsive Teaching in Inclusive Schools Guided by Global Standards"*

In partnership with


**MR. JOHN ARNOLD SIENA**

**KEYNOTE SPEAKER**


- Deputy Director, Programme and Development of the Southeast Asian Ministers of Education Organization Secretariat (SEAMEOS), Bangkok, Thailand
- Master of Education, Major in English, University of the Philippines-Visayas
- Master in Communication Studies with Distinction under the NZAID scholarship, Victoria University of Wellington, Wellington, New Zealand
- Master in Development Management, Asian Institute of Management


*"Inclusive Education in Southeast Asia: Perspective and Practices under SEAMEO Initiatives"*

In partnership with



# PLENARY SPEAKERS



**UBIAN Con**  **University of Batangas**


## DR. PHILIP CUIZON

**PLENARY SPEAKER**

- Licensed Psychometrician
- Editor-in-chief, Psychology Dominican Research Journal for Undergraduate and Graduate Studies
- Peer Reviewer, Psychology and Education a Multidisciplinary Journal (ASEAN Citation Index Journal)
- Chair, Psychology Department and Graduate Studies
- Dean, School of Accountancy, Science and Education
- Member, Psychological Association of the Philippines
- Member, American Psychological Association
- Member, ASEAN University Network
- Member, Regional Quality Assessment Team for Psychology
- Board of Trustee, World Council for Curriculum and Instruction
- Member, CHED IV-A Expanded Tertiary Education Equivalency and Accreditation
- Member, CHED Evaluation and Accreditation Committee
- Ex-Officio, Board for Psychological Association of the Philippines CALABARZON-MIMAROPA

***"Conducting Mental Health Research on the Community Level"***

In partnership with




**UBIAN Con**  **University of Batangas**



## MR. JULES CELEBRADO

**PLENARY SPEAKER**

- Lead Coordinator, Brain and Mental Health R&D Research and Development Management Division (RDMD) Philippine Council for Health Research and Development Department of Science and Technology
- Program Head, Brain and Mental Health R&D of the Philippine Council for Health Research and Development (PCHRD) of the Department of Science and Technology (DOST)
- Representative, Philippine Migrant Health Network
- Member, Government-Industry Advisory Group Board in Polytechnic University of the Philippines

***"Answering the Call: How to Prepare Health and Wellness Research Proposals"***

In partnership with

**UBIAN Con**  **University of Batangas**

## MR. MARK CHICO

**PLENARY SPEAKER**

- Director, Office of Public Relations of the University of the Philippines Los Baños
- Assistant Professor 7, Department of Development Broadcasting and Telecommunication, College of Development Communication
- Ph.D. Candidate in Media Studies, University of the Philippines, College of Mass Communication
- Country Representative, World Journalism Education Council
- Member, Science Communicators Philippines
- Member, Kapisanan ng mga Brodkaster ng Pilipinas
- Member, Gamma Sigma Delta Honor Society of Agriculture
- Member, Association of Development Communication Educators and Practitioners Philippines

***"Inclusive Communication in the New Media Landscape"***

In partnership with



# **PARALLEL SESSIONS**

## PARALLEL SESSION 1: EDUCATION

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Outcomes During the COVID-19 Pandemic: Basis for the Proposed Elementary Reading	Maria Cristhel A. Ledesma-Gutierrez University of Batangas - Lipa City
9:51am - 10:20am	The Influence of Technology Dependency on the Emotional Regulation among Students	Asley Anne D. Cultura University of Batangas Lipa City
10:21am - 10:50am	The Effects of Modular Distance Learning on Students' Reading Comprehension in the New Normal	Nikko A. Laylo University of Batangas Lipa City
10:11am - 11:20am	Blended-learning Readiness of Political Science Students in the University of Batangas	Mary Ann B. Macatangay University of Batangas
11:21am - 11:50am	Flow State and Academic Engagement Amongst Students Through Optimized Study Spaces	Jessie Jane Z. Dimaano University of Batangas - Lipa City
11:51am - 12:00nn	Q & A Session	
12:01pm - 12:10pm	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	

## PARALLEL SESSION 2: ARTS AND HUMANITIES

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Influence of Sleep Deprivation on Inhibition and its Contribution to Procrastination Tendency: Insights from a Novel Resting Pods	Joshua T. Reyes University of Batangas Lipa City
9:51am - 10:20am	The Dual Nature of Dance: Between Communication and Exploitation	Michael P. Gatchalian Davao del Norte State College
10:21am - 10:50am	Impact of Biophilic Sounds on Students with ADHD Symptoms: Basis for a Library Study Lounge	Van Henry O. Silva University of Batangas Lipa City
10:11am - 11:20am	The Place to Bee: A Proposed Apitourism Development in Barangay Bulacnin, Lipa City	Tricia Kenchin Jenzen Guan Lipa City Colleges
11:21am - 11:50am	Putting a Dot on the Map: Exploring the Readiness and Adaptiveness of Thriving Kapampangan Language Teachers in Taiwan	Mildred M. Crisostomo Don Honorio Ventura State University
11:51am - 12:00nn	Q & A Session	
12:01pm - 12:10pm	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	

## PARALLEL SESSION 3: BEHAVIORAL SCIENCE

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Lagot Ka: Catholic Students' Perception of Swearing	Joeza A. Aquino Cainta Catholic College
9:51am - 10:20am	Workplace Policies for Gender Diverse Expressions: Basis for Gender Fair Environment	Janeah Felice B. Curatchia University of Batangas Lipa City
10:21am - 10:50am	Ikaw na Magaling!: The Perceived Consequences of Smart Shaming Among Grade 12 Students in a Philippine University	Maria Amor Tanjay University of Perpetual Help System Dalta - Molino
10:11am - 11:20am	Employee Work-life Balance and Psychological Well Being: Basis for Employee Well Being Program for University of Batangas	Jhun Carlo de Castro University of Batangas
11:20am - 11:30am	Q & A Session	
11:31am - 11:50am	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	

## PARALLEL SESSION 4: NATURAL AND SOCIAL SCIENCES

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Design and Implementation of Framework for Optimized Relay-Times Relay Electronic Security System (FORTRESS)	Japhet G. Bagsit University of Batangas
9:51am - 10:20am	The Impact of Social Media Exposure on Disaster Preparedness Among Senior High School Students	Dhanielle Louise A. Camero University of Perpetual Help System Dalta Molino
10:21am - 10:50am	Assessment of CES program: "Katarungang Pambarangay" of the Political Science Department	Mary Jean P. Alday University of Batangas
10:11am - 11:20am	Developing Sustainable Fire-Resistant Commercial Gloves from Pineapple Skin for Industrial Welders	Lealih L. Mariquit University of Perpetual Help System Dalta Molino
11:20am - 11:30am	Q & A Session	
11:31am - 11:50am	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	



## PARALLEL SESSION 5: EDUCATION/BEHAVIORAL SCIENCE

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Social Media Platforms as Channel for Classroom Communication: Basis for a Proposed Communication Program	Julius Ceazar D. Ayala University of Batangas
9:51am - 10:20am	Development and Validation of Gender Responsive Curriculum Scale	Shara May T. Espinol University of Batangas
10:21am - 10:50am	A Comprehensive Analysis of Academic Performance and Advancement Trends among CAS Faculty	Berlinda Perez University of Batangas
10:11am - 11:20am	Skills need Analysis of Accountancy Graduates of Lipa City Colleges in Industry: Basis for Enhancement Program	Macky B. Ampeloquio Lipa City Colleges
11:21am - 11:50am	Utilization of Lipa City Colleges' Library Reference Online Service (LibROS)	Jackelyn E. Capuno Lipa City Colleges
11:51am - 12:00nn	Q & A Session	
12:01pm - 12:10pm	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	

## PARALLEL SESSION 6: NATURAL AND SOCIAL SCIENCES

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
9:21am - 9:50am	Tourism Stakeholders' Engagement in the Municipality of Mataas na Kahoy, Batangas	Vee Jay C. Dalisay Lipa City Colleges
9:51am - 10:20am	Impact Assessment of the Bachelor of Science in Tourism Management Community Extension Activities	Christian Anthony C. Agutaya Mindoro State University
10:21am - 10:50am	Community Extension Profiling of the University of Batangas Student Government Officers	Elsie O. Untalan University of Batangas
10:11am - 11:20am	Use of Social Media Platforms in Facilitating Political Involvement among the Students of University of Batangas	Isaac Navarro University of Batangas
11:20am - 11:30am	Q & A Session	
11:31am - 11:50am	Awarding of Certificates of Participation (Presenters) Awarding of Certificates of Recognition (Judges)	

# **MINI-LECTURES AND WORKSHOP**

# MINI-LECTURE AND WORKSHOP SESSION 1: EDUCATION

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
1:31-2:00 PM	Engaging Every Learner: Modern Techniques for Responsive Teaching	Ms. Angelica Fe A. Liwag Associate Professor I University of Batangas
2:01-2:30 PM	Project MATHALINO: Innovative Strategies for Bridging Gaps and Improving Numeracy Outcomes	Mr. Romuel F. Panggo Instructor III University of Batangas
2:30-3:00 PM	#UBReady!: Harnessing the Power of Social Media for Effective Disaster Risk Communication	Mr. Norvine M. Quinag Instructor II University of Batangas

# MINI-LECTURE AND WORKSHOP SESSION 2: ARTS AND HUMANITIES

DAY 2 - FEBRUARY 28, 2025

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
1:31-2:00 PM	History of Kapeng Barako	Dr. Lionel E. Buenaflor Associate Professor IV University of Batangas
2:01-2:30 PM	Rock and Roll of Language: The Power of Slang Metaphors	Dr. Priscilla Mizpah P. Santillana Professor Dean, College of Arts and Sciences University of Batangas
2:30-3:00 PM	Understanding the Fool in the Novel "Forrest Gump" by Winstoon Groom	Mrs. Kristine Amor S. Catequista Assistant Professor 1 University of Batangas



## **MINI-LECTURE AND WORKSHOP SESSION 3: BEHAVIORAL SCIENCES**

**DAY 2 - FEBRUARY 28, 2025**

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
1:31-2:00 PM	Hands That Speak: The Power of Sign Language	Mrs. Kristine Amor S. Catequista Assistant Professor 1 University of Batangas
2:01-2:30 PM	Illuminating Existential Predicaments of Retired Employees: Basis For PARETIRO Mental Health Program	Dr. Kenneth LLOYD M. Camaclang, RPsy, RPh Assistant Professor III University of Batangas
2:30-3:00 PM	The Moderating Role of Extraversion in the Relationship Between Emotional Dysregulation and Internet Gaming Addiction: Basis for Extraverted Hands Application	Mr. Romar Jerome Claveria, RPsy, RPh Instructor III University of Batangas

## **MINI-LECTURE AND WORKSHOP SESSION 4: NATURAL SCIENCES**

**DAY 2 - FEBRUARY 28, 2025**

TIME	RESEARCH TITLE	PRESENTER/INSTITUTION
1:31-2:00 PM	Strengthening Climate Resilience Planning and Disaster Risk Mitigation of Calamba City Local Government Units	Ms. Michelle Guevarra- Tan AB Political Science - ETEEAP University of Batangas
2:01-2:30 PM	Human Flourishing in Terms of Science and Technology	Dr. Ramil M. Marquez Associate Professor IV University of Batangas
2:30-3:00 PM	Strategic Leadership Styles and Strategies	Dr. John Romel C. Cruz Assistant Professor IV University of Batangas

# **PAPER PRESENTATION**

List of Abstracts



**University of  
Batangas**

February 27-28, 2025

## **A COMPREHENSIVE ANALYSIS OF ACADEMIC PERFORMANCE AND ADVANCEMENT TRENDS AMONG CAS FACULTY**

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This study analyzes the 2022 evaluation results of College of Arts and Sciences (CAS) faculty members to enhance faculty development plans, aiming to foster personal and professional growth while improving educational quality and faculty profiles. Data from the HRDO served as the analytical basis. Findings indicate that out of 31 full-time CAS faculty members evaluated, 80.64% were promoted in rank, while 19.35% were retained. The distribution across different ranks within CAS shows Assistant Professor IV as the highest representation at 19.35%, followed by Assistant Professors I and II at 12.90% each. Associate Professors and Full Professors also contribute significantly. No faculty members were classified as Assistant Instructor, Instructor, or Associate Professor IV. These dynamic results suggest potential areas for targeted recruitment and development initiatives to ensure a balanced representation across all positions.

