The Role of Dreams in the Assessment and Analysis of Mental Health Conditions from the Perspective of Mental Health Practitioners

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Abstract: Studies have proven that a person's dreams and mental health condition have a connection with each other. In fact, major dream theories such as Freud's and Jung's have been the basis of practitioners in studying dreams. The purpose of this research is to explore the role of dreams in the assessment and analysis of mental health conditions. Moreover, this study focuses on the experiences and practices done by mental health practitioners with regards to their patient's dreams. In this qualitative study, the researchers interviewed five mental health practitioners in the Philippines, specifically licensed psychologists and psychiatrists, given that they have the most experience in handling patients with mental health conditions. Through the semi-structured interviews with mental health practitioners, things such as the frequency of dream usage, its link to a person's conscious life, and what kinds are further examined were discussed. Dreams have also been described as an indicator for additional assessment, with the practitioners basing their chosen methods on the needs of their patients.

Key Words: dreams; unconscious; dream analysis; mental health conditions; mental health practitioners

1. INTRODUCTION

Dreams are a universal human experience that can be expressed as a state of consciousness characterized by sensory, cognitive, and emotional occurrences during sleep (Nichols, 2018). DerSarkissian (2019) mentioned that dreams can be entertaining, disturbing, or downright bizarre. It was even explained that the stresses in the waking life can be manifested in dreams. Additionally, according to dream research, a dream is viewed as a possible adaptive mode for processing emotional events (Phelps, et al., 2011, as cited in Pope, 2017). It was also explained that the content of dreams is often used for psychoanalysis, although less common as it was before, some doctors still look at dreams for diagnostic clues for medical disorders (Shiel, 2018).

Between the dreams of a person and the current state of their mental health exists a relationship, as emphasized in the book Dreams and Mental Disorders (2018). Given these facts, the researchers claim that dreams play a role in the assessment and analysis of various mental health conditions.

2. METHODOLOGY

This study is qualitative, and the primary data were collected through semi-structured online interviews. Moreover, the non-probability sampling method that was applied in this study is purposive sampling. Five mental health practitioners were purposively selected based on the following criteria: (1) a licensed psychologist or psychiatrist, (2) has at least 5 years of experience in the field, and (3) part of an established organization in the Philippines such as Philippine Psychiatric Association Inc. (PPA), Psychological Association of the Philippines (PAP), and Philippine Mental Health Association Inc (PMHA). The interviews were transcribed and analyzed using thematic analysis (Braun and Clarke, 2006).

3. RESULTS AND DISCUSSION

3.1 Mental Health Practitioners' Analysis of Dreams

This section focuses on mental health practitioners' way of analyzing their patients' dreams. There are two major themes that emanated under this category: (1) types of dreams to be dwelled upon; and

(2) the role of mental health practitioners in the analysis of their patient's dreams.

3.1.1 Types of Dreams to be Dwelled Upon

It has been noted that there are specific types and themes of dreams that must be dwelled upon. According to Participant 5, nightmares and recurring dreams are the usual experiences of their patients. Also, people who are "poor experienced", such as those who were sexually molested or had a near-death experience have dreams that are very vivid like their actual experiences, most of which are recurring. Participant 1 even stated:

"If it's a recurring dream, you can make a clinical judgment that it may be related to what is being experienced by the person right now…"(I1)

Aside from this, participant 1 mentioned the common themes of dreams of their patients: chasing, marriage, and house dreams. Participant 5 also discussed that if the dream is obviously connected to the traumatic experience, that has to be dealt with, and the accompanying effect or the emotional attachment of the experience has to be confronted. Lastly, according to Participant 2, one must pay attention to numinous dreams:

"Numinous dreams are those that one can recall upon waking up. When the patient opens up about the dream, then I am sure that it's a numinous dream, because the person carries it throughout the day. Those are the ones that need to be dealt with."(I2)

3.1.2 The Role of Mental Health Practitioners in the Analysis of their Patient's Dreams

In analyzing dreams, there are different approaches done by mental health practitioners depending on their patient's needs. Participant 3 described that one approach is by getting all the elements of the dream. From that, they will get information or feelings from the patient extracted from their dreams. This shares the same method as Participant 2 where the psychologist will show the issue to the patient and ask them the same questions.

According to Participant 3, Cognitive Behavioral Therapy (CBT) is one of the approaches done by psychologists in assessing their patients' dreams in order to correct the thought patterns of the person. On the other hand, Participant 5 pointed out that they will first assess the significance of the dream, whether or not they are related to the patient's condition as they could only be ordinary.

Participant 1 also tackled what professionals do upon learning about their patients' dreams.

"It's a bit difficult to be the therapist if they will be the ones suggesting the meaning of the dream, so what we'll do is to ask the right questions, to lead the person to make sense."(I1)

3.2 The Connection of Dreams and Mental Health Condition According to Mental Health Practitioners

This section discusses the relation between dreams and a person's mental health condition. There are two major themes that stood out under this category: (1) dreams as an uncommon concept for mental health practitioners; and (2) dreams as a manifestation of the conscious life.

3.2.1 Dreams as an Uncommon Concept for Mental Health Practitioners

It has been found that the concept of dreams comes up rarely in the practice of mental health practitioners because it is only the patient who brings up their dreams. As mentioned by Participant 1:

"It is not a common thing. It's not something that a therapist will really bring in the picture unless there is a particular frame."(I1)

In addition, Participant 3 also explained that the topic about dreams only arises when the patient talks about it because this means that it bothers them:

"The tricky part in dreams is that it rarely comes up because it truly comes from the patient, So, if we're administering a mental status examination or an interview, the question "did you have a dream?" isn't generally included. Another reason that it's rare is that it doesn't get brought up unless the patient has courage or they want to." (I3)

3.2.2 Dreams as a Manifestation of the Conscious Life

It has been revealed that one's dreams and consciousness are inextricably linked. Participant 1 stated that in dreamwork, the theme of the dream is connected with what is happening to the person.

"We always say in dream work that our dream is not about the people we dream about; instead, our dream is all about ourselves. So even if you see friends, mothers, or whoever they are in your dream, it is all different aspects of yourself."(I1)

Participant 4 believes that dreaming is a manifestation of an individual's state of mental health.

"Studies say that nightmares are often experienced by those who are under distress and recurring nightmares in particular, and can be a warning of a disorder which I have also observed among my clients. Moreover, having frequent nightmares may suggest sleep disturbance which may lead to more problems for the client."(I4)

Participant 4 also sees the significance of the dream and its content if its random thoughts and imagery may be related to the client's recent or remote memory/experience, especially if it is related to the situation bringing distress to the client. Additionally, as stated by Participant 5, in general, dreams always represent what's going on in the psyche of the person.

"The manifest dream is the actual memory of the patient, whatever is going on during their dreams. The dynamic of it will depend on how the practitioners will be able to correlate the aspects of the dream clinically because some are quite deep."(I5)

3.3 Dreams in the Assessment of Mental Health Practitioners

This section discusses the involvement of dreams in the mental health practitioners' assessment of their patients. There are two major themes that emerged under this category: (1) dreams as a starting point for mental health practitioners, and: (2) main frameworks followed by mental health practitioners for dream analysis.

3.3.1 Dreams as a Starting Point for Mental Health Practitioners

This major theme dwells upon how mental health practitioners perceive dreams as a starting point and indication for further assessment. Firstly, Participant 3 mentioned how dreams would be a good entry point for discussion.

"Dreams would be a starting point for a good discussion on how to assess, specifically how the person is thinking, feeling, and reacting towards the dream. From the dream as a starting point, we will go deeper in terms of what the patient feels, and then it can be an expanding discussion, like going back to the reality or the possibility of having an experience in the past that the patient cannot forget. So for me, a dream is a good entry point for discussion during an actual therapy session."(I3)

Participant 3 also pointed out that the approach and assessment done by the psychologist will depend on the case or problem of their patient. On the other hand, Participant 4 points out the concept of dreams coming up during the initial mental status examination done to patients.

"A standard in my practice is to do a Mental Status Examination. Part of that is watching out for disturbances in thinking/form of thought that usually leads me to ask clients recent dreams they can recall or possibly recurring nightmares which may turn out to be significant in my assessment."(I4)

3.3.2 Major Dream Perspectives followed by Mental Health Practitioners in Dream Analysis

This section explains the psychoanalytic and psychodynamic perspectives followed by mental health practitioners in analyzing their patient's dreams. First, Participant 2 discussed that in line with Freud's psychoanalytic theory, he believes that there is always a sexual component in dreams. In addition, Participant 1 dwelled upon Freud's idea of the 'tip of the iceberg' or the things that we know about ourselves, explaining that the other aspects that we do not know are revealed in our unconscious. Participant 3 also expounds on the connection between dreams and past experiences:

"Dreams are more of psychoanalysis, like dwelling on the past. Something happened in the past which is why a person is who they are in the present. If the orientation is like that, the concept of dreams will most likely be included because it is part of the process of psychoanalysis."(I3)

On the other hand, Participant 5 focused on the psychodynamic perspective by relating dreams to a traumatic event.

"As long as the strong negative emotions attached to that experience are still there, our unconscious keeps on working. In fact, most of the traumatic experience will make way to the unconscious, because some of the patients cannot confront it during their consciousness."(I5)

3.4 Discussion

The results found by the researchers are proven to be supported by several studies conducted in the past. First, according to the study of Brown et al. (1995), therapists do not bring dreams unless the patient initiates it. This backs up the researchers' findings that dreams are rarely brought up in the

practice of mental health practitioners because the patient is the one who brings it up. Furthermore, some studies support the conclusion that dreams are linked to one's consciousness. Campbell et al. (2018) discovered that a person's level of frustration or satisfaction had an influence on dreams and how they were interpreted emotionally. They even came to the conclusion that those who had recurring dreams suffered more psychological defeat on a daily basis. Schredl (2018) also pointed out that patients with mental health disorders, particularly depression and schizophrenia, often have negative waking-life symptoms. In addition, the researchers observed that mental health practitioners follow Freud's theory of dreams, particularly psychoanalysis and psychodynamic perspectives. This supports the findings of Brown et al. (1995) that Freud's theory is one of the approaches that most clinicians rely on. Cushway and Sewell (2013, p. 11) also explained that dream writers collectively agree that Freud's theory of dreams was a key milestone that laid the groundwork and served as a basis for most succeeding theories.

4. CONCLUSIONS

The concept of dreams rarely comes up in the practice of mental health practitioners unless the patient brings it up. It has also been proven that dreams are linked to what is going on in a person's conscious life. Additionally, specific dreams such as numinous, chasing, and recurring are the ones that must be dwelled upon during intervention. Dreams are also a good starting point and indicator for further assessment, and practitioners' approaches are often based on their patient's needs. Finally, in analyzing their patients' dreams, mental health practitioners primarily rely on Freud's theory, particularly psychoanalytic and psychodynamic perspectives.

5. ACKNOWLEDGMENTS

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WEARING CUT SLEEVES:
Unpacking Narratives of Coming Out by Chinese Filipino LGBTQIA+

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Abstract: The act of coming out is a major decision for many members of the LGBT community. Many factors are affecting this, including the environment that an individual is in. The main goal of this study is to uncover and understand the experiences of Chinese Filipino LGBTQIA+ individuals as they come out to the people around them. Moreover, the researcher aims to discover how this decision affects the lives of these individuals and their relationships with others. The research gathered the necessary data by interviewing eight self-identified Chinese Filipino LGBT individuals. The responses in the interviews were analyzed and interpreted by the researcher through critical discourse analysis. After gathering the data, the researcher found that the experiences of everyone differed from each other, with the main influences including their preconceived notions of the LGBTQIA+ community, and their Chinese upbringing. However, the study also found that all respondents had shared threads of experience, including the importance of self-disclosure, hesitation in coming out to parents, and generally positive results for the individuals after coming out.

Key Words: coming out, LGBTQIA+, Chinese Filipino, queer, phenomenology

1. INTRODUCTION

1.1 Background of the Study

The process of coming out as a member of the LGBT community has been the center of interdisciplinary studies for several years (Brumbaugh-Johnson & Hull, 2018). For many members of the community, the decision to come out is a great challenge, especially when choosing to come out to one's family (Heatherington & Lavner, 2008). Though times are more modern and are generally seen as more accepting, LGBT individuals are still wary of coming out.

Within Chinese Filipino households, homosexuality is seen as distancing oneself from their Chineseness, and LGBT individuals have experienced alienation from their families since coming out (Baytan, 2000). Being LGBT goes against Chinese households' traditions and expectations, and children in many Chinese Filipino households experience guilt for their sexual orientation and gender identity (Chu, 2020). However, these LGBT people do not distinguish themselves from Chinese or Filipino and still choose to express themselves as LGBT and allow their identities to be known.

The study aims to understand the reasons for coming out to family and friends despite their hesitations and the stigma surrounding homosexuality, made in conjunction with being Chinese Filipino, which can be perceived as an additional challenge in their coming out journey. It further studies the circumstances surrounding these individuals' coming out, including possible hesitations that they may have experienced due to preconceived notions, their environments, and other factors.

1.2 Theoretical Framework

The study took two theoretical frameworks, Queer Theory and Phenomenology, as it magnified the coming out of Chinese Filipino LGBTQIA+ based on their own experiences. The two worked together in producing a coherent narrative of how Chinese Filipino LGBT came out and the struggles that accompanied this decision.

1.2.1 Queer Theory

Queer Theory was developed by Butler (1990), contesting the status quo of defined identity categories. Instead, it suggests that human relationships are better seen by gender expression rather than by sex determinants.

One of the core concepts of Queer Theory is heteronormativity. This concept assumes that everyone is cisgender and heterosexual, thus necessitates that members of the LGBT community

"come out" to others and declare their separation from heterosexuality.

Sedgwick (1990) demonstrates the impact of language on sexuality and states that labels and labeled speech acts are ultimate proofs of the nature of one's sexuality. She asserts that sexuality is not merely dependent on the gender of the object of attraction but extends across a spectrum that encompasses the multiple ways that distinguish people sexually. The socially constructed labels of homosexual and heterosexual are inadequate for such a spectrum. She argues that these categories must be examined, and seeing how such categories manifest and are perceived in society is more critical than their denotative meaning.

Queer Theory is the most appropriate to use in this study, as it is the most suited to deal with topics focusing on LGBT issues. As an act of verbalizing one's own sexuality, the process of coming out is a show of proving identity, and it is important to more deeply understand the perceptions of people in society toward these labels that LGBT individuals who come out attach to themselves.

1.2.2 Phenomenology

Phenomenology was first presented by Edmund Husserl, who argued that people could only be certain about how things appear in their surroundings because of their personal experiences and consciousness and rejected the belief that the external world exists independently from the person (Groenewald, 2004).