In conclusion, the study identifies critical areas for enhancing faculty ranking and professional development, including knowledge-sharing platforms, professional organization memberships, targeted training, and mentorship initiatives. Implementing the outlined action plan is crucial for sustained faculty development, with ongoing evaluations necessary to assess their impact and adapt to evolving academic needs. By prioritizing continuous improvement and faculty development, the University of Batangas can uphold its leadership in higher education and contribute to scholarly advancement.

**Keywords:** *Faculty Evaluation, Faculty Development, Higher Education, Professional Growth and Academic Performance*



**University of  
Batangas**

February 27-28, 2025

## **ASSESSMENT OF CES PROGRAM: "KATARUNGANG PAMBARANGAY" OF THE POLITICAL SCIENCE DEPARTMENT**

Dr. Mary Jean Alday  
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This study assesses the effectiveness of the Community Extension Service (CES) program, Katarungang Pambarangay, implemented by the Political Science Department of the University of Batangas. Rooted in the Philippine Barangay Justice System, this program aims to provide accessible, cost-effective dispute resolution at the community level, reinforcing restorative justice and social harmony. The research employs a mixed-methods approach, incorporating surveys, interviews, and direct observations to evaluate the program's impact on community awareness, dispute resolution effectiveness, and its role in fostering peace and development. Findings indicate that while participants recognize the importance of the Katarungang Pambarangay, many have only a moderate understanding of its functions. Family and neighborhood disputes emerged as the most commonly addressed cases, emphasizing the program's relevance in maintaining social stability. Additionally, the conducted seminar was perceived as effective in increasing awareness and promoting peaceful conflict resolution. However, challenges such as resource constraints and limited public familiarity with the system highlight areas for improvement. This study contributes to the enhancement of community-based legal mechanisms by identifying strengths, limitations, and recommendations for future policy and programmatic interventions.

**Keywords:** *Katarungang Pambarangay, Barangay Justice System, community dispute resolution, restorative justice, community extension service, conflict mediation*



University of  
Batangas

February 27-28, 2025

## BLENDLED LEARNING READINESS OF POLITICAL SCIENCE STUDENTS IN THE UNIVERSITY OF BATANGAS

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This study examined the blended-learning readiness of Political Science students at the University of Batangas, considering factors such as technical abilities, attitude towards blended learning, self-directed learning tendencies, and the availability of technology. Through a quantitative research design, data was collected and analyzed from a sample of students using validated survey questionnaires. Findings indicate a moderate extent of technical abilities among participants, with a strong inclination towards self-directed learning. While participants exhibit a generally agreeable attitude towards blended learning, there is room for improvement in terms of technology accessibility. These insights shed light on the preparedness of Political Science students for engaging with blended learning approaches, informing recommendations for enhancing their readiness and optimizing blended learning initiatives within the university setting.

**Keywords:** *e-learning, technology, education, political science*



University of  
Batangas

February 27-28, 2025

## COMMUNITY EXTENSION PROFILING OF THE UNIVERSITY OF BATANGAS STUDENT GOVERNMENT OFFICERS

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This study assesses the effectiveness of the Community Extension Service (CES) program, Katarungang Pambarangay, implemented by the Political Science Department of the University of Batangas. Rooted in the Philippine Barangay Justice System, this program aims to provide accessible, cost-effective dispute resolution at the community level, reinforcing restorative justice and social harmony. The research employs a mixed-methods approach, incorporating surveys, interviews, and direct observations to evaluate the program's impact on community awareness, dispute resolution effectiveness, and its role in fostering peace and development. Findings indicate that while participants recognize the importance of the Katarungang Pambarangay, many have only a moderate understanding of its functions. Family and neighborhood disputes emerged as the most commonly addressed cases, emphasizing the program's relevance in maintaining social stability. Additionally, the conducted seminar was perceived as effective in increasing awareness and promoting peaceful conflict resolution. However, challenges such as resource constraints and limited public familiarity with the system highlight areas for improvement. This study contributes to the enhancement of community-based legal mechanisms by identifying strengths, limitations, and recommendations for future policy and programmatic interventions.

**Keywords:** *Katarungang Pambarangay, Barangay Justice System, community dispute resolution, restorative justice, community extension service, conflict mediation*



**University of  
Batangas**

February 27-28, 2025

## **DESIGN AND IMPLEMENTATION OF FRAMEWORK FOR OPTIMIZED RELAY-TIMED RELAY ELECTRONIC SECURITY SYSTEM (FORTRESS)**

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This study addresses the growing demand for cost-effective and efficient security solutions by presenting the design, development, and evaluation of a prototype security system entitled, FORTRESS or Framework for Optimized Relay Time-Relay Electronic. FORTRESS leverages relay logic and solenoid locks to control access in specific locations, aiming for broad applicability in various security settings. A functional prototype was constructed using locally sourced materials, with an estimated total cost of ₱21,350. To assess the system's functionality, a 22-day evaluation period employed a test-retest design, focusing on reliability, efficiency, and durability. The results demonstrated promising performance: reliability testing yielded consistent results across most trials, with core component efficiency reaching 96%. Additionally, the system functioned correctly for over 87% of a 220-hour durability test. These findings suggest the potential of FORTRESS as a cost-effective and reliable security solution. While minor variations were observed in reliability testing, further investigation is recommended to optimize system performance. Additionally, the study proposes exploring the integration of advanced access control technologies like RFID and fingerprint sensors for enhanced security functionalities. Furthermore, the successful implementation in university's instrumentation laboratories highlights the potential for broader application in securing various settings with valuable equipment.





University of  
Batangas

February 27-28, 2025

## DEVELOPING SUSTAINABLE FIRE-RESISTANT COMMERCIAL GLOVES FROM PINEAPPLE SKIN FOR INDUSTRIAL WELDERS

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The increasing demand for sustainable alternatives to synthetic non-biodegradable materials has driven research into natural fibers for industrial applications in reducing environmental degradation. This experimental quantitative study investigated the feasibility of utilizing pineapple skin fibers—an agricultural byproduct rich in antioxidants like flavonoids, phenols, and tannins—as a base material for developing fire-resistant commercial gloves for industrial welders. To enhance fire resistance, pineapple skin fibers were treated with boric acid, a flame retardant known for forming a protective layer under high temperatures. The fibers were then processed into fabric, made into gloves, and tested against the EN 12477 standard for welding gloves, evaluating key parameters such as abrasion resistance, blade cut, tear strength, puncture resistance, burning behavior, contact heat, resistance to small splashes of molten metal, dexterity, and convective heat. Testing involved both mechanical analysis through observation tools and performance assessments through survey questionnaires with 50 welders around Zapote III as respondents, which were analyzed to ensure statistical reliability. Preliminary results indicate that treated pineapple skin fibers meet the relevant quality standards and exceed the controlled variable results, showcasing superior thermal stability and structural integrity under heat exposure. Using inferential statistics, Analysis of Variance (ANOVA) on observation tools, and descriptive statistics such as mean for the survey questionnaire, the data were analyzed and showed that these gloves are anticipated to offer an environmentally sustainable alternative to synthetic PPE due to their biodegradability and the reduced ecological impact of production processes. The study highlighted the dual objectives of improving worker safety in high-temperature environments and reducing the environmental footprint of PPE. By integrating natural fiber technology with advanced flame-retardant treatments, this research contributes to the development of sustainable, high-performance protective gear for industrial welders.

**Keywords:** *sustainable resource management, pineapple skin, commercial gloves, fire-resistant*





**University of  
Batangas**

February 27-28, 2025

## **EMPLOYEE WORK-LIFE BALANCE AND PSYCHOLOGICAL WELL BEING: BASIS FOR EMPLOYEE WELL BEING PROGRAM FOR UNIVERSITY OF BATANGAS**

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This research aims to explore the relationship between Work-life Balance and the Psychological Well-being of the University of Batangas employees, which is essential for establishing an Employee Well-being Program. The researchers adopted Carol Ryff's Psychological Well-being scale and Hayman's Work-Life Balance scale, which was administered to 134 employees selected through stratified random sampling from the total population of 659 employees in both academic and non-academic settings. With this, the study examined the correlation between work- life balance and psychological well-being among the University of Batangas employees by using a quantitative research design. The study also strictly adhered to ethical standards, ensuring voluntary participation, informed consent, confidentiality, and anonymity, in alignment with the PAP Code of Ethics, emphasizing respect, competent care, and integrity. Based on the data gathered from the respondents, their responses have demonstrated a significant relationship between employees' psychological well-being and their work-life balance. Consequently, the researchers have developed a program entitled K3E: Kaagapay, at Kasama mo, Kalinga para sa mga Empleyado. This program includes the Well- being Support Hub, Harmony Haven, Wellness Extravaganza, and Healthy Horizon: Celebrating Social Wellness and Fitness Initiatives. The program's approach incorporates mental health support, fostering a sense of purpose and accomplishment, providing employees with a break from the demands of their daily work routines, and cultivating a sense of gratitude and connection among students towards university employees.

**Keywords:** *Employees, Work-life Balance, Psychological Well-being, Employee Well-being Program*



**University of  
Batangas**

February 27-28, 2025

## **FLOW STATE AND ACADEMIC ENGAGEMENT AMONGST STUDENTS THROUGH OPTIMIZED STUDY SPACES**

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Traditional study spaces, including overcrowded libraries and inadequate facilities, obstruct students from entering a state of flow, which subsequently affects their level of academic engagement. Thus, postulated from the Flow Theory of Mihaly Csikszentmihalyi and Bonner II's Academic Engagement Theory, the study examines how favorable surroundings encourage optimal states and improved academic achievement. The research addresses the prevalent issue of the current campus study spaces, highlighting their impact on students' focus, productivity, and overall learning experience.