Phenomenology seeks to describe meanings of people's experiences in terms of what was experienced and how it was experienced. It assumes that the researcher must turn to the self to discover the true nature of things. Phenomenology states that the subjective and objective are intertwined, and understanding the world's objective realities requires an understanding of people's subjective experiences.

This is the most appropriate for the study, as it focuses on people's experiences and seeks to understand and describe them accurately to reflect their realities.

1.3 Statement of the Research Problem

This study's main objective is to understand the process of coming out as LGBT for Chinese Filipinos. It seeks the narratives of these Chinese Filipino LGBT in their coming out. Specifically, the study aims to answer the following questions:

- How do Chinese Filipino LGBTs come out?

- How did significant people in the lives of Chinese Filipino LGBTs react after they came out?
- How did coming out affect the lives of Chinese Filipino LGBTs and their relationship with others?

2. METHODOLOGY

2.1 Research Design

This study was a qualitative study on the experiences of Chinese Filipino LGBT in coming out to the people around them. Qualitative research collects data in a non-numerical manner and uses a variety of data sources to gain a more intimate understanding of the participants (Nassaji, 2015). Since this topic dealt with people's narratives and experiences, a qualitative design was the most appropriate for the study.

More specifically, this research was a phenomenological study. A phenomenological study aims to understand and describe phenomena by exploring them through the perspectives of people who have experienced them (Neubauer et al., 2019). As the study sought the narratives of coming out from Chinese Filipino LGBT people who had experienced the process of doing so, a phenomenological study was most suited.

This study aimed to explain and understand the reasons and consequences of choosing to come out as told by Chinese Filipino LGBT people. It was a narrative research that analyzes stories to understand people, including their cultures and histories (Wolgemuth & Agosto, 2019). Furthermore, it aimed to fill the gap of knowledge in gender studies focused on Chinese Filipino contexts.

2.2 Data Gathering Procedures

First, the researcher constructed several guide questions for the unstructured interviews to obtain the study's necessary data. The researcher reached out to self-identified Chinese Filipino LGBT respondents who were willing to be interviewed. The interviews were scheduled during a time available for the respondents. The interviews were conducted one on one. The researcher commenced the interview by asking the respondents to tell their story of coming out and asking probing questions when necessary. The transcript of the interviews was analyzed using critical discourse analysis.

3. RESULTS AND DISCUSSION

Through interviews with the eight respondents, the research showed the overarching themes present in their coming out experiences. These interviews aimed to give insight into how and to whom the respondents came out, their hesitations in coming out, the significant people's reactions in their lives, and their current relationship with these significant people. The study found the circumstances of each participant's coming out to be different and unique, but also showed commonalities among the narratives.

3.1 Hesitations in Coming Out

Each respondent's coming out experience was different, with different approaches to disclosing their identities as LGBT. Four respondents were out to everyone around them, including friends and family. Two respondents were out to some of their family and friends, while the remaining two respondents were only out to their friends, not at all out to their family.

All respondents felt hesitation or fear in coming out to their family and parents in particular, and for two respondents, this has kept them from coming out to their families. Respondents whose families were more traditional and conservative tended to be more hesitant in coming out. However, despite these hesitations, some still chose to come out to their families. One such case came out to her first-generation Chinese parents despite knowing they would react negatively. She said that it would be better for her parents to hear it from her rather than from someone else, and placed importance on the act of coming out itself.

Another common theme was coming out of their own volition. Respondents preferred to personally let significant people in their lives know about them being LGBT rather than let them hear it from an outside source, and the people they did not wish to come out to were not to be told unless by the respondents themselves. One respondent expressed active dislike for their sexual orientation being disclosed outside their consent. The agency of being the ones to express their sexuality was important to the respondents. Respondents who already came out to their families said they were more open to coming out to others.

No respondent was out only to their family and not to their friends, suggesting that this is less common than vice versa. This could be explained by the LGBT individuals perceiving fewer expectations from their friends than their family, and familial expectations, especially in Chinese Filipino contexts, are significant barriers to overcome in coming out. Parents, in particular, were family members who are hardest to come out to, possibly due to their children's expectations and the inherent power they have over them.

Respondents also faced negative perceptions of the LGBT community before coming out, somewhat straining their relationships with the significant people in their lives. Some respondents considered themselves to be homophobic during this time, which they attributed to their more conservative Chinese Filipino environment growing up, such as their schools and their homes. This internalized homophobia may also have been one barrier to their coming out.

3.2 Positive and Negative Reactions

The reactions of the significant people in the lives of the respondents were generally positive. The results found that the respondents' friends reacted more positively to their coming out and were more outwardly accepting and supportive than their family.

Reactions from family were more mixed. Of the five respondents who came out to both parents, two had very accepting parents, while two had parents who were more hesitant to accept and support the respondents' coming out fully. Some families had very negative responses, and one respondent stated that her parents called her decision to come out 'selfish'. Fears of rejection led some of the respondents to not only not come out, but also actively hide their sexual orientation.

These reactions were usually expected by the respondents. One respondent stated that she expected her parents to think it was abnormal because their upbringing led them to believe it was a sort of disease. Another respondent stated that, though she thought her mother would be accepting, she still hesitated to come out to her, pointing to the trend of parents being the greatest obstacle in coming out.

Some people outside of friends and family also had strong reactions to the respondent's coming out despite not being significant people in their lives. These reactions were significant enough to the respondents to be brought up throughout the interview.

3.3 Shift in Relationship Dynamics

The relationships of the respondents with their friends and family they came out to did not change or they even became closer. Respondents stated that they could trust their friends and family more after coming out to them. They became more comfortable with their friends and vice versa, and felt that it was easier to approach people because they didn't feel the need to hide parts of themselves anymore.

One respondent expressed that she became more comfortable as herself around her parents, despite their non-acceptance of her sexual orientation. Her decision to verbalize her sexuality to them solidified her identity, and she said that she appreciated being able to make jokes about it around her mother and becoming closer with her sister.

Trust played a significant role in the coming out narratives of each respondent, and the trust they had in the people around them also affected their decision on whether to come out or not. After coming out to significant people, their trust increased or decreased depending on their reactions, and there was more avenue to be more open with others.

Many of the significant people in the lives of the respondents, particularly their friends, also did not have much knowledge of the LGBT community. Respondents explained concepts to these people, after which they became more educated on LGBT topics and issues, and became more accepting and supportive allies of the community.

Respondents stated that, during the time of their parents, LGBT issues were less prominent and less mainstream. One respondent also stated that, due to her schoolmates' more conservative Chinese upbringing, they were less informed about issues concerning the LGBTQIA+ community, therefore needed to be educated on them. Another respondent stated that, since her parents were from China, they had no knowledge of anything concerning LGBT issues.

4. CONCLUSIONS

This research highlighted the different experiences that each respondent underwent, the shared experiences of the respondents in their journeys, and comes to the following conclusions:

First, each person's journey in coming out is different. Each story is unique, due to different factors like their home and work environments, the people around them, and their environments while growing up. The process of coming out is a process of choices. Individuals choose to come out personally or choose to let the truth come out by itself. They choose to wait for a long time before coming out or choose to do it immediately after discovering that they are LGBT. Differences in past experiences and environments lead to differences in stories of coming out.

Second, while diverse, these experiences have commonalities that are constant through most, if not all, narratives. Most participants in the study came out first to friends before family, but not vice versa. They expressed hesitation and reluctance before coming out, especially to parents and other family members. Family is often the last and most complex

group of people to come out to, especially for Chinese Filipino families with more traditional beliefs and expectations that the individuals may push themselves to meet. Additionally, self-disclosure was very important for the participants, and it was important for them to come out personally to their friends and family.

Third, acceptance in coming out has generally positive results for the LGBT individuals who are coming out. All the respondents stated that coming out has improved their relationship with the people whom they came out to who accepted them. Individuals who came out became more open and trusting with the significant people in their lives. As the respondents who were accepted by their friends and families found positive results after coming out, acceptance may play a key factor in having positive outcomes after coming out.

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"I saw the sign": Extent of Use of Filipino Sign Language and its Impact on Interpersonal Relationships in the Workplace among Deaf employees

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Abstract: In recent years, there has been an increase in employment opportunities available to persons with disabilities. Despite this, stigma surrounding the employment of the Deaf community in particular remains, causing higher unemployment rates as many employers show a preference for those with motor disabilities. Socialization is often the cited reason for this. Deaf employees face several communication barriers, such as the lack of a common linguistic background with their co-workers, as the former is limited to manual communication while the latter uses verbal. To overcome this barrier, some workplaces utilize Filipino Sign Language (FSL) to facilitate effective communication between Deaf and hearing co-workers. This study aimed to determine the impact of the Extent of FSL Use on the Quality of Interpersonal Relationships in the workplace, along with the Personal and Work-Related Characteristics generally affecting FSL Use. Through the use of a self-administered questionnaire and purposive sampling limited to Deaf employees, a positive correlation was found between the Extent of FSL Use and the Deaf employees' perception of the Quality of Interpersonal Relationships with hearing colleagues. Factors such as Nature of Work, Educational Attainment, Industry, Network, and Organizational Size were also found to influence the Extent of FSL Use in the workplace.

Key Words: Filipino Sign Language; Deaf; PWD employment; workplace interpersonal relationships; workplace dynamics

1. INTRODUCTION

Due to the lack of readily available facilitation of interpreters, several complications arise for many Deaf workers, including but not limited to a lack of occupational prospects, innovative accommodations, employee retention, and salary increases (Guno, 2019; Mina, 2013). Existing literature has shown that these issues stem from the multiple communicative challenges Deaf employees face in day-to-day operations (Cruz & Calimpusan, 2018; Guno, 2019; Lamichhane, 2015; Mina, 2013; Svinndal et al., 2019). Because of the lack of communicative spaces for them in several areas of their work-life, most display low social participation in work-related social functions, leading to social withdrawal, difficulty in establishing rapport, reluctance in asking for accommodation, and feelings of being undervalued as an employee (Punch et al., 2007; Svinndal et al., 2019; Wells et al., 2009). As third-party mediators such as translators only relay information to them, there is little to no space for them to participate in meetings, casual conversations, training functions, etc., rendering them unable to provide incidental input and to fully participate in workplace interactions, both integral to

the perceived self-importance of the disabled employee in the workplace (Wells et al., 2009).

As such, Deaf employees have been found to prefer communicating with their hearing co-workers in signed language directly, as it was "more comprehensible" and "easier" in terms of working with employees who understood the same language (Mina, 2013; Wells et al., 2009). Today, Filipino Sign Language (FSL) exists as the Philippines' national sign language institutionalized in Deaf culture, as it is "able to capture the idiosyncrasies of how Filipinos talk" (Filipino Sign Language Act 2018; Imperial, 2015). Though related literature is scarce, the use of FSL in the workplace and the overall involvement of the Deaf community as members of the workforce may be attributed to the following factors: Personal Characteristics such as their biological sex, educational attainment, alma mater (whether or not they were enrolled under a Special Education school), and their nature of work (Goertz et al., 2010; Kim, 2006; Lamichhane, 2015; Martz & Xu, 2008; Smith, 2007; Williams et al., 2006); as well as Work-related Characteristics such as their industry, company policy and advocacies, membership in a network, and the number of co-workers with similar disabilities (Foster

& MacLeod, 2003; Gatchalian et al., 2014; Graffam et al., 2002; Honey et al., 1993; Mansour, 2009).

According to a study by Wells et al. (2009), the quality of participation that Deaf employees experienced in their work environment directly affected their perception of interpersonal relationships. A high perception of the quality of interpersonal relationships directly impacts employees' behavior, especially regarding their ability to collaborate, commitment to their responsibilities, their overall performance, and internal and external organizational communication, among others (Szostek, 2019). Developing a common language employed internally within a social group involves the passive acquisition of communicative practices through association with a community, demonstrating internal identification, and, therefore, positive interpersonal relationships (Durrel, 2004). In line with this, Cohen and Kassis-Henderson (2012) reported that the use of language is of great importance when establishing rapport with multilingual co-workers. Though Cohen and Kassis-Henderson's observation was made about spoken languages, the general idea remains the same — provided a company's employees' desire to bridge the communication gap, their use and reception of FSL from their Deaf colleagues must be thoroughly studied, together with its effect on their workplace interactions and resulting perceived interpersonal relationships.

1.1 Research Objectives

Specifically, this study seeks to answer the following research questions:
1. To what extent do Deaf workers use FSL in the workplace?
2. What is their perceived Quality of Interpersonal Relationships in the workplace?
3. How does the Extent of FSL Use impact their perceived Quality of Interpersonal Relationships?
4. What is the relationship between the Personal and Work-related Characteristics of Deaf employees and the extent to which they use FSL in the workplace?
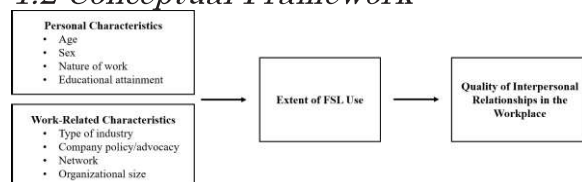
1.2 Conceptual Framework

Figure 1. Conceptual Framework

This study focuses on the extent to which FSL is used in workplaces with Deaf employees in different industries and its effect on their perceived quality of interpersonal relationships within said environment.

There are three independent variables in this study, namely (1) Personal Characteristics, (2) Work-related Characteristics, and (3) the Extent of FSL Use in the workplace among Deaf employees. The primary dependent variable of this study is the Quality of Interpersonal Relationships in the workplace. The Extent of FSL Use in the workplace is affected by the outlined Personal and Work-related Characteristics. 'Extent' in this variable refers to both the frequency and variety of interactions where Deaf employees utilize FSL.

This can then affect interpersonal relationships within the work environment. Given that spoken language plays a vital role in establishing rapport among multilingual workplaces (Cohen & Kassis-Henderson, 2012), there is reason to believe that this effect is present among sign language users as well, if not more significant.

2. METHODOLOGY

In line with the enumerated research questions, the study utilized a descriptive and explanatory research design. A purposive sampling technique was used, and respondents were chosen based on the following criteria: they 1) must be entirely deaf and 2) must be employed. The researchers tapped personal connections, contacted various organizations, and crowdsourced on social media for potential participants.

The instrument used to gather data was a self-administered questionnaire using Google forms. The questionnaire consisted of four sections; sections one and two were designed to catalog the respondents' Personal (e.g., age, sex, nature of work) and Work-related (e.g., type of industry, organizational size) Characteristics, respectively. Section three utilized a 7-point Likert scale with questions to ascertain the Extent of FSL Use in the workplace. With 1 being low and 7 being high, respondents were asked to rate their ability to communicate with co-workers using FSL in everyday workplace situations, such as supervision, meetings, and spontaneous interactions. This was adapted from a similar study by Punch et al. (2007), modified to fit the present paper's nuances. Section four used a 4-point Likert scale to examine the Quality of Interpersonal Relationships the respondents had with their co-workers. Questions in this section were adapted from Szostek's (2019) study and operationalization of the determinants of the Quality of Interpersonal Relationships. A simplified version of the Informed Consent Form was appended to the Google Form. The entire questionnaire is in English

but included Filipino translations for the convenience of the respondents.

The following statistical tests were used in the study:

Table 1. Data analysis matrix.

Independent Variables	Type of Data	Dependent Variable	Type of Data	Statistical Test
Personal Characteristics:				
- Age	Ratio			Spearman's Rho
- Sex	Nominal			t-Test
- Nature of work done	Ordinal	Extent of FSL Use	Interval	Descriptive
- Educational Attainment	Ordinal			Descriptive
Work-related Characteristics:				
- Industry	Nominal			Descriptive
- Company policy/ advocacy	Nominal	Extent of FSL Use	Interval	Mann-Whitney
- Network	Nominal			Mann-Whitney
- Organizational Size	Interval			One-way ANOVA
Extent of FSL Use	Interval	Quality of Interpersonal Relationships	Interval	Spearman's Rho

3. RESULTS AND DISCUSSION

3.1 Characteristics Affecting Extent of FSL Use

The Personal and Work-related Characteristics which showed a statistically significant effect on the Extent of FSL Use are Network and Organizational Size, while notable trends were observed for the Nature of Work, Educational Attainment, and Industry. For the remaining independent variables, Age, Sex, and Company Policy/Advocacy, the researchers could not gather sufficient evidence to declare that they affected the dependent variable significantly.

Table 2. Extent of FSL Use by Presence of Network

Network of PWD Organizations	n	Extent of FSL Use Score	
		M	SD
Present	48	37.85	12.65
Not Present	6	21.33	6.77

The Mann-Whitney U Test conducted to establish a relationship between Extent of FSL Use and companies' coordination with PWD groups (presence of a Network) yielded a p-value of 0.0019 (α = 0.05). There is enough evidence to conclude that being part of a network directly increases the Extent of FSL Use. The result confirms previous studies (Cruz & Calimpusan, 2018), which observe that forming relationships and connections with the larger Deaf community through the aforementioned networks is essential for Deaf workers to receive social, economic, financial, emotional, and other forms of support in both their jobs and personal lives. It allows them to be more engaged with like-minded individuals who are more likely to take actions towards inclusivity, including supporting the use of FSL across various platforms.

Table 3. *Extent of FSL Use by Organizational Size*

Organizational Size (No. of Deaf employees)	n	Extent of FSL Use Score	
		M	SD
1-15	23	30.00	13.32
16-30	19	37.74	11.79
Above 30	12	44.83	9.45

Likewise, a one-way ANOVA test conducted to draw a relationship between the Extent of FSL Use and the organizational size of a company yielded a p-value of 0.0036 (α = 0.05), indicating a significant difference in the Extent of FSL Use between companies that house 1 to 15, 16 to 30, and more than 30 Deaf employees. This suggests a linear relationship between a company's Organizational Size and the Extent of FSL Use, confirming Foster and MacLeod's (2003) findings that few Deaf co-workers are likely to lead to a smaller Extent of FSL Use due to isolation and discouragement.

For the variables in which trends in the data were observed, namely Nature of Work, Educational Attainment, and Industry, the researchers were only able to utilize descriptive statistics instead of the planned statistical tests due to the insufficient number of respondents for specific categories.

Table 4. *Extent of FSL Use by Nature of Work Done*

Nature	n	Extent of FSL Use Score	
		M	SD
Vocational	13	28.08	13.23
Rank and file/Clerical	28	36.04	13.14
Supervisory	6	46.50	8.87
Managerial	6	42.83	7.73
Executive	1	35.00	N/A

Regarding Nature of Work, supervisory and managerial showed the highest mean score in the Extent of FSL Use, compared to employees in lower job levels such as vocational. Excluding the executive level that garnered only one respondent, thus being an unreliable value, this trend may be explained by the greater likelihood of employees with higher job levels requesting additional workplace accommodations from accumulating years of experience (Punch, 2016).

Additionally, the distribution of labor in supervisory and managerial positions may mean that they have more resources to dedicate to promoting FSL among their co-workers than those with labor-intensive physical occupations.

Table 5. *Extent of FSL Use by Educational Attainment*

Educational Attainment	n	Extent of FSL Use Score	
		M	SD
Elementary	2	24.50	3.54
High School	9	30.11	13.87
College	37	37.38	13.48
Vocational	3	36.67	8.62
Post-Graduate	3	44.00	7.94

The respondents were also asked regarding their educational background. Employees with post-secondary educational attainment, such as college and vocational degree holders, report higher average use of FSL because they are more likely to request and receive additional workplace accommodations compared to those with elementary or secondary education (Punch, 2016). This may be because PWD employees with lower educational attainment can be assigned to lower positions, which companies usually prefer (Kim, 2006). This allows employers to save money that would otherwise have been invested in training, supervision, and other related expenses, negatively affecting FSL usage.

Table 6. Extent of FSL Use by Industry

Type of Industry	n	Extent of FSL Use Score	
		M	SD
Creative	5	44.40	13.15
Education	4	39.25	17.46
Food Service	9	27.22	11.19
Manufacturing	8	28.38	12.36
Professional Services	24	40.83	11.64
Retail	2	30.50	7.78
Utilities	2	26.50	0.71

Results show that Extent of FSL Use varied greatly across industries: workers in the utilities and foodservice sectors rated their usage of FSL the lowest. In contrast, the creative industry had the highest reported Extent of FSL Use, followed by the professional services and education industries. The nuances of communication across various industries and differing job requirements may explain this discrepancy. The industries which scored lower could require less communication among employees in general. Those in the utilities industry, for example, may be required to do work with minimal interaction with co-workers, making FSL use low regardless of other factors such as the number of PWD peers. In contrast, FSL may be more widely utilized in different fields, which require employees to communicate more with others. This is especially true for the education industry, which gives more opportunities for Deaf teachers to converse in FSL with both Deaf and hearing co-workers and students.

As for the characteristics which did not show significant effects or specific trends, they may not be as relevant to the usage of FSL as compared to other factors. A Spearman's Rho test to measure the linear relationship between Age and Extent of FSL Use scores returned a p-value of 0.8346 ($\alpha = 0.05$). A t-Test for independent samples test to compare the mean scores of male and female categories showed insignificant difference (p = 0.8932). Lastly, the effect of the presence of company advocacy was tested through a Mann-Whitney U Test, though this again proved insignificant (p = 0.45). However, it is also possible that their impacts are simply not observable because of the small sample size in some categories. The study was not able to gather enough evidence to conclude that advocacy has a significant effect on the Extent of FSL Use, but further research is still needed to confirm the findings.

3.2 Extent of FSL Use and Quality of Interpersonal Relationships

Each respondent's scores for Extent of FSL Use and Quality of Interpersonal Relationships were treated as interval values, obtained by calculating the sum for their respective sections in the questionnaire.

The resulting data from both variables suggests a positive correlation. To confirm this finding, Spearman's Rho correlation coefficient was used to test for nonparametric correlations. The test revealed a moderately positive correlation coefficient, and a statistically significant relationship between the two variables, rs [52] = 0.45, p < 0.001 ($\alpha = 0.05$). The researchers thus conclude that a larger Extent of FSL Use within the workplace improves the quality of Deaf employees' perceived interpersonal relationships with their co-workers.

In line with related literature, the quality of participation that Deaf employees are granted within their workplace directly affects their perceived Quality of Interpersonal Relationships (Wells, 2009). This participation may be illustrated as the extent to which they are able to communicate with their colleagues, particularly for incidental conversation, interaction, and information (Foster and MacLeod, 2003), something that is encouraged by their use of FSL as the primary medium. An increased perception of the quality of one's interpersonal relationships with

their co-workers has been found by existing literature to foster learning processes in organizations, positively affect employees' psychological safety, and decrease counterproductive work behavior (Carmeli et al., 2009; Szostek, 2019). In this sense, an increase in the extent to which FSL contributes to those effects as well.

4. CONCLUSIONS

It must be noted that given the limited number of respondents and the skewed nature of a few categories in the data set, these results are not meant to generalize the Deaf population. Instead, these are intended to raise awareness on the issue of employment and occupational accommodations for the Deaf community and to instigate further research efforts. With that said, the following characteristics displayed statistically significant effects on the Extent of FSL Use: the Nature of Work, Educational Attainment, Industry, Network, and Organizational Size. Oppositely, the following factors displayed insignificant effects: Age, Sex, and Company Policy/Advocacy. Meanwhile, the Extent of FSL Use has been confirmed to have a significant positive correlation with Quality of Interpersonal Relationships in the workplace. By extension, the aforementioned characteristics also directly impact the dependent variable. The analysis of the survey results shows the importance of proper allocation of resources and responsibilities to Deaf individuals that match their personal and work-related assets, along with initiative from their hearing peers to cultivate a healthy work environment. These findings may guide employers and the larger Deaf community alike to determine which factors should be focused on to ensure inclusive practices in the workplace, which are still insufficient for Deaf workers.

5. ACKNOWLEDGMENTS

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Lived Experiences of Filipinas in Adhering
to the Beauty Standards in TikTok

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Abstract: Deeply rooted in a Filipina's grip of oneself was the reflection of what her detractors claim to know about her. However, as she had grown to know better, her reigning beauty eventually became the fairest of them all. Since ancient history, society has always been obsessed with beauty. Today, people's desire to leap onto the fountain of youth is still ubiquitous. Given the technological advancements present in the 21st century, a bigger pressure on beauty standards has been made where not many can make the cut without having to sacrifice their authentic beauty. This study aims to raise awareness about the misogyny faced by women in Tiktok; thus, to generate the perspective of each respondent, the researchers used phenomenological approach through the descriptive qualitative research design where an online interview has been conducted with fifteen Filipina Tiktokers of any niche whose follower count has, at least, a thousand. Through purposive sampling, this study elucidated the lived experiences of Filipina Tiktokers when adhering to the beauty standards imposed upon them. The data gathered were grouped thematically based on the theoretical framework and the general factors behind the respondents' answers. The study delved deeper into the interplay of societal impact, viewer feedback, self-assessment, and coping mechanisms when tackling the beauty standards that target these women. Furthermore, through the freedom wall blog, the researchers would now be able to set up an avenue as to where young girls and women can share their stories to inspire and empower others.

Key Words: beauty; beauty standards; Flipina, Tiktokers; Tiktok

1. INTRODUCTION

1.1. Background of the Study

Since ancient history, society has always been obsessed with beauty. Though beauty is something that cannot be standardized (Hummer, 2018), the feminine beauty ideal is "the socially constructed notion that physical attractiveness is one of women's most important assets to achieve and maintain" (Schmoyer, 2018).

In the Philippines, there is a long history when it comes to its beauty standards considering the colonization it has gone through for 384 years. During those years, both American and Spanish cultures were clear that lighter complexions mean highly maintained social status causing Filipino's fascination for having fair skin to be considered beautiful. Given the geographical conditions in the Philippines, it is normal for the skin to produce melanin for protection from the sun's heat. However, considering how long it has been colonized by, mostly, western countries, the issue of colorism was and still is, very vivid to the Filipinos. Meanwhile, in the 21st Century, society's

definition of beauty catered to the petite and thin figures more than the curvy ones (Swami, 2016).

Having fair skin, a slim body, and a straight nose is the ideal beauty standard in the Philippines. Consequently, different beauty products such as whitening soaps were being bought by Filipinas to achieve these standards. Although morena beauty exists, these morenas usually have straight noses. Resulting in some women, celebrity or not, feeling the need to undergo cosmetic surgeries. Moreover, exercising and dieting were also done by Filipinas to achieve a slim fit body to feel like they belong in the society (Shimizu, 2016).

The emergence of technology created a huge impact on the people and history. Thus, social media has become a major part in the lives of people (Jan et al., 2017). Despite its advantages, risks such as cyber-harassing, hacking, and bad effects on health may also occur from time to time (Akmar & Kumar, 2018).

Looking into the skyrocketing popularity of TikTok in just a few years of its existence, the app has already become one of the most popular social media applications among people, especially for young adults, across the whole world (Jaffar et al., 2019). The

application was first introduced as Douyin by a company called ByteDance founded by Zhang Yiming in China in 2016 and was merged with Musical.ly and used the name "TikTok" in 2017 (Fannin, 2019). It then became the fourth most downloaded social app, surpassing Facebook, Instagram, and Youtube in the App Store in September 2019. In Google Play Store, it has a 4.6 rating, making this application highly qualified to merge Artificial Intelligence and image capture (Jaffar et al., 2019).

Like any other application, TikTok also has beauty filters that appear as a flawless beauty image causing countless young girls to lose themselves because of this demand to copy attractive ideals (Jain & Chanda, 2020). The underlying denominator found among TikTok challenges is the value judgment. This kind of context has contributed to the normalization of the female body's sexualization (Khattab, 2020). According to a recent study by Natarajan (2020), the hidden standards behind misleading creators on TikTok would eventually result in a generation of young adults who are insecure about their body image.

A teacher of digital social media at USC, Karen North, said that TikTok has developed so quickly and is so well known. "It has moreover been an app the bullies have utilized to insult youthful victims", she added. Though settings can be altered so children can only be reached by individuals they know, this still cannot fully guarantee their safety.

In the Philippines, an aspiring educator named Mia Franz Gelicka turned to Tiktok to educate and advocate women empowerment based on how she experienced colorism and body shaming. From the model's viral videos, she shuts down fat-shaming comments and toxic beauty standards wherein the post has over 68,000 likes and 376,000 views. Because of such issues in physical appearance, Tiktok launched the #BetterMeBetterInternet campaign in the Philippines where a quiz for proper knowledge for online safety and positive online habits was done.

The purpose of this research study is to raise awareness about the misogyny faced by women, which is indeed prevalent at this point in time. Furthermore, through the Freedom Wall Blog, the researchers would now be able to set up an avenue where young girls and women can share their stories to inspire others and to remind them that the world would be theirs for the taking. Gone should be the days of them existing merely just to impress and stun men.

1.2. Statement of Objectives

This study seeks to unravel the lived experiences of Filipina TikTokers when it comes to adhering to the beauty standards imposed upon them.

More specifically, this study aims to answer the following questions:
1. What are the lived experiences of Filipina Tiktokers

in adhering to the beauty standards set by TikTok?
2. What are the coping strategies being undertaken by Filipina Tiktokers in dealing with the imposed beauty standards upon them?