This mixed-methods study uses quantitative surveys and qualitative interviews. Flow states and levels of engagement were measured using instruments like the Person-Situation Academic Engagement Questionnaire for Adults (PSAE-QA) and the Flow State Scale for Occupational Tasks. In addition to the thematic analysis of qualitative responses, statistical methods such as ANOVA and Pearson's correlation were used in the data analysis process.

Employing the specified method, the quantitative results indicate an average level of Academic Engagement and Flow State from the participants. These two variables did, however, show a positive correlation, proving the significance of improving flow state in raising students' levels of academic engagement. Key insights into how study spaces affect both variables are also shown by the qualitative findings. Students who were in well-equipped and ergonomically designed spaces reported feeling more motivated, focused, and immersed in their work. Traditional, noisy study areas, on the other hand, have been shown to impair flow state and lower engagement. Year level and program type were two more demographic factors that affected how students perceived study areas. The overall findings show that well-designed study spaces are beneficial to students as they encourage proficient work in academic prospects.

The study concludes optimizing study spaces is essential for promoting academic productivity and engagement. Investing in adaptable areas and ergonomic spaces that accommodate contemporary learning requirements is crucial for increasing student concentration and productivity. These findings have important implications for educational institutions. Through practical insights into various fields in optimizing academic spaces, this study contributes to the understanding of how psychological and physical learning environments interact to shape educational performance.



University of  
Batangas

February 27-28, 2025

## IKAW ANG MAGALING!:THE PERCEIVED CONSEQUENCES OF SMART SHAMING AMONG GRADE 12 STUDENTS IN A PHILIPPINE UNIVERSITY

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Academic excellence is always celebrated as an admirable quality, associated with success and prosperity. However, a troubling trend has emerged: smart shaming, where individuals with exceptional intellect are subjected to mockery and ridicule. This study investigated the perceived consequences of smart shaming on the well-being and academic behavior of Grade 12 students at the University of Perpetual Help-Molino. The study aimed to understand the prevalence and consequences of smart shaming within this academic environment. Specifically, the research sought to: 1) determine the accuracy of Grade 12 students' perceptions of smart shaming based on existing studies; 2) assess the experiences of smart shaming encountered by the participants within the academe; and 3) examine the perceived consequences of smart shaming on the students' well-being and academic behavior. A descriptive quantitative research design, employing simple random sampling, was utilized to gather data from 136 respondents. Descriptive analysis revealed a high level of accuracy in students' perceptions of smart shaming and the experiences of smart shaming encountered by the participants had significant effects on their well-being and academic behavior. While a substantial body of qualitative research exists on this topic, this quantitative study contributes to a deeper understanding of the phenomenon. These findings underscore the detrimental effect of smart shaming on the well-being and academic performance of students highlighting the need to foster a more inclusive and supportive learning environment that values and encourages intellectual excellence.

**Keywords:** *behavioral sciences, smart shaming, academic excellence, behaviour*



University of  
Batangas

February 27-28, 2025

## IMPACT ASSESSMENT OF THE BACHELOR OF SCIENCE IN TOURISM MANAGEMENT COMMUNITY EXTENSION ACTIVITIES

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One of the functions of Mindoro State University's Calapan City campus is community extension, which contributes significantly to social change and has changed the lives of many Calapeneous by providing sustainable projects. This livelihood activity is carried out by the College of Business and Management of MinSU-Calapan City Campus Bachelor of Science in Tourism Management Unit, which uses its faculty and students to teach the residents about mangrove conservation and various livelihood trainings. The impact and effectiveness of community extension initiatives for the beneficiaries of Barangay Wawa, Calapan City, were evaluated in this study. Using purposive sampling, 30 respondents were selected to complete a research-made questionnaire that evaluated their knowledge, skills, values, and attitudes as well as the effects of the trainings, webinars, mangrove growing, livelihood, and outreach activities. A moderate impact on the beneficiaries, faculty, and students was found based on the study's findings. The livelihood project's effectiveness has also been demonstrated. The findings also showed that the beneficiaries' lives were improved by the extension and community outreach services, and that their primary motivations for participating in these programs were learning and acquiring a variety of skills. The researchers recommend that these programs should concentrate on services that could result in favorable responses from the participants, such as those that improve their abilities, provide long-term application of the knowledge gained, and inspire them throughout the activities. To make sure that the activities were conducted in response to community needs, improvements could also be made by following the needs assessments that were carried out before the activity began.

**Keywords:** *impact assessment, community extension, livelihood trainings and outreach activities*



**University of  
Batangas**

February 27-28, 2025

## **IMPACT OF BIOPHILIC SOUNDS ON STUDENTS WITH ADHD SYMPTOMS: BASIS FOR A LIBRARY STUDY LOUNGE**

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Attention Deficit Hyperactivity Disorder (ADHD) is characterized by symptoms such as inattention and difficulties with short-term memory, which can significantly hinder academic performance. Traditional study spaces, often designed without attention to sensory needs, can inadvertently exacerbate these difficulties. Emerging research highlights the potential benefits of biophilic sounds—an approach that integrates sounds of nature into built environments—to enhance attention and improve short-term memory. This study examines the impact of biophilic sounds, such as flowing water, birdsong, and rustling leaves, on mitigating inattention and improving short-term memory retention in students with ADHD symptoms. The findings aim to inform the development of library study lounges optimized for these needs.

The study used a quasi-experimental method with 16 participants selected through the ADHD self-report scale. To identify the participants, the researchers utilized a purposive sampling method where participants are chosen based on the set criterias. These participants were divided into two groups: experimental and control. Both groups completed two tests, the Digit Span Test and Picture Span Test, during the pre-test and post-test phases. To analyze the data, the Wilcoxon signed-rank test was used to compare the pre-test and post-test scores within each group. The Mann-Whitney U test was utilized to identify significant differences in post-test scores between the experimental and control groups.

The control group showed no differences in attention in both pretest and posttest. While the pretest showed no significant change in memory, the posttest revealed a slight improvement after exposure to biophilic sounds. Overall, the sounds had a minimal effect on short-term memory, with no notable influence on attention.

Findings suggest that nature sounds may improve short-term memory by reducing environmental distractions but do not significantly enhance attention. The results are utilized to design a library study lounge to help students improve their short-term memory while studying.





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Batangas**

February 27-28, 2025

## **INFLUENCE OF SLEEP DEPRIVATION ON INHIBITION AND ITS CONTRIBUTION TO PROCRASTINATION TENDENCY: INSIGHTS FOR A NOVEL RESTING PODS**

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Sleep deprivation, common among college students, impairs cognitive functions like focus and memory, leading to procrastination and poor academic performance. This study examines how lack of sleep affects self-control and explores resting pods as a solution to improve sleep quality and reduce procrastination. The study aims to investigate the impact of sleep deprivation on inhibitory control and procrastination behavior, with a focus on developing interventions, such as resting pods, to improve sleep quality and enhance academic performance. The study will utilize a sequential explanatory design, specifically the mixed method approach, combining quantitative and qualitative methods. Quantitative data will be examined through the use of descriptive statistics and correlational analysis, on the other hand, qualitative data will provide deeper insights into the relationships between sleep deprivation, inhibition, and procrastination, through descriptive analysis. The study highlighted key findings on demographics, sleep deprivation, inhibition, and procrastination. Males slightly outnumbered females (51.08% vs. 48.92%), with the College of Management and Tourism having the highest participation (33.09%). Sleep deprivation (mean: 2.38) and inhibition levels (mean: 2.38) were mild, while procrastination was average (mean: 2.91). A significant correlation was found between sleep deprivation and inhibition ( $r = .433$ ). Proposed solutions included resting pods to improve sleep quality and productivity. The study concludes that sleep deprivation, inhibition, and procrastination are interconnected, with demographic factors such as sex significantly influencing these variables. Sleep deprivation weakens self-discipline, affecting cognitive control and increasing procrastination, particularly in attentional and planning domains. While procrastination correlations were generally weak, specific reasons for procrastination were significant, highlighting complex interactions. The study recommends implementing ergonomic resting pods to improve sleep quality, enhance focus, and mitigate these challenges, ultimately supporting students' academic performance and well-being.



**University of  
Batangas**

February 27-28, 2025

## **LAGOT KA: CATHOLIC STUDENTS' PERCEPTION OF SWEARING**

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Language coordinates with the society. The reflexive nature of language develops variation as the context necessitates. This variance is displayed in esteemed institutions and practices—in the church and the school. Henceforward, the study aims to uncover the perceptions and motives of Catholic students for swearing, albeit being considered taboo in both religious and academic contexts. The study comprises a purposive sample of five Grade 7 students from Cainta Catholic College who were interviewed through the voice call feature of Meta Messenger. Subsequently, the field notes taken during the interview and the voice recordings of the interview are transcribed into written data for Interpretative Phenomenological Analysis (IPA). The students disclosed the context of their utterance of swear words, motives for swearing, perceptions of swearing, and assertion of occurrence of swearing in a Catholic school. The students also attributed swearing to positive and negative emotions, especially for the relief of negative emotions. Moreover, it is an act they observe from their family, friends, and schoolmates in both public and private settings. The study further found that the students deemed swearing inappropriate for Catholic students. Nevertheless, swearing is occurring in a Catholic school for intrapersonal and interpersonal motives and unawareness of the school's restrictions stipulated in the handbook. Thus, the researcher advises schools to devise programs centering on educating students on constructive coping strategies as they further confront challenges in their academic and personal lives and further its initiatives in raising students' awareness of the school guidelines to lessen the cases of indiscipline and misconduct.



**University of  
Batangas**

February 27-28, 2025

## **OUTCOMES DURING THE COVID-19 PANDEMIC: BASIS FOR THE PROPOSED ELEMENTARY READING**

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Reading is a fundamental skill, and its acquisition among children is a significant triumph in their development. Unfortunately, the challenges faced by many countries in developing reading literacy have been further widened by the Covid-19 pandemic. This resulted in governments implementing policies such as school closures and the need to shift to remote learning modalities, thus signifying limited opportunities to develop reading skills among children. This research aims to examine children's reading skills in terms of the following components of early literacy, oral languages, phonological awareness, alphabet knowledge, phonics, vocabulary development, and reading comprehension. Also, it seeks to identify the best evaluation methods, activities and materials to be utilized in the intervention program to promote literacy among pupils enrolled in the Longitudinal Reading Program. The descriptive research design was employed, and data were collected using a self-structured interview questionnaire. Data analysis utilized a mixed-method approach, which allows the collection of both quantitative and qualitative data. The results indicated that the majority of Grade 1 pupils are still refining their oral language skills, particularly in recognizing and manipulating phonemes within words. Additionally, many pupils are in the early stages of vocabulary acquisition. In teaching reading, the involvement of parents in facilitating their children's reading developmental activities is deemed pivotal in the advancement of the literacy skills. The findings suggest that pupils attain optimal reading proficiency through a combination of printed materials and video lesson support. Future intervention programs should encompass parental training and adopt a flexible modular framework to offer personalized assistance.