2. METHODOLOGY

2.1. Research Design

This research study utilized the descriptive qualitative research design with phenomenological approach as it focuses on the study of an individual's life and living experiences. Using this approach, the researchers were able to have deeper analysis regarding the experiences that Filipina Tiktokers encountered and determined reality from their experiences.

Furthermore, descriptive research design directs in defining the population's phenomenon systematically. With the use of this design, the experiences, views, and opinions of Filipina Tiktokers with regards to Tiktok having beauty standards were discovered.

2.2. Participants and Locale of the Study

In determining the respondents' suit for this study, the researchers used purposive sampling which is a non-probability sample that is selected based on characteristics of a population and the objective of the study. With the set criteria, the researchers were able to have fifteen (15) respondents.

2.2.1. Inclusion Criteria

This research study was inclusive of any Filipina TikToker whose follower count is not under a thousand (1,000). Their niche could be of any choice they became known for.

2.2.2 Exclusion Criteria

The data gathering excluded TikTokers who are not Filipinos, who are male (identity or expression), and whose follower count is lower than a thousand (1,000).

2.3. Data Gathering Tool

The researchers utilized the virtual space through floating online questionnaires which consist of a list of questions that are not limited in addressing a single aspect only.

2.4. Data Gathering Procedures and Ethical Consideration

A letter of approval was sent to the academic head and school director of LORMA Basic Education Schools and interview questions were validated by the validators. The researchers sent the letter of consent to the respondents before sending the questionnaires. Respondents' identities were also kept confidential.

2.5. Data Analysis

The gathered data were subjected to thematization for thorough analysis wherein it was organized based on how the respondents answered the given researcher-made questions during the conduct of the study

3. RESULTS AND DISCUSSION

The study acquired a total of fifteen (15) fully answered and useful responses which were considered for the in-depth analysis.

3.1 Societal Impact

As society shifts its needs from women time to time, the characteristics they hold also shapeshift into what society perceives as "beautiful" every now and then (Laitman, 2020). This impact or influences how people choose to live their lives from thereon.

Each respondent had a strong viewpoint when talking about the beauty standards imposed upon Filipina TikTokers at this point in time.

a. Inclusivity

Inclusivity is being included in a part of something bigger (Loeffler, 2016). In determining whether or not beauty standards are inclusive in Tiktok, the respondents were asked if they think that a set of beauty standards is only limited to a specific niche. According to all of the respondents, beauty ideals are not restricted to a particular niche. Their statements imply that whatever your niche is, you can and will be affected by it.

b. Self-Deprecation

The concept of self-depreciation is rooted in the portrayals of unrealistic imagery of beauty ideals which initiates body dissatisfaction amongst women especially to those who cannot attain the ideal (Foo, 2010). Thirteen (13) respondents have experienced feelings of self-consciousness during or after watching other content creators in TikTok. Moreover, the results of the study are supported by Higgin's (1987) Self Discrepancy Theory which states that individuals equate themselves to rationalized norms that are linked to different forms of "emotional vulnerabilities".

c. Stereotypical Destruction

Women of today are aiming more towards inclusivity when it comes to the different beauty types (Givhan & Morales, 2020). Though some respondents said that TikTok normalizes the stereotyped Filipina beauty, often resulting to body shaming, twelve (12) respondents shared their thoughts on how TikTok can educate people in loving their flaws and normalize other people's imperfections as to fit in the society's beauty standards without giving up your genetic beauty is "unrealistic" (Donati, 2017).

d. Nonconformism

Alongside social media's rise is the instantaneous reduction of individuality (Abbariki, 2018). In TikTok, users view the platform as a real-world community by conforming to particular norms (Yang, 2020). However, ten (10) respondents repudiate to conform to these as TikTok liberates young people to be creative without adhering to the visual styles, narratives, and online cultures of the past (Bresnick, 2019).

3.2 Viewer Feedback

Viewer feedback magnifies what types of feedback these Filipina TikTokers get from their viewers given that judgemental disability has been more rampant considering the century we currently are in (Lores, 2016).

a. Compliments

You're really pretty", "You're a good dancer", and "You're very inspiring" are common complementary phrases Filipina TikTokers have been receiving from their viewers based on the data gathered. Compliments may be considered an act of kindness that has the potential to make us feel good about ourselves – whether we are the giver or the receiver of the compliment (Bedosky, 2018).

b. Imperfections

Having flaws are what caused three (3) of the respondents to receive criticisms from their viewers targeting issues of colorism and physical appearance. A respondent said, "someone said I look different without makeup" while another one received the comment, "you have dark skin like other Filipinas". As per Schreiner in 2017, the occurrence of such name-calling and/or bullying are caused by an "unconscious defense mechanism" making these bullies feel "superior" and/or "better" than the person whom they call out (Dean, 2020).

3.3 Self-Assessment

Past the judgments and criticisms these Filipina have encountered in TikTok, the essence of self-assessment is a process close to their roots as they always fear to lose their groundedness. Through the respondents' varied answers, Contentment, Self-Appreciation, and Natural Beauty are the sub-themes under this theme.

a. Contentment

According to Pearce in 2019, being satisfied and thankful with what you have, who you are, and where you are is what it means to be content even though a bit of desire is still existing. Thirteen (13) respondents do not consider themselves eligible for cosmetic surgery and are content with their present physical features.

b. Self-Appreciation

Self-appreciation is about consciously acknowledging the positive within you without the need to compare yourself to others (Razzetti, 2018). Seven (7) respondents answered that Tiktok boosts their confidence which fuels their appreciation for their beauty.

c. Natural Beauty

Natural beauty is defined as appearing attractive without the use of cosmetics. Teenagers with inner radiance, charming smiles, and natural elegance stand out (Kotamraju, 2018). The essentiality of beauty products for nine (9) respondents is low; claiming that beauty products are not necessary in Tiktok videos. Though people believe that women who wear lots of make-up have poor self-esteem, today's women are more into embracing flaws than ever. However, in some cases, cosmetic products are needed as TikTok itself has filters to enhance features, whiten complexion, and smoothen skin (Kupp, 2016).

3.4 Coping Mechanisms

Coping mechanisms tackle the adjustments made by the respondents in addressing the negative feedback from their viewers. Sub-themes of Self-Worth, Neglection, and Screen Time Reduction had been raised.

a. Self-Worth

Personal importance placed upon oneself is hugely dependent on self-worth (Hill, 2021). Considering that thirteen (13) of the respondents are not affected by people's feedback and do not take negativity to make them change their body image, there is a noticeable force of high self-worth within these empowered women. Women with high self-worth tend to look past their mistakes and not let negative feedback be launched into an onslaught of heightened self-criticism (Kabir, 2016).

b. Neglect

It's impossible to evade criticism nowadays; there are simply too many review sites for you to keep anything quiet (Quacquarelli Symonds, 2019). When the respondents were asked how they cope with negative feedback, the majority answered "ignoring" while some answered to be optimistic, and some said to accept what is.

c. Screen Time Reduction

The importance of reducing screen time in using various types of technological devices is worthy as it is beneficial to your health (Slingshot Health, 2020). According to Consumer News and Business Channel in 2020, excessive screen time has been found to increase the risk of different illnesses. Nine (9) of the respondents answered that they are decreasing their screen time for their health and to avoid the loops of self-deprecation.

4. CONCLUSIONS

This research found out that the imposition of beauty standards among Filipinas may be inimical, but these empowered women are taking bigger steps in smashing stereotyped beauty standards one at a time. In addition, the relationship between the societal impact and the way these Filipina TikTokers see themselves was also distinguished. The change of direction these Filipina TikTokers wish to take to have a more inclusive definition of beauty was also highlighted through this study.

Given that these beauty standards had done more harm than good to the women of the past, now would be the time to best unshackle the chains of stereotyping because these "imperfections" are what also make these Filipinas a real Filipina. The researchers would also acknowledge that this paper has its own gaps and weak points; thus leaving these recommendations for future researchers to take into consideration:

1. Conduct personal interviews to allow more room for interaction.
2. Examine TikTokers with a smaller audience reach to assess whether or not the public would have more pressure onto those who do not tend to "fit" the imposed Beauty Standards among Filipinas in TikTok.
3. Consider the interactions that these TikTokers have with their followers to know if this leads them to change their personality traits or not.
4. Determine the effectiveness of TikTok videos that challenge pressing issues aimed toward women and

how such movements can be maintained and/or improved.

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Internet Addiction Among Students of a Private University in Manila, Philippines: Positional Variations and Psychosocial Wellbeing Outcomes

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Abstract: Internet use has been prominent in today's generation, giving rise to a new phenomenon called Internet Addiction, which affects one's psychosocial wellbeing. This study used cybersex addiction, cyber-relationship addiction, obsessive trading, compulsive web-surfing, and online gaming addiction as internet addiction types. This study determines the influence of personal demographics in the variations of internet addiction levels. Moreover, this study also analyzes the effects of internet addiction on psychosocial wellbeing. Two hundred seventy-nine university students aged 18-22 were used as the population. This study uses a quantitative design in which an online survey was disseminated. Responses were analyzed using T-Test and ANOVA for personal characteristics and internet addiction while Pearson's Correlation and Multiple Linear Regression for the association of internet addiction and wellbeing. Results show that there are significant variations in gender concerning internet addiction forms. Findings suggest males have higher levels of cybersex, cyber-relationships, and online gaming addiction compared to females on the one hand. On the other hand, females have higher levels of online trading addiction compared to males. Concerning the outcomes, university students who have high internet addiction levels negatively affect their family relationships quality among psychosocial wellbeing.

Key Words: adolescents; internet addiction; Manila; private university; psychosocial wellbeing

1. INTRODUCTION

The Internet's popularity as a communication medium has grown in recent years, and it has become an increasingly important part of many people's daily lives (Griffiths, 2000). It has then been recognized as a modern type of addiction, and its factors exhibit signs that are damaging to one's being (Bhattacharyya, 2015; Milani et al., 2019). The normalization of screens and handheld devices has dramatically influenced life's ways that could lead to internet addiction— a habitual compulsion in being attached to technological devices today that hinders an individual from facing and interacting with reality (Young, 1998). The manifestation of social media usage, entertainment platforms, online games, and educational lessons led to people's dependency on mobile devices (Muduli, 2014), especially in today's generation, where students most acquire their needs through the Internet. Young (2000) noted several forms of a new type of addiction called Internet Addiction, which involves computer addiction, net compulsions, information overload, cyber sexual addiction, and cyber-relationship addiction.

An individual's positionality, namely, age, gender, family income, and college department/track, may influence internet addiction. College males are more frequent internet users than college females (Akende et al., 2017; Ellore et al., 2017; Scherer, 1997). Karacic et al. (2017) noted that internet addiction increases as an individual gets older. Adolescents from low-income families borrow their peer's devices to surf the Internet (Adegoke, 2013).

Researchers found out that there is insufficient data regarding Filipino university students that tackle their characteristics as a factor of internet addiction. This study describes the positional variations concerning internet addiction and how it affects one's psychosocial wellbeing.

Out of all the outcomes of internet addiction, wellbeing is frequently being looked into in the literature. Davis (2019) described wellbeing as the practice of being healthy and happy, which entails having good mental health, high life satisfaction, a sense of purpose, and the ability to manage stress. Internet addiction, based on literature, significantly affects the wellbeing of individuals. Several effects of internet addiction may include social isolation, depression, anxiety, sudden mood changes, immense

feelings of loneliness, unhealthy coping mechanisms, and unsatisfactory interpersonal relationships (Milisa et al., 2010; Cole, 2019; Milani et al., 2009). Previous literature presents limited effects of internet addiction on the wellbeing of Filipino students. On the other hand, this present study provides various information on internet addiction situations among Filipino adolescents and their psychosocial wellbeing.

2. METHODOLOGY

This study used a quantitative research design specifically through a descriptive-correlational approach. This study describes internet addiction levels among university students in a private university and its correlation with personal characteristics as associated factors and wellbeing as an associated outcome. This research uses an online self-administered survey as a means to gather data from respondents.

This study's population is students of a private university in Manila City, Metro Manila. This study involved 279 students, which were chosen through purposive sampling. The respondent must be from age 18-22, complied with the survey conditions, and have used the Internet for sexual purposes, gambling, online dating, web surfing, and buying necessities.

Concerning ethical consideration, the researchers have sent the consent forms to the private university in Metro Manila. The online survey link was disseminated in the private university's exclusive community forums and the researchers' social media accounts. Data gathering was done from November 16, 2020, until March 10, 2021.

The results from this survey were encoded in MS Excel and analyzed using Jamovi. Data were analyzed using Descriptive statistics such as the means and standard deviations for the levels of internet addiction. The interval level data, particularly the levels of internet addiction and self-assessed psychosocial wellbeing, were measured using a 5-point Likert scale and categorized into three scales with different ranges: 3.67-5.00 high, 2.34-3.66 moderate, 1.00 -2.33 low. Inferential statistical tests such as T-tests and ANOVA determined differences among personal characteristics in association with internet addiction levels. Pearson's r Correlation Coefficient was used to determine any significant correlations between the levels of internet addiction and psychosocial wellbeing. At the same time, the Multiple Linear Regression measured any significant predictors of internet addiction concerning wellbeing based on the study results.

3. RESULTS AND DISCUSSION

3.1. Descriptive and Test of Difference Results

Table 1 presents the descriptive statistics on internet addiction levels among students in a private university in Manila, Philippines. On the one hand, among internet addiction forms, students have moderate levels of compulsive web surfing (M = 3.23, SD= 0.95) followed by online gaming addiction (M = 2.71, SD= 1.27). On the other hand, cyber relationships addiction has the lowest level of internet addiction (M = 1.33, SD= 0.62)

Table 1 also displays the differences in personal characteristics related to internet addiction. Among all factors, variations on gender have statistically significant results concerning internet addiction. Gender is significantly varied in internet addiction on cybersex, cyber relationships, obsessive trading, and online gaming.

Based on the results, males have statistically higher levels of addiction to cybersex (M=2.42) compared to females (M=1.35), t(277)= -10.80, p<0.001. This finding suggests that males access pornographic materials online and have higher pornography cravings and frequency of cybersex than women. This finding is consistent with the study of Döring et al. (2015), in which males showed both higher currency and frequency of use of cybersex materials than females. Males also are more addicted to cyber relationships (M=1.45) than females (M=1.24), t(277)= -2.84, p<0.01. This finding is parallel to the study by Majorsy et al. (2017), wherein several participants use the Internet for a romantic relationship. As Bonilla-Zorita et al. (2020) claimed, men are more addicted to cyber relationships since they are more open to inter-racial dating, just like how diverse the users of online dating applications are. Lastly, males have higher levels of addiction to online gaming (M=3.29) compared to females (M=2.23), t(277)= -7.58, p<0.001. Based on the study of Veltri et al. (2014), online gaming is frequently dominated by male players who are more motivated to play, and the frequency and time in playing are higher. This result is also possibly caused by perceptions that gaming is a male domain.