University of  
Batangas

February 27-28, 2025

## PUTTING A DOT ON THE MAP: EXPLORING THE READINESS AND ADAPTIVENESS OF THRIVING KAPAMPANGAN LANGUAGE TEACHERS IN TAIWAN

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The idiomatic expression “put a dot on the map” means to make famous or well-known someone or something. This is usually used to mean that anyone or anything can make a name of its own. To make someone or something well-known requires readiness and adaptiveness. Using Heideggerian phenomenology, this study explored the readiness and adaptiveness of thriving Kapampangan language teachers in Taiwan regarding their views of teaching abroad, description of readiness and adaptiveness in teaching abroad, and the advantages they experienced for being ready and adaptive abroad. From the responses of eight (8) participants, results show that they described teaching abroad as fun, challenging, and rewarding. The themes prepared for challenges and receptive to changes emerged in terms of their description of readiness and adaptiveness in teaching abroad. As to the advantages they experienced for being ready and adaptive, makes work manageable and more opportunities surfaced. As a recommendation, it is of value that anyone who would like to teach abroad be ready and adaptive by reading and watching real stories of teachers abroad. Information about language and cultural barriers and adjustments could be helpful topics to be prepared and adaptive. Learning the language and culture of the country of destination could help anyone who has the intention to teach abroad.

**Keywords:** *language teaching, readiness and adaptiveness, Heideggerian phenomenology, Taiwan and Philippines*



**University of  
Batangas**

February 27-28, 2025

## **SKILLS NEED ANALYSIS OF ACCOUNTANCY GRADUATES OF LIPA CITY COLLEGES IN INDUSTRY: BASIS FOR ENHANCEMENT PROGRAM**

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This study evaluates the skills of accountancy graduates from Lipa City Colleges and identifies areas for improvement to align their competencies with industry standards. The purpose of this study is to assess the competencies of accountancy graduates, determine the skill gaps perceived by employers, and recommend enhancement programs to address these gaps. The study employed a quantitative descriptive-correlation design, with data collected from graduates and their respective employers. Key skills assessed include conceptual, technological, and human skills. Quantitative data were analyzed using descriptive statistics.

The results revealed that both graduates and employers agree that accountancy graduates have adequate knowledge of accounting principles and theories, which are critical in the field. However, in terms of technological skills, while graduates are deemed competent, employers perceive room for improvement in their ability to utilize technology effectively within the accounting profession. Regarding human skills, both graduate-respondents and employerrespondents strongly agreed that graduates possess essential competencies, supported by strong interpersonal skills.

The findings underscore the need for targeted enhancement programs, particularly in negotiation skills and digital accounting proficiency. It is recommended that Lipa City Colleges incorporate skills-based training, foster industry partnerships, and conduct workshops aimed at improving both conceptual and practical competencies. These initiatives will better equip graduates to meet industry standards and excel in their professional careers.

**Keywords:** *accounting skills, accountancy, industry*



**University of  
Batangas**

February 27-28, 2025

## **SOCIAL MEDIA PLATFORMS AS CHANNEL FOR CLASSROOM COMMUNICATION: BASIS FOR A PROPOSED COMMUNICATION PROGRAM**

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This study aimed to investigate social media's functions as a channel for classroom communication between students and teachers. The findings revealed that the teachers' and students' most used social media platform for classroom communication is Facebook Messenger. Moreover, the results suggest that both teachers and students strongly agree on the effectiveness of social media as a tool for collaborative group projects, facilitating polls and surveys, information dissemination about student organization and school activities, and disseminating information about class suspensions. Additionally, teachers and students perceived misinformation, lack of a specific policy on social media usage, lack of internet access, and inappropriate timing of sending messages as the most significant challenges in using social media as a channel for classroom communication. This study also indicated that there is a significant difference in the use of social media in terms of Teaching-Learning Process and Announcement/Advisory. In terms of challenges, there is a significant relationship between Student Support and Ethical Considerations.

The findings derived from this study have implications for educational institutions and policymakers alike. It is recommended that educational institutions offer comprehensive training and workshops designed to enhance the digital literacy and proficiency of both teachers and students in utilizing social media platforms for effective classroom communication. More so, this study also emphasized the creation and establishment of clear policies and guidelines for both teachers and students to ensure that there is an understanding of the appropriate use of social media platforms for classroom communication. The findings from this study also strongly emphasize the need for the development and implementation of a communication program. This program should be specifically designed to optimize the use of social media platforms in the educational context while addressing the challenges identified. Lastly, pursuing further study is recommended to validate the findings of this current study. This can be achieved by expanding the study within their own institutional context, thereby enhancing their educational communication experience.



University of  
Batangas

February 27-28, 2025

## THE DUAL NATURE OF DANCE: BETWEEN COMMUNICATION AND EXPLOITATION

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This reflection explores the journey of dancers within the dance community, highlighting the complex relationship between artistic expression and exploitation. The pursuit of excellence often leads to physical, emotional, and psychological suffering, driven by the desire for recognition and peer approval. Despite dance's role as a form of communication, the exploitation of dancers persists, with many enduring pain in silence to maintain their place in the industry. The paper argues that for dance to truly be an art of communication, the human aspect must be respected, with dancers treated as whole individuals. It emphasizes the need for a shift towards humanizing dancers, ensuring that their physical, emotional, and psychological needs are acknowledged in both the creative and professional spaces.

**Keywords:** *Dance, exploitation, communication, well-being, recognition*



University of  
Batangas

February 27-28, 2025

## DESIGN OF MODULAR DISTANCE LEARNING ON STUDENTS' READING COMPREHENSION IN THE NEW NORMAL

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This study, The Effects of Modular Distance Learning on Students' Reading Comprehension in the New Normal, examined how modular distance learning influenced students' reading comprehension, focusing on vocabulary, making meaning, and summarizing. It also investigated differences based on students' sex and across schools to provide a comprehensive analysis of its impact. Using a quantitative research design and a descriptive approach, the study explored the effects of modular distance learning within the context of modern educational developments influenced by the COVID-19 pandemic. The research highlighted how this learning modality affected various language skills essential for reading comprehension.

Survey questionnaires were distributed to randomly selected Grade 8 students from three public schools in Lipa City. The findings revealed that modular distance learning positively impacted vocabulary, making meaning, and summarizing, with no significant differences observed between male and female students. However, significant differences emerged across schools in making meaning and summarizing. School C achieved the highest weighted mean in both areas, followed by School A and School B, with p-values of 0.01. These variations suggested that while modular distance learning benefited students overall, its effectiveness differed between schools.

The study concluded that modular distance learning had varied effects on reading comprehension across schools, particularly in making meaning and summarizing. It emphasized the need for targeted interventions to improve students' reading comprehension skills and address school differences.

**Keywords:** *Modular Distance Learning, Reading Comprehension, Education in the New Normal, Quantitative Research, Philippines*





**University of  
Batangas**

February 27-28, 2025

## **THE IMPACT OF SOCIAL MEDIA EXPOSURE ON DISASTER PREPAREDNESS AMONG SENIOR HIGH SCHOOL STUDENTS**

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This study investigated the impact of social media exposure on disaster preparedness among senior high school students at the University of Perpetual Help System Dalata-Molino. The study addressed how does exposure to disaster-related content on platforms like Facebook, YouTube, Twitter, and TikTok shaped the disaster preparedness behaviors and perceptions of senior high school students. While previous research has primarily focused on the role of social media in community-level disaster communication, limited attention has been given to students, despite the fact that youth are highly engaged with social media. This gap in the literature necessitated further exploration of how social media influences the disaster preparedness of students. To this end, the study employed a descriptive research design, using surveys administered to 143 students from Grades 11 and 12, selected through simple random sampling. The data were analyzed using descriptive statistics to identify patterns in students' social media engagement and disaster preparedness. The findings indicated that greater exposure to disaster-related content on social media is strongly linked to higher levels of disaster preparedness, including the formulation of emergency plans and the adoption of proactive preparedness actions. These results highlighted the potential of social media as a powerful tool for enhancing disaster preparedness among students. The study contributed to the development of more effective disaster education strategies, emphasizing how targeted social media campaigns can engage students and strengthen community resilience.



University of  
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## THE INFLUENCE OF TECHNOLOGY DEPENDENCY ON THE EMOTIONAL REGULATION AMONG STUDENTS

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This study investigated the impact of social media exposure on disaster preparedness among senior high school students at the University of Perpetual Help System Delta-Molino. The study addressed how does Excessive screen time and reliance on digital gadgets, which have been linked to emotional dysregulation, can cause stress and anxiety in students. Addressing the impacts of technology dependency on students' emotional regulation requires an understanding of the phenomenon. This mixed-method explanatory study involved 340 college students for the quantitative phase, selected through stratified sampling based on screen time (4+ hours daily) and emotional challenges. Instruments included the Digital Addiction Scale and Emotion Regulation Questionnaire, with data analyzed using Pearson's correlation, ANOVA, and thematic analysis for qualitative interviews with 10 students selected through purposive sampling exhibiting high technology dependency. The results indicated a weak correlation ( $r = .148$ ,  $p = .006$ ) between emotion regulation and technology dependency, suggesting that emotion regulation is partially influenced by technology dependency. However, no significant differences were observed based on sex, college departments, or screen time frequency. In contrast, technology dependency was significantly higher among individuals with 10–12 hours of screen time ( $p = .001$ ). Additionally, the qualitative results revealed two major themes related to how students' emotional regulation is affected by their dependence on technology: Technology-Assisted Self-Regulation and Reducing Dependency on Technology for Better Emotional and Cognitive Regulation. Moreover, this study provides evidence for the weak but significant correlation between technology dependency and emotional regulation among college students. Findings suggest that while increased technology use has a measurable effect on emotional regulation, the impact is relatively small. The majority of respondents showed moderate confidence in their emotional control despite high screen time, which aligns with studies emphasizing the importance of self-regulation in technology use. Implications for interventions encouraging balanced technology use to support emotional health, such as digital detox programs, are discussed.

**Keywords:** *Technology Dependency, Emotional Regulation, screen time, stress, anxiety, digital detox programs*



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## **THE PLACE TO BEE: A PROPOSED APITOURISM DEVELOPMENT IN BARANGAY BULACNIN, LIPA CITY**

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Apitourism, often referred to as bee tourism, represents a sustainable type of tourism in which individuals engage in bee-related activities, including visiting apiaries, observing beekeepers at work, and gaining knowledge about bees in a leisure context. This study intends to investigate the potentials of apitourism development in Brgy. Bulacnin, Lipa City, through evaluating its feasibility using the 5A's of tourism framework by Dickman: Accessibility, Accommodation, Amenities, Attraction, and Activities.

This thesis utilized convergent parallel mixed methods that assessed the level of potentials of beekeeping in Brgy. Bulacnin to be a part of the agritourism sector, emphasizing the economic benefits for local community and beekeepers. By merging and contrasting the results gathered from quantitative and qualitative data, it reveals considerable potential for establishing apitourism, along with challenges that need to be addressed to position Brgy. Bulacnin as an apitourism destination. Moreover, this study serves as a resource for local stakeholders to innovate honey bee farming practices and recognize their local tourism, leading to sustainable agritourism development in the City of Lipa.

It was concluded that the challenges of Brgy. Bulacnin to develop an apitourism are (1) inadequacy of facilities, (2) rampant urbanization of the barangay, (3) stakeholder's unpreparedness, (4) apitourism competition, and (5) bee product devaluation. Nonetheless, apitourism development is still attainable because of the overall high potential and if the stakeholders address these challenges. With that, researchers came up with a comprehensive framework entitled PULOT Apitourism Development Framework that provides strategic solutions that enhance the viability of apitourism in the area by addressing the following challenges while promoting environmental sustainability, community engagement, and economic growth.

**Keywords:** *Apitourism, 5A's of Tourism, Bee Tourism, Agritourism*



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## TOURISM STAKEHOLDERS' ENGAGEMENT IN THE MUNICIPALITY OF MATAAS NA KAHoy, BATANGAS

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This study examines stakeholder engagement in tourism in Mataasnakahoy, Batangas, focusing on respondents' profiles (age, gender, and stakeholder type), and their level of engagement in terms of performance, commitment, and attitude. It also explores the relationship between respondents' profiles and their perceptions of key stakeholder engagement elements.

Using a quantitative descriptive design, the study surveyed 75 respondents from three stakeholder groups – community residents, government workers, and tourism-related business owners (25 from each group), all aged 18 and above, selected via purposive quota sampling. Data was collected through face-to-face surveys with a self-constructed questionnaire.

Findings reveal that all stakeholder groups, particularly those from the government, are generally engaged in the tourism of Mataasnakahoy, Batangas, and eager to contribute to its development. They all share a positive attitude towards tourism and take pride in contributing to the sector, often sharing positive narratives to inspire others. However, full commitment, especially among community members and business owners, is hindered by budget constraints, lack of awareness, and limited influence in policy- and decision-making. Each group also has distinct expectations and measures of success: the government focuses on sustainability and policies, businesses prioritize profits, and community organizations emphasize preservation and empowerment.

These results highlight the need for greater stakeholder engagement and participation to ensure sustainable tourism development in the region. Future efforts should focus on improving financial support, resource mobilization, and policy influence while fostering opportunities for active dialogue. This study serves as a foundation for future research on sustainable, inclusive tourism through enhanced stakeholder engagement.

**Keywords:** *tourism stakeholders, engagement, Mataasnakahoy, participatory planning, tourism development*



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## USE OF SOCIAL MEDIA PLATFORMS IN FACILITATING POLITICAL INVOLVEMENT AMONG THE STUDENTS OF UNIVERSITY OF BATANGAS

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The research investigated the perspectives and experiences of University of Batangas students regarding political engagement through social media platforms. Employing a descriptive design, structured questionnaires were administered to one hundred eighty-six college students. Percentage analysis was used to characterize respondent profiles, while weighted mean and standard deviation were utilized to assess relationships in the data. Results indicate that although students are exposed to political and social issues online, research participants' utilization of social media for political engagement is limited. Moreover, the findings suggest a moderate level of involvement in traditional political activities such as voting and participating in online-offline political discussions among surveyed students.

**Keyword/s:** *young voters, political engagement, new media, political science*





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## UTILIZATION OF LIPA CITY COLLEGES' LIBRARY REFERENCE ONLINE SERVICE (LibROS)

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This study analyzed the utilization of Lipa City Colleges' library reference online service (LibROS). The researchers aimed to analyze the utilization of the LibROS in terms of the external variables affecting the users in using the LibROS, the utilization of the online services offered by the library, ease of usefulness, and the level of attitude of the users towards the LibROS. It undertook to identify if there are significant relationships between the external variables and level of usefulness, external variables and level of attitude, and level of usefulness and attitude.

To serve the purpose of the study, the researchers employed a mixed-method approach to collect and analyze the available data about the research being studied. The study used the data generated from the library (queries, requests, and searches using LibROS) and a standardized questionnaire with some modifications to be more appropriate to the study's objectives. The respondents of this study were the students of Lipa City Colleges who have used the LibRO, as they were fit to be the subject of the study since they can evaluate the online services offered by the library.

The study revealed that the LRC was able to supply the tools required to offer online service and was determined successful in spreading information about its offerings because respondents were aware of the online service the library provides in addition to its in-person services. It was determined that the respondents used the internet resources to fulfill their lecturers' expectations. If the teacher does not require the class to use the LRC for research, the students will not have any initiative. Additionally, the coordination and cooperation between the faculty and the LRC is important.

The researchers concluded that the respondents' academic attempts benefit from the LIBROS. Remote access to the LIBROS allowed them to accomplish the academic requirements they needed to submit to their teachers. The LRC offered online services that led to the respondents' satisfaction with the level of service received. In addition, because the respondents were adept at using online resources, their attitudes may be seen in their regular use of the online library resource. This demonstrates unequivocally that the LRC provides excellent services that are very helpful to staff and students. Furthermore, to continually deliver quality online library service, the researchers proposed an improvement plan to enhance the online service and to increase its utilization continually.

**Keywords:** *library online references, OPAC, reference*



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## **WORKPLACE POLICIES FOR GENDER DIVERSE EXPRESSIONS: BASIS FOR GENDER FAIR ENVIRONMENT**

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Establishing a respectful and accepting atmosphere is crucial in a society that is changing quickly and where diversity and inclusion are becoming more popular. The establishment of a thorough gender identity policy in the workplace is a major step toward accomplishing this goal. A more comprehensive and nuanced understanding of the variety of gender expressions has taken the place of the outdated binary perspective of gender in recent times. In today's culture and within workplace communities, there is inequality against people on the basis of their sexual orientation, gender identity, or gender expression. This study is characterized by a pervasive lack of awareness, understanding, and action within workplaces to address the needs of individuals with diverse gender expressions. Therefore, creating inclusive workplace policies is an intentional and proactive step that firms take to create guidelines that encourage and recognize a range of gender expressions outside of the conventional binary framework.

The study involved 230 employees from JTEKT Philippines Corporation, who completed two survey questionnaires: The Work Group Inclusion Test of a Scale and Model and the Comfort and Conformity of Gender Expression Scale (CAGES). Additionally, 10 employees with low scores on the Work Group Inclusion Test participated in the interview. The findings revealed that there was no significant relationship between gender-diverse expressions and workplace inclusion, as evidenced by a Pearson  $r$  value of  $-0.064$  and a  $p$ -value of  $0.305$  ( $p > 0.05$ ). However, the interview results revealed areas where improvements are needed to create a more supportive environment for all employees. Although the null hypothesis was accepted, the study suggests that implementing changes to workplace policies could address employees' concerns and foster a more inclusive environment. The study recommends several modifications that could be integrated into their new policy that will be compiled in a PDF-style matrix.



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## **ANG PAGTINDIG NG ARTE? VISTA: A FILM DOCUMENTARY ON THE EFFECTIVENESS OF ARTIVISM FEATURING THE TUMINDIG ART MOVEMENT**

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This study explores the transformative power of Artivism through the lens of the Tumindig art movement, examining how the fusion of art and activism can inspire collective action and drive social change. Artivism, which combines artistic expression with activism, emerged as a powerful tool during the 2021 pandemic in the Philippines. The Tumindig movement, leveraging digital platforms, served as a resistance to social injustices, offering a voice to marginalized communities. This research aims to assess how Artivism influences social opinions and its effectiveness in mobilizing societal change, particularly through multimedia art. The study combines qualitative and quantitative methodologies to analyze the impact of Tumindig on the public, specifically multimedia arts students. Through in-depth interviews and a pretest-retest survey, the study evaluates participants' understanding of Artivism before and after viewing a documentary on the Tumindig movement. Results indicate that Tumindig, though initially an unintended movement, became a significant force in political discourse, using digital art to connect global audiences and mobilize action. The documentary was effective in raising awareness, with a notable increase in students' engagement with socio-political issues. The findings underscore the role of digital Artivism in shaping collective identity and fostering social change. Recommendations for future research include expanding the study to a broader population, enhancing production quality, and encouraging more participatory and collaborative art forms within artivism. This research contributes to the growing body of knowledge on the role of Artivism in contemporary social movements.

**Keywords:** *Artivism, Tumindig Movement, Digital Art, Activism, Social Change, Philippines*



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## BEYOND THE TEACHING LENS: EXPLORING THE LIVED EXPERIENCES OF TEACHERS IN MOUNTAIN SCHOOLS IN MINDORO

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This study explores the real-life experiences of teachers teaching in mountain schools in Mindoro, highlighting their reasons for choosing to teach in rural communities, the difficulties they encounter, and challenges. Many teachers in these schools are driven by their deep passion for education, the desire to preserve indigenous culture, and the need to support their families. For some, teaching in these areas is more than just a profession—it is a calling to serve children who have limited access to quality education. But, working in remote schools comes with significant hardships. Teachers often deal with poor infrastructure, a lack of teaching materials, and students facing financial struggles. Some schools operate without electricity, proper classrooms, or even basic supplies. Long and difficult commutes, unpredictable weather, and rough terrains add to the daily challenges. Additionally, many students come from low-income families, making it hard for them to afford school essentials, which leads to issues like absenteeism and dropouts. Despite these obstacles, teachers find ways to adapt and remain dedicated to their mission. They use creative teaching strategies, maximize available learning materials, and build strong connections with the community to foster a better learning environment. Many of them go beyond their teaching duties, acting as mentors and advocates for their students' well-being. This research highlights the need for greater support for teachers in mountain schools. Improving school facilities, increasing access to resources, and offering incentives for educators in remote areas can make a significant difference. Strengthening community involvement and government support can also help bridge educational gaps, ensuring that students in these schools receive the education they deserve.

**Keywords:** *Lived experiences, Mountain schools, Mindoro, Teacher motivation, Rural education, Educational challenges, Resource limitations, Cultural preservation, Community engagement, Teacher adaptability, Professional development, and Socio-economic struggles.*



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## BOYS' LOVE MEDIA AND ITS EFFECTS ON QUEER MEN'S SELF-IMAGE

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This study aims to identify gender stereotypes in the current selection of Boys' Love (BL) media. It also aims to find out the effects BL media has on the self-image of young queer men ages 17-25, if there are any. A qualitative approach was used for the data collection and analysis of this study. The data was analyzed using the Constructivist Grounded Theory, while also using Queer Theory to help contextualize the data as intended for the thesis.