Table 1. *Differences in Personal Characteristics concerning Internet Addiction, n=279*

Independent Variables	Cybersex Addiction	Cyber-relationship Addiction	Obsessive Trading	Compulsive Web Surfing	Online Gaming Addiction
Gender					
t-Statistic Score	-10.80***	-2.84**	3.21***	-1.74	-7.58***
Mean of Females	1.35	1.24	2.48	3.14	2.23
Mean of Males	2.42	1.45	2.07	3.34	3.29
Age					
t-Statistic Score	0.60	1.94	0.07	0.22	1.39
Mean of 18-19 years old	1.85	1.37	2.29	3.23	2.77
Mean of 20-22 years old	1.77	1.19	2.28	3.20	2.51
Family Income					
t-Statistic Score	0.03	0.10	-1.26	-0.15	1.72
Mean of <= ₱60,000.00	1.84	1.34	2.18	3.22	2.89
Mean of >= ₱60,001.00	1.84	1.33	2.35	3.23	2.62
Academic Program Cluster					
F-Statistic Score	0.59	0.30	1.42	1.36	2.61
Mean of Accounting and Business	1.88	1.31	2.33	3.30	2.43
Mean of Humanities and Social Science	1.90	1.37	2.43	3.32	2.88
Mean of Science and Technology	1.77	1.31	2.18	3.13	2.73
Means	**1.84**	**1.33**	**2.29**	**3.23**	**2.71**
Standard Deviations	**0.98**	**0.62**	**1.09**	**0.95**	**1.27**

* p-value<0.05; **p-value<0.01, *** p-value<0.001

The findings also suggest that among internet addiction domains, females have higher significant levels in trading as an addiction (M=2.48) compared to males (M=2.07), t(277)= 3.21, p<0.001. This result may infer that women are more likely to shop for things impulsively and leisurely. This finding is supported by a survey conducted by First Insight (2018), wherein women are more likely to shop on the Internet than male. Based on the survey results, 40% of women frequently shop online than 22% of men (Thomas, 2018).

3.2. Pearson's r Correlation Coefficient Test Results

Table 2 presents the significant correlations using the Pearson's r correlation coefficient test. Based on the results, only quality of peer and family relationships are significantly correlated outcomes of internet addiction forms. Only obsessive trading was presented as a significant correlation for quality peer relationships as a psychosocial wellbeing dimension. Obsessive trading has a statistically positive however very weak correlation, r(277) = 0.12, p<0.05. This finding presents that the relationship may not have a bearing due to a negligible correlation.

For quality family relationships as a dimension of psychosocial wellbeing, addiction to cybersex presents the strongest correlation among internet addiction forms. Cybersex addiction has a highly statistically significant and negative, somehow weak correlation, r(277) = -0.22, p<0.01. This finding presents that the relationship may not have a bearing due to a negligible correlation. This result interprets that high levels of cybersex addiction negatively associate with the quality of family relationships. This finding is supported by a study conducted by Tsitsika (2009), which states that exposure to sexually explicit materials may cause irrational sexual attitudes to develop, leading to adverse effects on family relationships.

Table 2. *Pearson r Correlation Coefficient Test Results, n=279*

Variables	1	2	3	4	5	6	7	8
Internet Addiction Variables								
1. Cybersex	--							
2. Cyber relationships	0.30**	--						
3. Trading	0.01	0.24**	--					
4. Web Surfing	0.21**	0.22**	0.32**	--				
5. Online Gaming	0.28**	0.11	-0.00	0.24**	--			
Psychosocial Wellbeing Variables								
6. Emotional Wellbeing	-0.40	0.08	0.06	-0.30	-0.01	--		
7. Peer Relationships	0.10	0.09	0.12*	0.09	0.10	0.15	--	
8. Family Relationships	-0.22**	-0.15*	0.05	-0.13*	-0.17**	0.45**	0.19**	--

* p-value<0.05; **p-value<0.01, *** p-value<0.001

3.3. Multiple Linear Regression Analysis Results

Table 3 presents the multiple linear regression results. Based on the findings, only quality of family relationships out of all the psychosocial wellbeing variables presented as a significant effect of the model. However, it only shows 8% of the proportion of variance in quality of family relationships scores, R2 = 0.08, F(5, 273), p<0.001.

Table 3. *Multiple Linear Regression Results, n=279*

Model	Covariates	β	t-statistic	p-value	R²	F-statistic	p-value
	Internet Addiction				0.01	0.74	0.59
1	Cybersex	-0.05	-0.838	0.40			
(Emotional	Cyber relationships	0.14	1.386	0.17			
Wellbeing)	Online Trading	0.05	0.804	0.42			
	Web Surfing	-0.06	-0.864	0.39			
	Online Gaming	0.01	0.159	0.87			
	Internet Addiction				0.03	1.78	0.12
2	Cybersex	0.06	0.958	0.34			
(Peer	Cyber relationships	0.05	0.583	0.56			
Relationships)	Online Trading	0.09	1.640	0.10			
	Web Surfing	0.01	0.221	0.83			
	Online Gaming	0.05	1.221	0.22			
	Internet Addiction				0.08	4.73***	0.00
3	Cybersex	-0.15*	-2.40	0.02			
(Family	Cyber relationships	-0.15	-1.53	0.13			
Relationships)	Online Trading	0.09	1.63	0.10			
	Web Surfing	-0.09	-1.32	0.19			
	Online Gaming	-0.07	-1.51	0.13			

*p-value<0.05; **p-value<0.01, *** p-value<0.001

Based on the model, only cybersex addiction statistically can predict the quality of family relationships. The finding suggests that high levels of cybersex addiction led to negative levels of quality of family relationships, β = −0.15, t(277) = -2.40, p < .05. This finding suggests that individuals struggling with sexual addiction may become withdrawn and hesitant to discuss this with their partners and family in fear that they will leave them (Schneider, 2003). With that, cybersex addiction affects the emotional stability and relationship qualities of families.

4. CONCLUSIONS

The continuous growth in the number of internet users directly affects the severity and development of internet addiction. In conclusion, gender presents significant variations concerning internet addiction. Male university students have higher occurrences among internet addiction levels, particularly in the forms of cybersex, cyber relationship, and online gaming. In contrast, female university students have higher levels of online trading obsession.

Regarding the association between internet addiction and its effect on psychosocial well being, all

internet addiction domains negatively affect family relationship quality. On the one hand, addiction to sexual materials on the Internet involves both the parents' and children's trust and openness due to the fear of possible uncertain reactions. On the other hand, high levels of online trading positively influence peer relationships. This is mainly because online trading involves interacting with other people, thus enhancing their relationship as it acts as both an entertainment and social activity. Ultimately, based on the models, only being addicted to cybersex has notable adverse effects on family relationships.

The data collected is limited since no follow-up survey or interview was conducted. It is suggested for other future researchers to use a qualitative study in a topic similar to this for the observation of more elaborated results. The population is limited since only students of one private university studied. Future researchers may opt to study students from other universities as well in order for the results to be more generalized to the students belonging in a specific age group.

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The Effects of Church Service on the Identity Formation of Baptized Roman Catholic Gay Youth

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Abstract: This study explored the lived experiences of gay persons who have dedicated their lives to Church service and how they integrate their Catholic and gay identities through a Phenomenological study and the employment of semi-structured interviews which allowed participants to deduce their own meanings for their own lived experiences. The study concluded that there existed both narratives of successful reconciliation through a reexamination of faith and narratives of religious detachment.

Key Words: gay; religion; church; sexuality; faith

1. INTRODUCTION

The Philippines is predominantly Catholic, with religion bleeding into folkways and traditions in the archipelago. Despite fluctuations in religious participation historically Filipinos have constantly branded themselves as religious and devout (Abad, 2001). Religion has always played a role in most Filipino narratives, and it is no surprise that it bleeds even in personal stories of identity formation. Singh (2015) argues that religion has to play a role in intersectionality, discussing religious women's agency and their identity in relation to religion.

Relating this to Singh (2015), it can be argued that religion trickles into the agency of gay individuals to express themselves. Literature on Philippine gay experiences has always involved discussing microaggressions or more subtle homophobic expressions (Tang & Poudel, 2018). However, with the turn of the century, research exploring the links between religion and social and individual attitudes towards sexuality has arisen (Toscano, 2017).

Especially for a country like the Philippines with strong Catholic ties, the intersection between being Catholic and other facets of their personhood becomes prominent. In a Canadian study by Liboro and Walsh (2016), Gay men with HIV and AIDS found ways to reconcile their identities with their Catholic devotion by fixating on the Church's teachings despite internal conflict caused by anti-gay Church sentiments. A study involving LGBT-affirmative Church members also introduced other narratives of in-Church oppression, wherein participants reconciled their identities by resorting to what is called a "personalization" of their faith by selective adherence to Christian doctrines that do not antagonize their gay identities (Evangelista et al., 2018). From these findings, it can be inferred that religious and sexual identities are highly important to these individuals, as their efforts to reconcile their Catholicism and their gayness imply that they cannot relinquish either of these identities.

Most of these studies gravitate towards being Phenomenological when employing dialogue as a method, as it allows participants to deduce their own meanings from their lived experiences, which is essential in having an authentic discourse about the lives of historically marginalized sectors so as not to let preconceived biases penetrate the data (Smith, 2013).

The consensus, therefore, is that these religious and gay identities have an intersection, especially for gays who devote years of their lives to Church service through faith-based communities such as parishes, chapels, and youth organizations. With this in mind, the researchers aimed to answer the following questions to explore this intersection:

What are the lived experiences of participants as gay youth and how does their gay identity shape their religious participation?

What are the lived experiences of participants as Roman Catholics and how does their Catholic identity shape their gay identities and experiences?

2. METHODOLOGY

2.1. Research Design

The research adopts a phenomenological design to explore lived experiences and narratives of gay Roman Catholic youth's phenomena in a first-person viewpoint (Smith, 2013). This was chosen to give justice to the participants' abilities to deduce meanings behind lived experiences and narratives presented, as both views and understanding are subjective. The design allows for bracketing from preconceived notions coming from the researchers.

2.2. Sampling

Participants were recruited from personal networks from which additional recruits were sought from inducted participants through snowball sampling. Participants were to affirm the criteria: gay (male same-sex attraction), Roman Catholic, part of the youth sector (aged 18-24), residing within Greater Manila, and member of any Catholic faith-based organization. Recruiting was one month and ceased upon the minimum threshold of seven. All were given the appropriate forms for consent and duly signed.

2.3. Instrumentation

Semi-structured interviews were employed for participants to express with liberty their lived experiences. The questions asked were broadened so as not to constrain answers. The researchers also raised additional questions based on the participants' given answers to explore arisen points of interest within the interview. They explored themes on gayness, church service, church service-affecting gayness, and gayness affecting church service. Interviews were conducted online.

2.4. Data Gathering Procedure

Interviews were conducted in a month on video conferencing programs and transcribed word-for-word. Recordings stored in a drive and transcriptions compiled in one file with readied access should a reexamination be required. Authorization access to the drive was granted to researchers and the research adviser. The researchers mentioned protocols and necessary information regarding the interview to the participants before it formally began. Once all possible avenues for discussion are exhausted, the interview is then concluded. Recordings of the interviews shall be deleted upon completion of research following regulations.

2.5. Data Analysis Strategy

Interviews were analyzed using the general thematic analysis model, similar to Liboro & Walsh (2015), but the theoretics employed are different. The narratives—analyzed, moving away from the specifics to the general overarching and common themes. Codes are then generated according to theme similarities (Braun et al., 2019). Intrinsic links between Catholic and Gay identities were then proven in the results' analysis using the Theory of Intersectionality.

3. RESULTS AND DISCUSSION

3.1. On Being Gay
Experiences of Self-Discovery

"Pero ngayon, uh, nung ano, uh nag-open kasi sa'kin best friend ko, which is uh, yung bi din. Gay man din; and ayun, mas naging open ako." - "Charlie", 18

The respondents were subject to a plethora of circumstances that initiated a process of coming into terms with their gay identities. These involved either extended periods of self-reflection or were prompted by external factors such as friends undergoing similar processes of discovering their identities.

Varying Degrees of Acceptance

"...Nung una parang may... may panghihinayang ganun (after coming out). Pero inaccept na lang rin naman nila . Di 'ko alam kung tolerance or acceptance 'yun..." - "Bravo", 18

The expression of these participants' gayness received varying degrees of acceptance from their social groups. Most reported the maintenance and even improvement of rapport and connections with friends. This acceptance, however, was sometimes conditional, with people telling them that their acceptance is contingent on factors like knowing their personal boundaries. Only a few instances of non-acceptance were reported among the participants, which commonly come from family environments.

Policing One's Own Sexual Identity

"'Yun na nga. Mas... mas masculine yung nga yung dating and I guess mas quiet ako d'on sa simbahan. That's it." - "Golf", 18

Because of the varying levels of acceptance from these social groups, gay persons learned to police the manifestations of their sexual identity. Depending on the acceptance they felt from the community, gay persons expressed themselves and dealt with relationships in different ways. They toned these expressions down in environments they felt uncomfortable in and were more expressive of their identities in environments they felt were more accepting. Self-expressions were on a spectrum of either being masculine, effeminate, or a combination of both.

3.2. On Religious Participation

Adherence to Catholic Beliefs and Principles

"..I think nananaig yung love ko for God. Maybe my relationship with Him is stronger than what I believed in. Like lumaki akong naniniwala na

God loves me and… ano… loves anyone else who is like me." - "Foxtrot", 23

The participants relayed different narratives about their adherence to Catholic beliefs as Church servants. Some were taught traditional Catholic values by their families, with a few even supporting Catholic practices such as the Traditional Latin Mass, participating in collecting santos, and the like. The stories that demonstrate this also differ, with some growing to be more devout than others. These participants' commonalities involved some sort of familial indoctrination with active church involvement that led to the construction and reinforcement of these beliefs.

Engagement in Church Service

"…Ako yung isa sa mga leader. Ako yung nagde-delegate ng mga tasks for example… And, ako yung nagche-check kung complete na yung mga gamit… and minsan, um… ako rin nagcocontact dun sa… dun sa pari, 'pag wala pa." - "Charlie", 18

These participants all served as parts of ministries or guilds of altar servers, and most started while they were very young. They were either influenced into joining by the same families that taught them their Catholic values or were willing to serve beyond attending Mass for more devout participants. Different parishes and ministries offered various experiences in service, like being elected into positions of authority because of their seniority, having different communal activities, and being involved in Mass preparations.