It was found that there is a negative effect on the self-image of the young queer male participants when consuming BL media that is inauthentic and lacks realism. There is a neutral to negative perception surrounding the type of BL content that the female participants consume. It has been described to be oversexualizing and lacking depth. The female participants are open to patronize BL that reflects the realities of the male participants. This study posits that there is a lot to change in BL, from the way it is viewed, to the way it is made. Both male and female samples of the research population are biased towards slow burn romances, which is a positive trait among all areas in BL that have been discussed. This relates to the desire to create and tell stories that have emotional depth and complexities

**Keywords:** *Gay, Queer, Boys' love, BL media, Perception, Self-image, BL stereotypes, Bacoor, Cavite, Qualitative research method, Grounded theory research design.*





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## **GWAENCHANA? EXAMINING K-DRAMA'S INFLUENCE ON SELF-PRESENTATION PROCESSES AMONG COLLEGE HUMANITIES AND SOCIAL SCIENCES STUDENTS**

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K-dramas have become a powerful force in shaping the way young audiences perceive themselves and engage with the world. Beyond captivating storylines, they influence fashion choices, social interactions, and personal values. This study examines how K-dramas impact the self-presentation of Humanities and Social Sciences (HUMSS) students at the University of Perpetual Help System DALTA - Molino, focusing on physical appearance, social behavior, emotional development, and intellectual engagement. Using Goffman's Self-Presentation Theory as a framework, the study applies a qualitative phenomenological approach to analyze the lived experiences of K-drama enthusiasts. Ten participants were selected through a researcher-made Likert scale and engaged in semi-structured interviews, with responses examined through thematic analysis.

As K-dramas continue to dominate global entertainment, their effects on young viewers remain largely unexplored, particularly in the Philippine context. This research seeks to understand how media consumption influences identity formation, self-perception, and social behavior among students who actively engage with K-dramas. By examining their impact on self presentation, the study aims to shed light on the broader cultural and psychological effects of K dramas on Filipino youth.

Findings reveal that K-dramas shape students' fashion preferences, communication styles, and emotional expressions. Many participants model their behavior after characters, embrace Korean beauty trends, and internalize social norms presented in these dramas. Beyond external appearance, K-dramas encourage intellectual curiosity and self-reflection, influencing how students perceive relationships, ambition, and self-worth. However, the study also highlights concerns about unrealistic expectations and excessive media influence, emphasizing the need for critical awareness in media consumption. These findings underscore the expanding reach of foreign media on Filipino youth and its role in shaping identity. Future research may explore the long-term effects of K-drama exposure on personal values, decision-making, and social interactions, particularly among students in identity-forming stages.

**Keywords:** *Media Influence, Self-Presentation, Qualitative Research, HUMSS Students, Filipino Youth, Korean Wave.*



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## SI IDOL PALA 'TO: PARASOCIAL RELATIONSHIP AS COPING MECHANISM AMONG FANGIRLS IN A PHILIPPINE UNIVERSITY

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The study explores the experiences of Filipino Generation Z fangirls, specifically how they use parasocial relationships as a coping mechanism. How the participants' lived experiences affected the formation of parasocial relationship and uses it as their coping mechanism. How using it as a coping mechanism gratifies their needs. The study used a phenomenological research design to capture the lived experiences of Filipino fangirls, aiming to identify the themes that affect the establishment of parasocial relationships, determine the formation of parasocial relationships as a coping mechanism, and understand how fangirls use parasocial relationships as a way of coping. The researchers selected the participants for the interview through purposive sampling. The researchers ensured that an informed consent form was obtained from all the participants to maintain ethical standards throughout the course of this study. This ensures that the rights of the participants and maintain the integrity of the study. The researchers formulated semi-structured interviews with open-ended questions using the Parasocial Interaction Theory and Uses and Gratification Theory to gather the necessary data. The researchers applied Braun and Clarke's (2012) six-step process for analysis. The findings revealed 11 main themes and 19 subthemes showing the significance of parasocial relationships as a coping mechanism during challenging times, offering motivations, emotional support, self-improvement, and temporary escape for fangirls. The study highlights the positive and negative implications this phenomenon has in a fangirl's life and the emotional, physical, and mental aspects. The study recommends expanding future research to fanboys and exploring age groups other than Generation Z in different institutions to gather more perspectives and a broader understanding of the phenomenon.

**Keywords:** *Parasocial relationship, coping mechanism, fangirls, social media, phenomenology, and thematic analysis.*



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## **TAHANAN AT KALAYAAN: THE NARRATIVES OF FILIPINO LGBTQIA+ GEN Z YOUNG ADULTS ON LIVING IN A RELIGIOUS HOUSEHOLD**

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The link between sexual identity and religious beliefs in today's society is still complex and often controversial. Within this context, LGBTQIA+ Gen Z young adults within religious households encounter challenges that affect their sense of belonging, mental health, and identity formation. This study's purpose is to explore and look into the experiences of these individuals by examining how differing religious beliefs and practices shape their self-perception, emotional well-being, and social functioning within their families and communities. Researchers employed a narrative research design to capture the depth and complexity of the participants' lived experiences, allowing for personal and unique stories to be discovered. Data from interviews of participants aged 18-25 who identify as LGBTQIA+ and raised in religious households were gathered, transcribed, and analyzed using a narrative analysis method. The study found that participants considered home a safe space, but this perception changed due to familial rejection and invalidation. This conflict, coupled with religious beliefs shaped by the same families, led to internal struggle and fear of negative consequences preventing the participants from coming out to their families, highlighting the ongoing challenge faced by many LGBTQIA+ individuals seeking familial acceptance.

**Keywords:** *LGBTQ+, religion, family, interpersonal relationships, discrimination, familial acceptance, reconciliation*



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## UNVEILING THE GENDER DIVIDE: EXPLORING VARIATIONS IN COMMUNICATION REGARDING ROMANTIC RELATIONSHIP CONFLICTS ACROSS GENDERS

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In contemporary society, gender dynamics profoundly impact verbal communication, particularly within the context of romantic relationships. However, limited research has delved into how these gendered communication patterns influence conflict resolution across different sexual orientations. This study addresses this gap by analyzing the verbal communication strategies employed by gay, straight, and lesbian couples in managing romantic conflicts. The research draws from the experiences of twelve couples—four heterosexual, four lesbian, and four gays—investigating how gender-specific communication styles shape conflict management strategies and relational dynamics. The findings highlight participants' key verbal strategies, including emotional regulation, validation, nuanced introspection, willful collaboration, and humorous de-escalation, which are shaped by cognitive, emotional, and cultural factors such as generational differences, cultural norms, and societal expectations. The study demonstrates that these strategies vary across sexual orientations, with gay, lesbian, and heterosexual couples adopting diverse approaches to emotional expression, problem-solving, and conflict resolution.

Additionally, the research reveals how communication strategies impact relationship resilience, emphasizing that adaptive communication enhances relational growth, while maladaptive strategies like escalatory reactions and culture shock intensify conflict. The study contributes to a Gendered Conflict Management Communication Model (GCMCM) that encapsulates these dynamics, offering a theoretical framework for understanding how gendered verbal communication influences relationship stability and conflict resolution. The GCMCM provides critical insights for practitioners and researchers interested in exploring the intersections of gender, communication, and relationship dynamics.

**Keywords:** *Communication Studies, Romantic Conflict Resolution, Thematic Analysis, UPHSD-M, Philippines.*



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## USAPANG LALAKI: EXPLORING MALE'S EMOTIONAL REGULATION STRATEGIES DURING ROMANTIC RELATIONSHIP CONFLICTS

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Men often faced societal pressures to suppress their emotions, thus making it hard for them to express their emotions especially during conflicts. As a result, communication was impeded, tensions rose, and relationships were affected. This study explored the influence of emotional regulation strategies on romantic relationship conflict resolution. The study used qualitative phenomenological research methodology to explore the emotional regulation strategies in romantic relationship conflicts. Ten male respondents were selected from Bacoar, Cavite, aged 18 to 26, who have been in a romantic relationship for at least six months. Snowball sampling was used with the primary participants referring others, ensuring diversity of insights while minimizing bias. Major issues in romantic relationships were caused by miscommunication, trust issues and lack of quality time. This study identified the role of emotional regulation strategies in maintaining and resolving conflicts, suggesting that one should avoid emotional distress to prevent conflicts from escalating and manage conflicts calmly and constructively. Future research could focus on the limitations regarding the diverse relationship durations of participants, which influence the generalizability and depth of the results.

**Keywords:** *emotional regulation strategies, conflict resolution, male, romantic relationship, phenomenological*





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## **'YA, HI KA SA VLOG KO 'YA! INVESTIGATING PERCEPTIONS OF FILIPINO CREATORS, PROFESSIONALS, AND CONSUMERS ON POVERTY PORN**

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Poverty porn, a controversial form of media that exploits poverty for emotional appeal and engagement, has become increasingly prevalent in the Philippine social media landscape. This study investigates the perceptions of Filipino content creators, professionals, and consumers regarding poverty porn, examining its ethical implications, impact on social awareness, and role in content creation.

Using a phenomenological approach, the study collected qualitative data through semi-structured interviews with six purposively selected participants. Thematic analysis revealed four key insights: (1) Poverty porn raises awareness but often dehumanizes individuals, reinforcing stereotypes rather than promoting sustainable solutions; (2) Social media algorithms favor emotionally charged content, creating tension between engagement and authenticity; (3) Ethical storytelling should prioritize dignity, agency, and consent, ensuring responsible content creation; and (4) The amplification of poverty porn on digital platforms necessitates greater media literacy and ethical considerations in advocacy.

The study concludes that while poverty-related content can drive donations and social awareness, it must avoid exploitation and sensationalism. Ethical storytelling is essential in shifting narratives from sympathy-based engagement to action-driven solutions, ensuring that content empowers rather than victimizes. The findings highlight the need for content creators, audiences, and policymakers to foster responsible media practices that uphold integrity and social impact.

**Keywords:** *Poverty Porn, Social Media Ethics, Ethical Storytelling, Digital Advocacy, Media Literacy*

# **POSTER PRESENTATION**

List of Abstracts



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## IMPACT ASSESSMENT OF THE BACHELOR OF SCIENCE IN TOURISM MANAGEMENT COMMUNITY EXTENSION ACTIVITIES

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One of the functions of Mindoro State University's Calapan City campus is community extension, which contributes significantly to social change and has changed the lives of many Calapeneous by providing sustainable projects. This livelihood activity is carried out by the College of Business and Management of MinSU-Calapan City Campus Bachelor of Science in Tourism Management Unit, which uses its faculty and students to teach the residents about mangrove conservation and various livelihood trainings. The impact and effectiveness of community extension initiatives for the beneficiaries of Barangay Wawa, Calapan City, were evaluated in this study. Using purposive sampling, 30 respondents were selected to complete a research-made questionnaire that evaluated their knowledge, skills, values, and attitudes as well as the effects of the trainings, webinars, mangrove growing, livelihood, and outreach activities. A moderate impact on the beneficiaries, faculty, and students was found based on the study's findings. The livelihood project's effectiveness has also been demonstrated. The findings also showed that the beneficiaries' lives were improved by the extension and community outreach services, and that their primary motivations for participating in these programs were learning and acquiring a variety of skills. The researchers recommend that these programs must concentrate on services that can result in favorable responses from the participants, such as those that improve their abilities, provide long-term application of the learned information, and inspire them throughout the activities. To make sure that the activities were conducted in response to community needs, improvements could also be made by following the needs assessments that were carried out before the activity began.