Expectation to Church Servers

"…Required sa amin… may proper decorum kami eh. Like yung haircut, everything. Actually nga pala rin eh, lahat, pati kuko, dapat malinis." - "Alpha", 21

During their years of service, these participants experienced being held to standards and expectations towards church servers. These expectations were both self-imposed and were reminders that came from seniors or priests themselves. These standards included proper modes of physical presentation, decorum, and work ethic, which were exercised with different degrees of stringency.

3.3. On the Effects of Religious Participation on Being Gay
Interrogating One's Gayness Based On Catholic Beliefs

"For example, 'yun nga; sexuality, homosexuality is accepted by the Church. So parang, nagkakaroon ako ng tug-of-war… tug-of-war between those two… ano… two opposing liturgies sa'ting simbahan." - "Echo", 18

As was discussed in the previous section, these participants were subject to experiences of determining their sexual identities in their formative years, with some questioning their identities until now. They questioned how they would find ways to reconcile their Catholic identity with their gay identity, which they viewed as contradictory. Most felt stages of heightened internal conflict, which they reconciled in ways that will be discussed in the fourth subsection. Moreover, this internal conflict was aggravated by the fact that they saw no clear stance from the Church regarding their identities.

Church's Tolerance for Gay Persons

"Hindi siya na parang sinasabi na, '"Pag bakla ka, makasalanan ka na." Hindi pinaparamdam. Sa amin mas na-we-welcome." - "Alpha", 21

The participants also experienced varying levels of tolerance from peers, specifically those from the Church and the priests. Most said they could reconcile their identities because of these groups' welcoming attitudes once they came out. A few even reported encouragement from their churchmates to be themselves or were amused by them whenever they showed more effeminate expressions of their sexuality. For those with more conservative backgrounds, church individuals even respected them enough not to out them. There were, however, instances of homophobia from some of their peers, which they responded to in varied ways.

3.4. On The Effects of Being Gay to Religious Participation

Decreasing Faith and Religious Participation

"…In my case kasi, like… 'pag… 'pag… 'pag nagro-rosary kasi, 'pag ganon, ano… like… wala talaga ako na nararamdaman." - "Delta", 18

Some respondents chose to eventually depart from church service and become detached from their faith entirely. They were influenced by a change in more secular environments or had modified beliefs about the Church and Catholicism. These environments made them more pragmatic-based thinkers or rethink their stance on the church, which they argued heightened their internal conflict. These individuals gave more importance to their freedom to exercise their identities rather than finding a middle ground between that and their service.

Gay Perspectives on Religious Service

"I'm still willing to stay… Kasi parang, gusto kong… 'di naman sa parang gusto ko ah. Parang, I'm willing to take risk. I'm willing to be a martyr for the

Church." - "Echo" - 18

Most participants formed gay perspectives on church service that strengthened or maintained their relationship with the Church. Most of these perspectives revolved around service being a way to reconcile their identities with God. They formed notions that being gay is acceptable if one devotes himself to his religious service and knows his Catholic duties. They also shared that despite the many flaws and criticisms they have for the church, their notion of God being all-loving is enough for them to disregard these institutional flaws.

As was found in previous studies, gay youth who have histories of Church service still find it in themselves to reconcile their gay identities with their religiosity. Much like the study conducted by Liboro & Walsh (2015), they reconciled their identities by allowing Catholic doctrines on a loving God to supersede their negative experiences of oppression. Though they had instances of self-interrogation based on their Catholic values, they were assured their service was enough of a reconciliation with God, along with perceived tolerance and acceptance from their church communities. Some also reconciled their identities by modifying their beliefs and perceptions that are based on Church teachings so that the latter could accommodate their sexual identities (Evangelista et al., 2018). It seems as well that most of these participants embraced the duties that they felt were expected of them as Catholics and found ways to integrate these roles into their gay lives.

However, a new phenomenon among participants revealed a new narrative trajectory that involved a gradual decrease in faith, especially those that transitioned into environments that directly challenged their Catholic faith. These were participants exposed to more secular social groups and those whose family environments provided a backdrop of either outright or subtle homophobia based on Catholic values. These participants made clear that their families had heightened importance on their Catholic practices, thus their intolerance for gayness. However, this does not invalidate other participants' families whose Catholicism coincided with their acceptance of gayness. If anything, the difference in the spectrum further proves the point discussed by Etengoff and Daiute (2014) that families shape their religious contexts and how they apply them, rather than the reverse of religious systems directly affecting them. It also proves the intrinsic links between Catholic beliefs and attitudes towards sexuality.

4. CONCLUSIONS

In conclusion, how the participants reach such conclusions on their two identities remain varied. However, an overarching paradigm of reconciliation versus detachment arises from them when faced with the prospects of clashing identities. The intersection of the gay adolescent and Roman Catholic identities places the participants at a choice to either reconcile their two identities to form one cohesive or overall identity or detach from one of them if they deem it as unacceptable to their overall identity.

Future studies may employ a participant demographic with a wider range of ages and compare the religious integration of people from different age groups. Since there are references to family backgrounds, future research can identify the agency of these families over their religious contexts and how they use Roman Catholicism with family members who have come out as gay, and how both the families and the gay individuals characterize the family environment after the coming out experience.

5. ACKNOWLEDGMENTS

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Determinants of Sexual Literacy of Senior High School Students in De La Salle University-Manila

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Abstract: Sexual literacy is an important aspect of the formative development of individuals as it influences their capacity to think about and act upon factors affecting the sexual aspect of their lives. However, achieving a certain level of sexual literacy is still a complex path in society, especially in prestigious schools in the Philippines such as De La Salle University Manila (DLSU-M). This study aims to assess DLSU-M Senior High School (SHS) students' level of sexual literacy, determine factors significantly explaining it, and form statistical models based on the significant factors. Both Poisson regression models and Logistic regression models revealed significantly higher sexual literacy scores among students with Chinese ethnicity, teacher as main source of information on relationships and sex, and mother as secondary source of information on reproductive health. Furthermore, Poisson regression models also revealed that favoring Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual and/or Ally, and others (LGBTQIA+) rights is also a significant predictor of sexual literacy. Therefore, educators such as parents and teachers positively impact an SHS student's sexual literacy. Their immediate environment is especially significant in honing their comprehension regarding sexual and reproductive health, thus, a more open yet secure space must be reinforced.

Key Words: sexual literacy; shs students; reproductive health; developing countries; education

1. INTRODUCTION

Philippine society has been conservative and uptight when it comes to addressing issues regarding sexuality and reproductive health -- leaving the youth at risk for unplanned pregnancies, sexually-transmitted diseases, and other related complications. The 2017 Annual Poverty Indicator Survey (APIS) revealed that there are 3.6 million out-of-school youth deprived of quality education in both aspects of academics and morals (Philippine Statistics Authority (PSA), 2017). Millions of children are at risk because they have insufficient knowledge regarding sexuality and health.

According to the Young Adult Fertility and Sexuality Study (YAFS) in 2014 and 2016, lack of sex education, prevalence of poverty, culture, religion, perceived inappropriateness of the discussion of sex at home, gender, and sexuality variables may also contribute to sexual literacy.

Sexual literacy is a concept and skill which must be integrated into the education of the SHS students, as it contributes greatly to their sexuality and reproductive health protection. Assessing the sexual literacy of SHS students reveals certain gaps in their education. Fulfilling the following objectives may allow the formation and implementation of a more strategic and systemic solution in honing students' sexual literacy.

This study aims to profile DLSU-M SHS students in terms of sexual literacy, identify the determinants of these students' sexual literacy, and build statistical models of sexual literacy based on its significant determinants. Through appropriate statistical tests and modeling procedures, it offers interpretations for the possible relationships between sexual literacy and the different determinants.

2. METHODOLOGY

2.1 Research Design

This study is quantitative in nature, and utilized appropriate statistical analyses to determine factors explaining sexual literacy of DLSU-M SHS students.

The dependent variables are objective multiple choice questions to assess the respondents' sexual literacy based on knowledge on (1) sexual mechanisms (four items, cronbach's α = 0.70), (2) HIV/AIDS (two items, cronbach's α = 0.88), (3) contraception (six items, cronbach's α = 0.66), and (4) LGBTQIA+ terminology (eight items, cronbach's α = 0.74). Each subsection was considered a separate dependent variable, and the cumulative score worth 20 points was also a separate variable, for a total of five dependent variables in this study.

Meanwhile, the independent variables include personal information, attitudes toward sexuality, sources of information on sex, etc. For the complete list of independent variables, see Table 12 in the Appendix.

2.2. Sampling and sample size

From the population of consenting SHS students, N = 1133, the initial sample size, n = 385 was calculated using 5% sampling error (Demographic Research and Development Foundation Inc. [DRDF] & University of the Philippines Population Institute [UPPI], 2016), 95% confidence interval (Alzate et al., 2020), and a 0.5 estimate of true proportion, which gives the maximum possible sample size. Considering this sample size was more than 5% of the population, Finite Population Correction Factor (FPC) was applied, resulting in a final sample size of n = 288.

Respondents were sampled randomly from the said population using stratification according to batch since grade 12 students have likely adjusted to the culture and norms of the school while the grade 11 students are newcomers and probably still have the mindset they have from their previous schools. Cluster sampling was also done by taking random samples from the class sections of grade 12 and grade 11. This method was used as the samples that were taken from each batch are heterogeneous due to their various personalities and backgrounds. Out of the 677 students in the sampled clusters, 289 responded, which satisfied the required 288.

2.3. Data Analysis

Descriptive statistics were calculated to present a basic level of understanding of the sample. However, since these values are restricted to the sample, inferential statistics were processed in order for conclusions to be drawn about the entire population in this study.

Hypothesis tests were carried out to compare two or more groups classified by the categorical independent variables in this study. Non-parametric tests such as the Mann-Whitney U test (for exactly two groups) and Kruskal-Wallis H test (for at least two groups) were used to determine whether or not there was significant difference in sexual literacy among the groups at the 0.05 significance level.

The parametric counterparts of these tests were not used since the sample values from the five dependent variables failed to satisfy the common assumption of normality. In particular, the Kolmogorov-Smirnov test for normality revealed five p-values less than 0.01, rejecting the null hypothesis of normality.

Poisson regression and logistic regression were used to analyze all independent variables simultaneously, and determine which of these explain sexual literacy at α = 0.05. The five dependent variables in this study are count variables, which fit the requirements of Poisson regression. For its execution, backward elimination was done using Statistica wherein the variable with the highest p-value at every run was eliminated until only significant ones remain at =0.05. The multiple Poisson regression model is as follows

$y = +1x1 + 2x2 + \ldots + kxk$

where y = dependent variable; x1,x2,…,xk= significant independent variables; 1,2,…,k = estimated coefficients

Exponentiating both sides assures that the right hand side of the equation has a positive value, allowing for a practical interpretation of data. This model will reveal the actual estimated score based on the values of the significant factors.

$y = +1x1 + 2x2 + \ldots + kxk = e(e1)x1(e2)x2(ek)xk$

Logistic regression was used as a secondary model to explain other possible variable relationships, and assumes that the dependent variable has two values encoded as "0" and "1." In this study, these values are low literacy (at most half of the total score) and high literacy (more than half of total score), respectively.

The four levels of health literacy of the European Health Literacy Survey (HLS-EU-Q47) are 'inadequate' (0–25), 'problematic' (>25–33), 'sufficient' (>33–42), and 'excellent' (>42–50) (Sørensen et al., 2015). In this study, the 'inadequate' level or half of the total score was considered low literacy and high literacy was the aggregation of the 'problematic', 'sufficient', and 'excellent' levels, which is equivalent to greater than half of the total score.

3. RESULTS AND DISCUSSION

3.1 Descriptive Statistics

With 95% confidence, the mean sexual literacy score in the population of all DLSU-M SHS students is between 12.8 and 13.6 out of 20. Since the interval is higher than half of 20, the mean sexual literacy score is considered high.

Table 1. Descriptive Statistics

	kno_sexm	kno_hivs	kno_cont	kno_lgbt	kno_tot
Mean	3.00692042	1.59861592	2.6816609	5.9031142	13.190311
Median	3	2	3	6	14
Mode	3	2	3	6	15
Standard Deviation	0.90903291	0.62204704	1.4052392	1.7651007	3.4098167
Skewness	-1.019088	-1.29459869	0.2021728	-0.7826178	-0.6089483
Range	4	2	6	7	17
Minimum	0	0	0	1	3
Maximum	4	2	6	8	20
95% CI	[2.9, 3.11]	[1.53, 1.67]	[2.52, 2.84]	[5.7, 6.11]	[12.8, 13.6]

3.2 Basic Inferential Statistics
3.2.1 Mann-Whitney U test

There is no significant difference between biologically male and female students in terms of their knowledge in sexual mechanisms, HIVs, reproductive health, and gender and sexual orientation.

Table 2. Mann-Whitney U Test by Sex Assigned at Birth

Variables	kno_tot	kno_sexm	kno_hivs	kno_cont	kno_lgbt
Value of test statistic	9860.0000	10333.0000	9671.0000	10164.5000	9041.5000

*significant at 0.05 level of significance

3.2.2 Kruskal-Wallis H test

At α = 0.05, students' academic strands, sexual orientations, and romantic orientations each have a significant relationship with total score and with score in the gender and sexual orientation portion of the exam. Moreover, students of various gender identities also have significantly different scores in the sexual mechanisms section, implying that being part of the LGBTQIA+ community might increase students' knowledge on gender and sexuality. Furthermore, students of various ethnicities have a significant difference in their score in the same section, implying that people from different cultural backgrounds may have different perspectives when it comes to sexual engagement.
However, no significant variables were found to explain the scores in both the HIV section and the reproductive health knowledge section.

Table 4. Kruskal Wallis H Test by Independent Variables with More Than Two Categories

Variables	Value of Test Statistic				
	(kno_tot)	(kno_sexm)	(kno_hivs)	(kno_cont)	(kno_lgbt)
Strand (sfc_shss)	14.6000*	8.9513	2.8714	9.1815	11.1735*
Sexual Orientation (pin_sexo)	15.8891*	4.1259	1.7500	3.7745	30.6889*
Romantic Orientation (pin_romo)	11.8223*	2.4083	5.1943	2.5884	24.7057*
Gender Identity (sfc_geni)	6.3382	1.1161	4.2823	2.6067	19.7018*
Ethnicity (sfc_ethn)	20.5851	21.2982*	13.0935	12.6613	17.2176

*significant at 0.05 level of significance

3.3 Statistical modeling
3.3.1 Poisson regression

The factors that significantly explain total score are att_right (favoring LGBTQIA+ rights), eth_chi (Chinese ethnicity), mrel_tea (teacher as main source of information on relationships and sex), and srep_moth (mother as secondary source of information on reproductive health).
Those who selected mrel_tea have a total sexual literacy score that is $e^{0.097711} \approx 1.1026$ times the score of those who did not, with other factors held constant. Additionally, the population who selected srep_moth has a total score that is $e^{0.094930} \approx 1.0996$ times that of those who did not, all other things being the same. These imply that educators such as teachers and parents are major influences on SHS students' sexual literacy.