**Keywords:** *impact assessment, community extension, livelihood trainings and outreach activities*



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## BATANGAS ECONOMY: A HISTORICAL OVERVIEW AND CONTEMPORARY TRANSFORMATION

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The province of Batangas, historically an agricultural stronghold, has evolved into a dynamic economic hub characterized by industrialization, commerce, and tourism. This study provides a comprehensive exploration of the economic trajectory of Batangas, tracing its transformation from its agricultural roots to its present industrial and service-oriented landscape. Utilizing qualitative methods, including documentary analysis of government archives and reports, the research identifies pivotal factors shaping the province's economic development, such as strategic location, infrastructure advancements, and consistent policy support. Key findings highlight Batangas' diversified economy, with industry contributing significantly to its Gross Regional Domestic Product (GRDP). Major sectors include manufacturing, energy production, and tourism. Industrial parks and the Batangas International Port have driven investments, creating jobs and stimulating local businesses. Meanwhile, the agricultural sector remains vital, with innovations in agribusiness and the resurgence of high-value crops like coffee contributing to sustained Growth. Tourism, supported by investments in infrastructure and eco-friendly initiatives, has positioned Batangas as a premier destination for domestic and international visitors. Despite its progress, the province faces challenges, including waste management, climate resilience, and balancing urbanization with environmental sustainability. Nonetheless, opportunities abound, such as industrial expansion, enhanced connectivity, and digital economy growth. The study underscores the need for inclusive governance and sustainable practices to ensure that development benefits all residents, particularly at the grassroots level. This research provides a foundation for future studies on regional economic development, offering insights into the interplay of historical influences and contemporary strategies. It serves as a roadmap for policymakers and stakeholders to foster sustainable and inclusive Growth in Batangas, cementing its role as a key player in the Philippines' economic landscape.

**Keywords:** *Batangas Economy, history, contemporary developments*



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February 27-28, 2025

## THE CULTURE OF SABONG: A PHENOMENOLOGICAL APPROACH TO STUDY THE NORMS AND VALUES AMONG BATANGUEÑOS

German B. Rosales  
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University of Batangas

The main purpose of the study is to characterize in general perspective the culture of sabong and to mirror out the philosophical values and social norms among Batangueños that are deeply rooted in this social activity of cockfighting. Specifically, it aims to do an attempt in explaining that sabong is not just a form of vice or even gambling but rather a way of social interaction and cultural exposition; to determine the moral implication of sabong in the culture of Batangueños; to uphold Batangueño culture through the study of the people's social activities; and to serve as a good source of readings for the students taking social science subjects for the purpose of enhancing student's knowledge. This research used the phenomenological approach for the purpose of deeply immersing into the phenomena and used twenty (20) respondents whom shared personal experiences, insights, beliefs and technical know-how of sabong. Interview with the respondents has been done using guide questions. A Sabong Model with six (6) themes has been developed showing the real aspect of cockfighting and the people involve on it. Norms, social values, and beliefs of the Batanguenos have drawn out of this study which can help to understand the society and the people in general.

**Keywords:** *sabong, phenomenological approach, social norms, values, Batangueños*





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February 27-28, 2025

## **SUMMARY OF GRADES OF BSED AND BEED STUDENTS IN THE UNIVERSITY OF BATANGAS**

Judith A. Asistin  
Merly C. Panaligan  
Florescia Jessica Llorc  
University of Batangas

This study analyzes the four-year grades of BSEd and BEEd students at the University of Batangas - College of Education (A.Y. 2023-2024) to pinpoint curriculum strengths and weaknesses in General and Professional Education. By analyzing grade distributions, the research identifies areas needing intervention and reveals high performance in subjects like Art Appreciation and Special Education. The study suggests refining the curriculum, tailoring student support, and faculty development to foster continuous improvement and student success in teacher education.

**Keywords:** *Grade analysis, teacher education, curriculum assessment, student performance, higher education*



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February 27-28, 2025

## **COLLABORATIVE LEARNING IN TEACHING PROFESSIONAL EDUCATION SUBJECTS IN THE UNIVERSITY OF BATANGAS**

Edward E. Babasa, LPT, PhD  
Judith A. Asistin, LPT, MBA  
Merly C. Panaligan, LPT, PhD  
Meniano D. Eborra, LPT, EdD  
University of Batangas

This study examined how collaborative teaching is used in professional education, surveying 75 students with questionnaires. The goal was to improve collaborative activities in classes. Results showed that small group discussions, panel discussions, and role-playing were the most common. Students perceived that its greatest advantage was promoting diversity. Key problems included shy students feeling uncomfortable, different learning speeds, and some students dominating. The study suggests ways to improve collaborative teaching based on these issues.

**Keywords:** *collaborative learning, approach, collaborative activities, teaching*



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February 27-28, 2025

## REVEALING DIFFERENCES IN DEMONSTRATION TEACHING: A CORRELATIONAL STUDY

Angela C. Napa, Ed.D  
Romell A. Ramos, Ph.D  
University of Batangas

This study explores demonstration teaching dynamics across diverse educational programs, emphasizing on-campus and off-campus performance variability. Analyzing BECED, BEED, BSNEED, and BSED programs, the results found significant variations. A moderate positive correlation exists between on-campus and off-campus performances, with program-specific Standard Deviation values indicating unique influencing factors. These findings inform targeted interventions, providing practical insights for educators, administrators, and policymakers to enhance teaching quality and improve teacher preparation programs.

**Keywords:** *Demonstration teaching, On-Campus, Off-Campus, variability, correlation analysis, educational programs.*



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February 27-28, 2025

## OPTIMIZING ONLINE CLASSES: RESPONDING TO POST-COVID 19 SITUATIONS IN THE COLLEGE OF EDUCATION

Angela C. Napa, Ed.D  
Edward E. Babasa, Ph.D  
Ramil M. Marquez, DrPH  
Judith A. Asistin, MBA  
University of Batangas

This research investigates College of Education students' perceptions and challenges in online classes at the University of Batangas. Utilizing quantitative methods via questionnaires, the study identified class observation, instructional materials, and testing faculty capability as key factors shaping student perceptions. Challenges included managing chores, connectivity issues, and distractions. The proposed action plan recommends strategies to improve learning, particularly in class observation, material development, and addressing student challenges. Implementing this plan aims to enhance online classes in the College of Education, leading to improved student learning outcomes.

**Keywords:** *Online Classes, College of Education, Student Perception.*



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February 27-28, 2025

## **IMPAK NG PROGRAMANG “TURO PARA SA KATOTO” NG COLLEGE OF EDUCATION SA MGA BATA MULA SA BARANGAY CUTA, LUNGSOD NG BATANGAS**

Dr. Efsica A. Maranan  
Dr. Miraflor Gutierrez  
University of Batangas

Ang pag-aaral na ito ay tumatalakay sa epekto ng programang “Turo para sa Katoto” sa mga batang residente ng Barangay Cuta, Lungsod ng Batangas noong 2019. Layunin nitong suriin kung paano nakatulong ang gawaing pangkomunidad ng University of Batangas sa pagpapalaganap ng kaalaman at paglinang ng kasanayan ng mga mag-aaral, alinsunod sa kanilang misyon na gamitin ang edukasyon bilang instrumento ng kaunlaran para sa indibidwal, pamilya, at komunidad.

**Keywords:** *Community Extension Program, “Turo para sa Katoto, Literacy, Numeracy, Barangay Cuta*





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February 27-28, 2025

## **LESS IS MORE: PROPOSED HOME-SCHOOL DISASTER RISK REDUCTION PLAN**

Dr. Angela C. Napa  
Dr. Edward E. Babasa  
Ms. Judith A. Asistin  
University of Batangas

This research crafted a home-school Disaster Risk Reduction (DRR) plan through collaboration between the University of Batangas, its students, and their families. The study aimed to strengthen this partnership and measure its impact. It assessed DRR knowledge, practices, and strategies among 507 college students selected via stratified random sampling. Descriptive statistics revealed a great extent of DRR knowledge and applied practices. The impact was evident, especially in family living and home routines. The resulting DRR plan is intended to aid local communities in implementing DRR initiatives. Key outcomes include integrating DRR themes into university courses like NSTP, STS, and PE. This demonstrates the value of home-school partnerships in enhancing disaster preparedness and resilience.

**Keywords:** *Disaster Risk Reduction, Home-School Partnership, DRR Awareness, DRR Practices, Curriculum Integration.*



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February 27-28, 2025

## **GENDER RESPONSIVENESS IN THE PHILIPPINE BASIC EDUCATION CONTEXT: PRIORITY THRUSTS AND INITIATIVES IN THE SCHOOLS DIVISION OF BATANGAS CITY**

Famela Q. Barairo, PhD  
Romell A. Ramos, PhD  
Nerissa D. Torregozo, MAEd  
University of Batangas

In 2017, the Department of Education (DepEd) issued the Gender Responsive Basic Education Policy mandating schools to pursue initiatives to address enduring and emerging gender issues and to promote gender equality. This explanatory-sequential research explored and analyzed the gender-mainstreaming initiatives implemented in the Schools Division of Batangas City. Based on the Gender Mainstreaming Evaluation Framework (GMEF), the assessment of 255 basic education personnel reveals that the gender-mainstreaming in their Schools Division of Batangas City is currently at the GAD application (Level III). The basic education personnel know the various GAD initiatives institutionalized within the organization and the strategic approach to implementing GAD-related activities. The results and findings from the real-time Delphi survey and focus group discussion underscore the importance of targeted interventions in curriculum development, pedagogy, learning environments, research, capacity building, and knowledge management. The study recommends strengthening awareness programs, addressing knowledge gaps, implementing real-time monitoring and evaluation mechanisms, and fostering collaborative partnerships to enhance gender responsiveness within the Schools Division of Batangas City. These recommendations aim to foster an inclusive and equitable educational environment that supports the holistic development of all students, aligning with the principles of the Gender Responsive Basic Education Policy.

**Keywords:** *gender and development, Gender Responsive Basic Education Policy, exploratory-sequential, real-time Delphi survey, Batangas City*



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February 27-28, 2025

## DESIGN AND DEVELOPMENT OF CONTEXTUALIZED PARENT-MEDIATED COMMUNICATION BOARDS FOR LEARNERS WITH DOWN SYNDROME

Niña Alexandria A. Red

Over recent years, Augmentative and Alternative Communication (AAC) tools, such as communication boards, have become increasingly recognized in special education. However, their application, especially for learners with Down syndrome, remains limited in the local context. This study aimed to evaluate the effectiveness of contextualized, parent-mediated communication boards, focusing on factors such as the medium of instruction, familiarity with the home environment, color use, and readability. Employing a case study and developmental design, the study involved a learner with Down syndrome, her primary caregiver, and family members. Data were collected over three weeks through observation checklists and unstructured interviews, and analyzed using thematic analysis. The findings suggest that contextualized, parent-mediated AAC effectively enhanced the learner's communication skills. However, several factors are crucial for the effectiveness of these tools. Parental involvement in the design and development process is essential to ensure the communication boards meet the learner's needs. A major limitation identified was the inconsistency in using the boards, influenced by the caregiver's time constraints and environmental factors. Additionally, adapting the boards for various social contexts outside the home presented challenges. Based on the findings, it is recommended that future researchers should consider the application and adaptation of contextualized communication boards for other learners with similar conditions. Key areas for exploration include assessing their long-term effectiveness, evaluating their suitability for diverse populations, and refining their design based on feedback from learners, families, and educators.

**Keywords:** *down syndrome, case study, ADDIE Model, Augmentative and Alternative Communication (AAC), contextualized parent-mediated communication boards*



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February 27-28, 2025

## THE COLONIAL CHURCHES OF BATANGAS: A Hermeneutical Analysis

Lionel E. Buenaflor, PhD  
Edward Babasa, PhD  
Julius Ceazar P. Lepran, MA  
Emmanuel Lisboa, MA  
University of Batangas

This study examines the colonial churches of Batangas through a hermeneutical lens, analyzing their role as symbols of faith, power, and cultural identity. It explores how these religious structures reflect Batangueño spirituality, architectural heritage, and historical transformation. The study employs textual analysis, historical interpretation, and phenomenological inquiry to uncover the hidden meanings embedded in church architecture and religious practices. Findings highlight the interplay between pre-Hispanic beliefs, Spanish missionary influence, and the lasting impact of these churches on Batangueño identity.

**Keywords:** *Batangueño identity, colonial churches, history, culture, architecture*



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February 27-28, 2025

## EMPLOYEE WORK-LIFE BALANCE AND PSYCHOLOGICAL WELL BEING: BASIS FOR EMPLOYEE WELL BEING PROGRAM FOR UNIVERSITY OF BATANGAS

Jhun Carlo De Castro  
University of Batangas

This research aims to explore the relationship between Work-life Balance and the Psychological Well-being of the University of Batangas employees, which is essential for establishing an Employee Well-being Program. The researchers adopted Carol Ryff's Psychological Well-being scale and Hayman's Work-Life Balance scale, which was administered to 134 employees selected through stratified random sampling from the total population of 659 employees in both academic and non-academic settings. With this, the study examined the correlation between work-life balance and psychological well-being among the University of Batangas employees by using a quantitative research design. The study also strictly adhered to ethical standards, ensuring voluntary participation, informed consent, confidentiality, and anonymity, in alignment with the PAP Code of Ethics, emphasizing respect, competent care, and integrity. Based on the data gathered from the respondents, their responses have demonstrated a significant relationship between employees' psychological well-being and their work-life balance. Consequently, the researchers have developed a program entitled K3E: Kaagapay, at Kasama mo, Kalinga para sa mga Empleyado. This program includes the Well-being Support Hub, Harmony Haven, Wellness Extravaganza, and Healthy Horizon: Celebrating Social Wellness and Fitness Initiatives. The program's approach incorporates mental health support, fostering a sense of purpose and accomplishment, providing employees with a break from the demands of their daily work routines, and cultivating a sense of gratitude and connection among students towards university employees.

**Keywords:** *Employees, Work-life Balance, Psychological Well-being, Employee Well-being Program*





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February 27-28, 2025

## ILLUMINATING EXISTENTIAL PREDICAMENTS OF RETIRED EMPLOYEES: BASIS FOR PARETIRO MENTAL HEALTH PROGRAM

Kenneth Lloyd M. Camaclang, PhD, RPsy, RPm, CSIOP  
University of Batangas

Retired employees experience existential predicaments upon retirement which mainly impact their psychological, social, emotional, and financial well-being. Considering that the employees are the most important resource in every organization, it is the responsibility of every industry to prioritize the welfare of their employees not only the existing workforce but also those who are already planning to retire for them to be able to avoid, handle, and manage these existential predicaments upon retirement. The study identified the existential predicaments of retired employees. A qualitative research design specifically the Phenomenological approach was used in the study. A validated research-made instrument was used for the collection of the participants' responses and thematic analysis was utilized for the analysis of data. The results showed that reduced exposure to connections and companionship, need for financial help, feeling of insignificance and receiving hurtful words, limited financial resources, a sense of diminished self-worth and emotional struggles, changes in routine and treatment, and loneliness and overthinking are the existential predicaments of retired employees. Also, it was concluded that they have physical, financial, emotional, and social preparations prior to retirement. With all of these in consideration, the researcher proposed a PARETIRO mental health program that aims to effectively address the existential predicaments through several activities for both pre-retiring and retired employees.

**Keywords:** *Existential Predicaments, Retired Employees PARETIRO Mental Health Program, Thematic Analysis, Qualitative Phenomenological Research*



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February 27-28, 2025

## THE MODERATING ROLE OF EXTRAVERSION IN THE RELATIONSHIP BETWEEN EMOTIONAL DYSREGULATION AND INTERNET GAMING ADDICTION: BASIS FOR EXTRAVERTED HANDS APPLICATION

Romar Jerome Claveria, MAPsy, RPsy, RPm  
University of Batangas

College students often experience increased pressure and a whirlwind of emotions during the period of late adolescents. These experiences drive them to engage in specific behaviors and develop coping mechanisms and strategies. The study measured the moderating role of extraversion on students' difficulty in regulating emotions and also their addiction to internet gaming. It utilized a quantitative research design that includes Pearson's Correlation and Structural Equation Modeling (SEM). Using stratified random sampling, the respondents are college students from universities in Batangas City. The research instruments used are Internet Gaming Disorder Scale–Short-Form (IGDS9-SF), Difficulties in Emotion Regulation Scale – Short Form (DERS-SF), and Extraversion Scale for College Students. Findings revealed a significant relationship between Internet Gaming Addiction (IGA) and Emotional Dysregulation (ED). Moreover, results from the battery of tests administered showed that college students from the study are not classified as internet gaming addicts. It also further revealed that they experience difficulties regulating their emotions about half the time. Moderation analysis showed that Extraversion moderates IGA and ED as it lowers the risk of development of both variables. In addition, the majority of college students are extraverts based on the Extraversion scale. With all of these in consideration, the researcher proposed an online application entitled Extraverted Hands to help college students navigate the changes that are happening in their lives.

**Keywords:** *Internet Gaming Addiction, Emotional Dysregulation, Extraversion, SEM*



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February 27-28, 2025

## EXPERIENCE OF MIDLIFE CRISIS AMONG MIDDLE-AGED EMPLOYEES

Jesusa Angelie Austria, MACP, RPsy, RPm  
University of Batangas

This qualitative study, utilizing a phenomenological approach, explores the factors contributing to midlife crises among middle-aged employees and their adaptation strategies. Through semi-structured interviews, the research identified key challenges, including difficulty regulating emotions, reduced physical strength, financial struggles, decreased self-worth, existential anxiety, and self-blame. Participants employed self-help coping strategies and relied on social support systems to navigate these crises. Based on these findings, a mental health program, "ForTeen na si MAMA EM-C: A Mental Health Awareness Program for Middle-Aged Employees with Midlife Crisis", was proposed to support employees in embracing aging, managing emotional distress, and fostering resilience. The study highlights the need for workplace mental health initiatives, HR-led support systems, and further research on cultural and gender influences in midlife crises.

**Keywords:** *Midlife Crisis, Coping Strategies, Mental Health Program, Middle-Aged Employees*



University of  
Batangas

February 27-28, 2025

## PSYCHOLOGICAL DISTRESS AND WORKPLACE STRESS: BASIS FOR COMPANY-BASED MENTAL HEALTH PROGRAM

Roy C. Talavera, MDiv  
University of Batangas

In today's fast-paced world, mental health is acknowledged as being just as important as physical well-being on a global scale. Common issues like depression, anxiety, and substance abuse are prevalent, often worsened by socioeconomic factors and cultural beliefs. In the workplace, societal pressures and intense competition, contribute to stress and anxiety among employees. Recognizing the impact of mental health on productivity, organizations are urged to prioritize strategies to support their employees' mental well-being. A research study titled "Psychological Distress and Workplace Stress: Basis for Company-Based Mental Health Program" aims to explore this relationship further, to mitigate workplace stress, and to contribute to a workplace culture that prioritizes mental well-being for everyone involved. In addition, the researcher utilized a quantitative research approach in the conduct of the study. Specifically, a descriptive correlational and inferential design was employed to measure Psychological distress and Workplace stress for participants. An Adopted Research Instruments was used for gathering quantitative data from Kessler Psychological Distress Scale (K10) and The Workplace Stress Scale, which were collected via google form. Hence, based on the interpretation of the research findings, several conclusions can be drawn. Firstly, respondents generally experienced a moderate level of psychological distress, although they also perceived positive aspects in their work environment, such as recognition for good performance and skill utilization. Secondly, while respondents may be experiencing psychological distress, it tends to be categorized as "likely to have a mild disorder," rather than reaching severe levels. Thirdly, there is no significant difference observed between the profile of respondents and the research variables. Fourthly, there is a significant relationship between psychological distress and workplace stress. Lastly, the implementation of a company-based mental health program "Project KASAMA" aimed at reducing workplace stress could potentially alleviate mental strain among employees.

**Keywords:** *Psychological distress, Workplace stress, Mental Health*



**University of  
Batangas**

February 27-28, 2025

## **A QUALITATIVE INQUIRY ON THE LIFE MANAGEMENT STRATEGIES OF PARENTS WITH EXCEPTIONAL CHILDREN**

Rosemarie Mayanne Q. Manalo, PhD, RPsy  
University of Batangas

Parents hold a crucial role in their children's lives. The home serves as a child's initial school, with parents acting as their first teachers. However, the journey to becoming an exceptional parent does not occur overnight. This life management task can be particularly challenging for parents of exceptional children. This study was conducted to delve into the experiences and life management strategies of parents with exceptional children and to devise a short course program to improve these parents' lives. The study employed a descriptive phenomenological research design. The researcher utilized purposive sampling and included seven participants who fulfilled the following criteria: employed parents and bona fide residents of Batangas province with at least one child diagnosed with a disability. The exceptional child had to be enrolled in a class and receive interventions or therapies. The findings revealed that the experiences of parents with exceptional needs were characterized by negative emotions, personal adjustments, negative social responses, constant worrying, emotional dysregulation, celebration of every milestone, acceptance of exceptionality, support for their children, continuous nurturance, and efforts to allow their children to live normally. Their life management strategies included practical preparation, having a support system, religious coping, and maintaining a positive outlook.

**Keywords:** *descriptive phenomenological research design, exceptional child, experiences of parents with exceptional children, life management strategies of parents with exceptional children, parents with exceptional children*



# ACKNOWLEDGEMENT

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