Table 4. Poisson Regression on Total Sexual Literacy Scores

Effect	Estimate
Intercept	2.28899*
eth_chi	0.049417*
srep_moth	0.094930*
mrel_tea	0.097711*
att_right	0.313338*
att_right	-0.451614*
att_right	0.011175

*significant at 0.05 level of significance

The following results show that the reproductive health exam score of students who selected mrel_tea is $e^{0.184536} \approx 1.2027$ times the score of the others, holding other factors constant. This is because perhaps, schools' curricula focus on this topic. Meanwhile, students who came from technical schools (jhs_tech) have a score that is just $e^{-0.577885} (\approx 0.5611)$ times that of the other students, with other factors held constant.

Table 5. Poisson Regression on Reproductive Health Section

Effect	Estimate
Intercept	1.398411*
mrel_tea	0.184536*
jhs_tech	-0.577885*

*significant at 0.05 level of significance

The factors that explain knowledge regarding gender and sexual orientation are kina_plat (have experienced platonic attraction), att_cohab (is against cohabitation before marriage), and srep_moth.

The model shows that the experience of platonic attraction lowers kno_lgbt, leading a student's score to be multiplied by $e^{-0.096332} \approx 0.9082$, holding other factors constant. Meanwhile, those who strongly disagree that cohabitation before marriage is wrong have their scores multiplied by $e^{0.208066} \approx 1.2313$, showing that openness to different family and household structures may be linked to awareness of gender, sexual, and romantic minorities.

Table 6. Poisson Regression on Gender and Sexual Orientation Section

Effect	Estimate
Intercept	1.493302*
kina_plat	-0.096332*
att_cohab	0.208066*
att_cohab	0.136577*
att_cohab	0.014637
srep_moth	0.117150*

*significant at 0.05 level of significance

There were no significant determinants for sexual mechanisms and knowledge of HIV at $\alpha = 0.05$. This means that scores in these sections do not depend on the independent variables in this study.

3.4 Logistic regression

Backward elimination was also utilized for logistic regression. The indicated odds ratios are the quotients of the odds of "success" (high literacy) over the odds of "failure" (low literacy). Exception is in the reproductive health section where the assignment of "success" was reversed, since the majority of the respondents failed in this section.

Among the significant predictors of kno_tot, kina_plat has a negative coefficient and an odds ratio less than 1, suggesting a small difference in odds. This indicates that a student who experienced platonic attraction has an odds of having a high level of literacy that is 0.287186 times lower than that of a student who experienced a different kind of attraction, holding other factors constant. The same applies to roma_many (attracted to more than one gender) and

shs_stem (STEM strand). However, eth_chi has a positive coefficient and an odds ratio greater than 1, suggesting that the odds of a student, whose ethnicity is Chinese, having a high level of literacy is between 2 to 3 times higher than that of a student who has a different ethnicity, with other factors held constant. The same applies to mrel_tea and srep_moth.

Table 7. Logistic Regression on total Literacy Scores

Variables	Estimates	Odds Ratios
roma_many	-0.853256*	0.181498
eth_chi	0.458491*	2.501730
shs_stem	-0.386135*	0.461963
mrel_tea	0.592494*	3.270647
srep_moth	0.661503*	3.754689
kina_plat	-0.623812*	0.287186

*significant at 0.05 level of significance

Among the significant predictors of kno_sexm, the variable shs_stem has a negative coefficient and an odds ratio less than 1, which indicates that the odds of a STEM student having high level of literacy is 0.542669 lower than a student with a different strand, all other things being the same. However, eth_fil has a positive coefficient and an odds ratio more than 1, with students whose ethnicity is Filipino having higher literacy. The same applies to eth_chi and mrel_tea.

Table 8. Logistic Regression on Sexual Mechanisms Section

Variables	Estimates	Odds Ratios
shs_stem	-0.305628*	0.542669
eth_fil	0.594238*	3.282074
mrel_tea	0.942031*	6.580176
eth_chi	0.418212*	2.308101

*significant at 0.05 level of significance

Meanwhile, kno_hivs did not have any significant predictors.

Among the significant predictors of kno_cont, kina_alt has a negative coefficient and an odds ratio less than 1, which indicates that a student who experienced alterous attraction have an odds of having low level of literacy that is 0.368482 lower than a student who experienced a different kind of attraction, all other things being the same. However, mrep_moth has a positive coefficient and an odds ratio more than 1, in favor of students whose mothers are their primary source of information on reproductive systems. The same applies to form_sem (formally received sexual education in a seminar).

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Table 9. Logistic Regression on Reproductive Health Section

Variables	Estimates	Odds Ratios
mrep_moth	0.635923*	3.567431
form_sem	0.353902*	2.029528
kina_alt	-0.499181*	0.368482

*significant at 0.05 level of significance

Among the significant predictors of kno_lgbt, the variable jhs_public has a negative coefficient and an odds ratio less than 1, which indicates that the odds of a student who attended a public school prior to transferring to DLSU having a high level of literacy is lower by approximately 0.171402 than a student who attended a different type of school, with other factors held constant. The same applies to shs_stem, kina_plat, and kina_sex (experienced sexual attraction). However, students whose preferred source of information on reproductive systems is their father (pref_fath) and whose primary sources of information on reproductive systems are friends (mrep_frnd) have higher literacy, as these variables have a positive coefficient and an odds ratio more than 1. For pin_nore, which is a continuous predictor, every additional sibling whom a student has results in a multiplicative impact of $e^{0.423021}$ (1.52657) in the odds of having a high level of literacy.

Table 10. Logistic Regression on Gender and Sexual Orientation Section

Variables	Estimates	Odds Ratios
kina_plat	-0.882578*	0.171160
pref_fath	0.946681*	6.641655
shs_stem	-0.426223*	0.426371
pin_nore	0.423021*	1.526566
jhs_public	-0.881872*	0.171402
mrep_frnd	0.832540*	5.286097
kina_sex	-0.642224*	0.276803
srel_avm	0.830327*	5.262749

*significant at 0.05 level of significance

4. CONCLUSIONS

The educational and moral environment of the SHS students in school and at home greatly influence their sexual literacy. It was found that having teachers and parents, and being able to access multimedia information positively influence their sexual literacy objective exam score. Although results were positive, the education of these students may still be developed and improved as the majority of them failed the reproductive health section. More in-depth discussions must be done and a stronger feeling of trust and comfort must be established between these students and those in authority to widen their understanding of sexual and reproductive health.

5. ACKNOWLEDGMENTS

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Listening to Silence: An Insight into the Lives
of the Deaf in Baguio City

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Abstract: Oftentimes, people describe the Deaf as unfortunate and pitiful. However, this is clearly not how they view themselves. This study's objective is to bring awareness to the lives and struggles of the Deaf community as well as see how others, namely parents and students, perceive them in the present. To achieve this, 3 research questions were formulated: "What are the special skills and abilities of the Deaf?", "How do Deaf individuals want to be treated by the general population?", and "How do people feel about their interactions with the Deaf?" By using an inductive thematic analysis, this phenomenological qualitative study concluded that the Deaf excel in the area of arts (culinary, visual, and performing) and sports. This could be linked to a gain connected to Cross-Modal Neuroplasticity. The Deaf also explained that they do not want to be "fixed." They simply want to be accepted and treated fairly. Still, they would appreciate it if others physically assist them in activities that are difficult for them due to their impairment. As for the perception of others, it was shown that parents of the Deaf had larger numbers of pessimistic initial reactions than hearing students. Stress levels are higher for parents as they have to consider the communication, financial support, and the upbringing of their Deaf children. It is worthwhile to note that other respondents viewed the Deaf as abled, skilled, and talented in certain fields. They were familiar and comfortable around the Deaf as they accepted them for who they are.

Key Words: deaf; Baguio City, abilities; perception; treatment

1. INTRODUCTION

"Blindness separates people from things; deafness separates people from people." -Hellen Keller

Deafness refers to an individual who cannot hear and understand any sound from their environment. If a person struggles to hear sounds from 20 to 20,000 Hz, they may have a case of hearing loss. Additionally, deafness is usually categorized under profound hearing loss (World Health Organization, 2020). Typically a person with congenital deafness loses verbal communication and hearing ability. Notedly, we use uppercase Deaf when referring to people who share Deaf language and culture, while we use lowercase deaf to refer to the audiological condition itself (Padden and Humphries, 1998).

In the year 2000, the Philippine Statistics Authority conducted a Census of Population and Housing. Data related to the Deaf communities are shown below:

City	Population with Hearing Problems	Total Deafness	Partial Deafness	Hard of Hearing
Cebu City	4,914	1,099	1,905	1,910
Quezon City	2,425	695	679	1,051
Davao City	1,400	442	467	491
Baguio City	374	96	136	142

Based on Census Data (National Statistics Office, 2000).

The Deaf community is a minority in Baguio's population. This could be a reason why little Deaf studies are conducted in the city. Thus, it is the researchers' goal to create a localized

Deaf study to find out the Deaf's skills, how they want to be treated, and how others perceive them.
Three research questions guided the study:

1. What are the special skills and abilities of the Deaf?
2. How do Deaf individuals want to be treated by the general population?
3. How do people feel about their interactions with the Deaf?

The abilities and skills of the Deaf community

Perception Skills

Deafness does not stop the Deaf community from excelling in certain areas of senses. Interestingly, individuals with hearing impairments perform better on various perceptual tasks (Parasnis, 1983; Bavelier et al., 2006; Mitchell and Maslin, 2007).

William Levy compared a battery and five wires to the brain and the senses of the body. He concluded that disability is similar to the total energy of that "battery" being distributed to only four "wires." One sense is not getting any development, therefore the others perform exceptionally better. This occurrence of transforming brain power deprived of stimulus to help support and augment other senses is known as Cross-Modal Neuroplasticity (Braun, 2016).

Moreover, according to a research conducted by Cordina, et al. (2010), the Deaf react quicker to objects at the edge of their visual field than hearing people. Hence, they could be more proficient in jobs which depend on the ability to see a wide area of activities (University of Sheffield, 2010). This is advantageous in sports as interrelated vision skills affect how well someone plays.

How the Deaf want to be treated by the public

Kyle and Pullen (1988) explained that the essential basis for interaction between hearing and non-hearing people is that society says Deaf people need to be helped while Deaf culture says it needs to be understood with respect.

To add to that, the Deaf do not consider their hearing disability as a huge issue for them (Lane et al., 1996). The real disability is society's hesitance and unwillingness to accommodate the needs of the Deaf such as proper captioning, interpreting services, and alternative ways to access communication.

Interactions between the Deaf and hearing people

Family

Hearing parents with hearing impaired children face a number of unique challenges that result in increased stress (Pipp-Siegel et al., 2002; Hintermair, 2006 ; Quittner et al., 2010). These include issues with hearing technology, communication problems, educational challenges, and issues with finances and the safety of their children. Because of these, parenting stress comes to light. It occurs when parents' perceptions of the obligations of parenting outstrip their resources (Abidin, 1992 and

Deater-Deckard, 1998).

Furthermore, Karten (2015) stated that the emotive behavior of parents who raise a special needs child is similar to the grief and mourning process — shock, denial, guilt, depression, and acceptance.

Nevertheless, accepting the child because of their disability may be a positive 'stage' of family adjustment (Blacher, 1984) as it leads to positive familial results like becoming closer as a family, developing new family priorities, adopting positive meaning of the child's disability, and gaining a re-established sense of purpose for the parents.

Students

LaBelle et al. (2013) concluded that the negative treatment of people comes from "outgroup" perception. They stated that one or both sides of communication act based on their perception of the other side's "group" rather than the individual. If the perceived group is not the same as one's own group, the other person is perceived as being in an "outgroup". In their study, people perceived the hearing impaired group negatively as others felt extreme outgroup perception. From this, it is clear that people still have negative perceptions of Deaf individuals due to limited exposure to them.

Hankins (2015) proved that the majority of hearing people lack knowledge about Deaf culture and how to interact with them. They acknowledge that there is a need to understand Deaf culture better. By interacting more with Deaf people, the hearing develop a more positive perception of those with hearing impairments (Most et al.,1999).

Additionally, Stinson and Liu (1999) discovered that problems brought upon by the difference in communication such as frustration, fear, unfamiliarity, misunderstanding, and aversion to outgroups in general were the foundations for hearing students' negative attitudes towards the non-hearing.

2. METHODOLOGY

The researchers utilized a phenomenological qualitative study to interpret the experiences and abilities of the Deaf. Also, an inductive thematic analysis was used to see possible patterns in the respondents' answers.

Two populations were considered. First were individuals with congenital deafness, since childhood health problems could cause variations in personality (Caspi et al., 2005 and Eisenberg et al., 2014). These variations stay with them as they age. The second population were the parents and classmates of the Deaf respondents. They gave a glimpse of society's treatment towards the Deaf.

Online interview guides created on Google Forms were utilized because of the study's phenomenological nature. Each group had different

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sets of interview questions. The Deaf's questions focused on their abilities and feelings, while the hearings' questions focused on how they perceived and treated people with deafness.

The quarantine imposed made it difficult to reach out to participants. Thus, the snowball sampling method was used.

3. RESULTS AND DISCUSSION

Table 1. *Master Themes from Deaf Respondent Interview Excerpts Regarding their Special Skills and Abilities*

Master Themes	Corresponding Codes	Exemplar Quotes
Arts	Culinary Arts	"I love to cook."
	Performing Arts	"Singing"
		"Artist and dance"
		"Dancing"
		"He loves to dance and play the PS4."
	Visual Arts	"Drawing"
		"Artist and dance"
Sports	E-Sports	"He loves to dance and play the PS4."
	Physical Sports	"Playing volleyball"

In relation to previous literature, Table 1 shows that the Deaf excel in the arts and sports, which can be attributed to Cross-Modal Neuroplasticity (Braun, 2016).

Table 2. *Master Themes from Deaf Respondent Interview Excerpts Regarding How They Want to be Treated by the General Public*

Master Themes	Corresponding Codes	Exemplar Quotes
Physical Aid	Physical help	"Reduce background noise as much as possible."
		"Helper"
Positive Mental Attitude	Awareness	"They should aware that the person is hearing impaired, by the moment they saw that person start to communicate by means of sign language."
		"First is for them to be aware of the condition of the child. Secondly,they have to accept the child for who he is."
		"first to know what things coming from, example there feelings…"
		"Through promoting the human rights of persons with disabilities"
	Acceptance	"Show them respect,love them who they are, show them that they're also human"
		"Make them that they are not other's"
		"First is for them to be aware of the condition of the child. Secondly, they have to accept the child for who he is."
		"Through promoting the human rights of persons with disabilities"

This exemplifies how the Deaf do not want to be "fixed" because they do not view their disability negatively. The table emphasizes that the Deaf just want a positive attitude from others through acceptance and awareness of their disability.

Nevertheless, the Deaf still want physical help from others as they are more sensitive to things like background noise.

Table 3. *Master Themes from Non-Hearing Impaired Parent Respondent Interview Excerpts Regarding Their Initial Reactions to Having a Hearing Impaired Child*

Master Themes	Corresponding Codes	Exemplar Quotes
Positive Initial Reaction	Acceptance	"I accepted."
		"We chose to adopt a hearing impaired child. It was a deliberate choice."
Negative Initial Reaction	Psychological Shock	"can't believe"
		"Shock and confused, I was worried on how can we enroll him ti school, and how can we communicate with him well."
	Anxiety	"can't believe"
		"Shock and confused, I was worried on how can we enroll him ti school, and how can we communicate with him well."
	Sadness	"Nalungkot....uNang pumasok sa isip ko na hnd na sya mabubuhay ng normal.Pakiramdam ko nuon ay pinagsakluban ako ng langit at lupa....naawa ako sa anak ko."

As mentioned by Karten (2015), parents did feel shock, guilt, and later on acceptance towards their children. Similar to past findings, educational and communicational concerns were evident in the respondents' answers. Although most reactions were negative, there were parents who immediately accepted their child's deafness, which leads to positive familial results.

Table 4. *Master Themes from Non-Hearing Impaired Parent Respondent Interview Excerpts Regarding How They Feel as a Parent of a Deaf Individual*

Master Themes	Corresponding Codes	Exemplar Quotes
Optimistic Feeling	Pride	"Proud. Our daughter is bilingual (sign language and English). She is very resilient and observant and despite many challenges she is amazing and is thriving."
Pessimistic Feeling	Sadness	"Sometimes sad, sometimes irritated specially when there's some other kids who try to bully him."
		"Malungkot syempre..i feel sorry for my daughter being deaf.."
	Irritation towards others	"Sometimes sad, sometimes irritated specially when there's some other kids who try to bully him."
	Pity	"Malungkot syempre..i feel sorry for my daughter being deaf.."

Table 4 illustrates that parents mostly feel pessimistic emotions. Parents often feel these since they see their children undergo hardships brought upon by deafness. Irritation is also mentioned as a Deaf respondent experienced bullying. This situation is a portrayal of LaBelle et al's (2013) "outgroup" perception.

Still, a sense of pride emerged from a respondent of the study as their daughter gained more

skills despite her disability. Generally, parents still see the good sides of their children's situation.

Table 5. *Master Themes from Hearing Student Respondent Interview Excerpts Regarding How They Feel Towards a Deaf Individual*

Master Themes	Corresponding Codes	Exemplar Quotes
Optimistic Feeling	Engaged	"I feel engaged because they are communicating in a whole different way. This also sparked my interest in learning sign language for me to at least know the basics on how to communicate with them."
	Comfortable	"I feel the same for everyone even if they are disabled. They do their best to adjust in everyday life and that earns my respect. They're still humans after all."
		"I feel normal, i dont think there is a distinct difference from talking to other people. It was a bit strange the first time I have ever met a deaf person because I proceeded to say "hi" then a friend called me stupid because she obviously couldn't hear me and then i apologized by saying "sorry". After this my friend called me "retarded"."
		"It's just like communicating with a normal person. However, there are certain adjustments (e.g. sign language, hearing aid, etc.) that are done to communicate with them."
		"Comfortable lang ako."
		"I feel comfortable interacting with them."
Pessimistic Feeling	Challenged	"Quite challenging because you need to action out what you want to say to him/her."
		"I honestly sometimes feel nervous, especially when the people I interact with is the same age I am. The least that I want to happen is to make them uncomfortable whenever they're around me."

It is highlighted that most students already feel comfortable with the Deaf. It was almost as if they were communicating with a hearing individual. Others felt motivated to even learn some basic sign language for them.

Still, some felt pessimistic. As Stinson and Liu (1999) mentioned, these were brought upon by challenges given by the communication difference.

Table 6. *Master Themes from Hearing Student Respondent Interview Excerpts Regarding How They Perceive Deaf Individuals*

Master Themes	Corresponding Codes	Exemplar Quotes
Skillfulness	Talented	"The one thing I've seen and observed from them is their talent in the field of arts and dance. These talents help them overcome their disability and make them showcase what they have."
		"They are harmless, kind, and actually very creative or possess a hidden talent such as being artistically inclined."
	Abled	"The way i perceived the situation of a hearing impaired individuals, I see them as a more hardworking person than the normal individuals because of their dissability."
		"I deem them as perfectly able people. They are still able to function in the society and go on with their everyday lives despite their condition, and I think that's what matters."
		"I think my perception for anyone who has hearing impairment or for anyone who may have a disability would not be different from my perception of those who are deemed "normal". I acknowledge their disability and the problems they may be facing but I would never feel pity about them. I think it is completely disrespectful to think that they need our pity. I strongly believe that any deaf person can be as capable as anybody; they can do everything and anything that "normal" people can do with the exception of hearing sounds."
		"I perceive them as people with disability; therefore they require a different approach when it comes to communication; but when it comes to socializing, I treat them as normal people who enjoys company as well."
Familiarity	Familiarity with the Hearing Impaired	"Yung mga hindi makarinig o mahina ang pandinig."
		"Aware naman akong impaired ang isang tao, using my senses of sight or minsan instinct."
		"I perceive them as people with disability; therefore they require a different approach when it comes to communication; but when it comes to socializing, I treat them as normal people who enjoys company as well."
Good Conduct	Moral	"I percieve them as kind and humble individuals."
		"They are harmless, kind, and actually very creative or possesses a hidden talent such as being artistically inclined."

It is seen above that the majority of hearing students perceive the Deaf as skillful people. More specifically, hearing people noticed their talents and abilities despite the hindrances brought upon by deafness. They also took note of the good conduct of the Deaf such as their morals and hard work. Because the student respondents have experienced working with the Deaf, they have shared their positive perceptions such as familiarity and acceptance. They even acknowledged the physical and communication difference between them and their non-hearing peers. This proved Most et al. 's (1999) study that shows more interaction with the non-hearing gave others a

more positive view of the Deaf.

4. CONCLUSIONS

The following points illustrate and synthesize the study's key findings.

Being physically different does not stop the Deaf community from living life like hearing individuals. Compared to others, their perception skills—gained through Cross-Modal Neuroplasticity—is better. Lastly, it was revealed that the non-hearing have great skill in the field of culinary, performing, and visual arts.

The Deaf want to be treated fairly, not "fixed." They wish others to understand that they are happy with themselves. They value acceptance and awareness from people the most.

Most first impressions towards the Deaf are negative. Notably, parents of the Deaf had more pessimistic initial reactions than hearing students. They take in more stress because they have to worry about health and communication aside from raising and supporting their child. Nonetheless, respondents have viewed Deaf individuals as abled, skilled, and talented — interpreted as a sign of acceptance and familiarity towards Deaf culture. People have a better perception of people with hearing impairments if they have a proper understanding of deafness and more exposure to the non-hearing community.

The researchers hope to inspire future researchers to further initiate studies that have the Deaf community as respondents. These are their recommendations:

Future researchers may want to work with those who have mild, moderate, or severe deafness. Data, answers, and experience may vary between individuals with different levels of hearing impairments.

Respondents were only chosen because they have congenital deafness, regardless of its cause. Others can create studies which show if there is a difference between the answers of Deaf individuals, if the causes of their hearing loss vary.

Future researchers may want to work with more groups such as human resource managers, public transportation drivers, and many more in order to have a view of how the Deaf are treated in the workplace or everyday life.

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Do apples fall not far from the tree?:
An Exploratory research on the influence of parents to their children's attitudes toward the LGBTQ+ community

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Abstract: The parent-child interaction is the first social connection a child would engage within their life. A part of this relationship is how parents develop their child in the physical, mental, and emotional aspects. These varying aspects then extend to the attitudes and perceptions the child may have toward different aspects of life, including social issues such as those concerning the LGBTQ+ community. The following study seeks to explore the influence of parents to their children's attitudes towards the LGBTQ+ community. It is in this context that this study is proposed where the assumption is that the parents' attitude towards queer identity and community will be shared with their child. The study had gathered its data from 18 self-identified cisgender and heterosexual De La Salle University senior high-school adolescents in Metro Manila who are at or above the age of 18. Contrary to the research assumption, it was found that majority of the respondents had a positive perception of the LGBTQ+ community and its members despite some parents having homophobic or generally negative perceptions and tendencies towards the community. This implies that adolescents possess a certain level of agency when it comes to relating and empathizing with minority communities, particularly that of the LGBTQ+ community. Given these results, the researchers of the study recommend that future explorations on the subject delve into studying the thought process of those below the age of 18, particularly those who are 12-17 years old, in order to gauge the potential difference and similarity in perspective.

Key Words: queer, LGBT, family, relationship, attitude

1. INTRODUCTION

The family is the most fundamental and simplest unit of society. More often than not, the parents are the first sources of information for a child, setting up the cornerstones of a child's rudimentary education. Depending on the quality of the education that these parents have given their children, in a digital age where information on almost any topic under the sun is available to be perused by the general public, it may be up to the child and external educational institutions to fill in the blanks or completely revise these teachings. The article aims to tackle the impacts of the knowledge gained, particularly on the LGBTQ+ community, of a child from their parents and how the child utilized their parent's teachings and perceptions to mold their own perception of the LGBTQ+ community. The researchers of the article attempts to establish their position on closing the gap on the scholarly pursuits of LGBTQ+ studies based in the Philippines and advocates for a more substancial and concrete pedagogy on queer literacy in the country.

2. METHODOLOGY

The researchers commenced the data gathering process with a preliminary survey. The survey assessed the quality of parent-child relationship among 188 respondents ranging from the ages of 15-20 years old from a population of 1,143 De La Salle University-Manila Integrated School students. The researchers collated the gathered data and created a tabulation to determine which students met the set standards. Based on the relative average calculated from the responses, the high, middle, and low levels of parent-child relationship were established where six (6) self-identified heterosexuals aged 17-19 were chosen for the interview. The prospective subjects were then contacted through email with the provision of additional consent forms and interview schedules. From there, the researchers conducted 30-minute to one-hour one-on-one semi-structured interviews for a total of 13 interviewees. The said interviews were conducted with the aid of interview guides that assessed four key parts: (1) parental attitudes towards the LGBTQ+, (2) parent-child relationship, (3) child's queer literacy, and (4)

personal attitudes towards the LGBTQ+.

The interview transcripts then underwent the processes of coding, assimilation of themes, and definition of themes. The research proponents first highlighted several key points or codes that they deemed useful in relation to answering the questions of the study. From the created codes, themes were formulated from the patterns that have emerged. In this stage, the transcripts were reviewed once again to assess the consistency of the themes in relation to the declarations of the respondents. Finally, the meanings of the themes were defined relative to the whole of the informants' statements on the basis of the researchers' obtained knowledge from various literary sources cited in their review of related literature (RRL).

3. RESULTS AND DISCUSSION

Parent-Child Relationships and Parental Attitudes

In the study, seven out of the thirteen informants have shown a close relationship with their parents. This closeness was accompanied by a sense of open-mindedness when it came to understanding personal, political, or social discourse. The respondents shared that their parents often encouraged values of open communication, transparency, and an exchange of ideas. Communication was frequent, and both parents and children sought each other out for companionship, comfort, and advice. Among the seven, four respondents had reported that their parents held positive attitudes towards the LGBTQ+ community. The parents expressed openness to discuss LGBTQ+ related topics and issues, where they all shared positive and welcoming perceptions. This was shown through their conversations and exchanges. This behavior was also exhibited when the parents were around LGBT relatives and peers, where the informants saw that they were welcoming, warm, and friendly.

Two of the seven respondents' parents had ambiguous or tolerant attitudes that were neither fully accepting nor hostile. Their tolerance primarily entails acceptance towards the LGBTQ+ where they are treated with mutual respect to a point of peaceful and non-violent coexistence. The ambiguity of their parents' tolerant attitudes lies in their casual discriminatory or stereotypical behavior. This kind of behavior refers to their casual comments, jokes, and name-calling. One of the respondents recalls her mother, albeit generally tolerant, pertaining to masculine gays as "sayang" or a waste for not adhering to heteronormative standards. For the rest, their parents were said to have passed off jokes ridiculing the members and using terms like "bakla"

or "tomboy" with a negative connotation. Though these remarks were present, they would not be outrightly said to anyone in the LGBT spectrum, rather it is uttered to their children in private.

One had parents who had negative attitudes towards the LGBTQ+. For one of them, the interview found that they saw their LGBTQ+ identity as a cause of their shortcomings although the individuals' negative traits may be unrelated to their sexual orientation, gender identity, and expression (SOGIE).

Six individuals reported a neutral to low quality of the relationship, saying it was "civil" and "fine" to explain their parental relationships. They have explained that communication happens mostly out of necessity, and the parents are the sole party to seek out the other. As a result, the exchange of ideas, from personal advice to political discourse is seldom. One had even mentioned that they perceive parent-child interactions as solely an obligation and inherently takes away from their choices and self-autonomy.

Of the six individuals, two observed the same positive attitude in their parents as those with close bonds. Three had parents with ambiguous and neutral attitudes, while one had a negative perception of the LGBT community. The characterizations of these informants of their parents' attitudes were generally the same as those who had close relationships. On the part of the one informant with parents dismissive of the LGBT community, it was also reported that there were displays of hostility towards members of the community, leading the child to describe their parents' attitudes as "toxic" and "alienated". The researchers have also found that there was a case of selectivity for one of the respondent's parents. According to the said respondent, their parents would only tolerate members who are part of their circle and usually only if they are within their presence.

In developing a child's personality, the influence of parental attitudes is an influential factor (Zunich, 2012). Similarly, a few traits that may be reflected in the child based on the parenting style may be their physical appearance, gender, and temperament. In contrast to this, parent-child relationships with negative connections create more emotional distance between the two parties. When a parent lacks action in certain aspects such as trust, respect, or communication, this may negatively affect the child's behavior and development (Altalib, 2013). Values and beliefs were shown to be attributed to adults' behavior and competence and their capabilities as children educators (Schaefer, 1991). The parent's own set of beliefs towards certain concepts are tailored from their behavior, among other factors. This is then reflected in how these parents molded the development of their children. Evidence is substantial that child development—and accordingly, children's skills—is influenced by family characteristics, such as

parental education, income, and other factors contributing to parental quality (Rindfuss, 1992). Family-related factors contributing to parental quality seem to be particularly important, and it sets up child outcomes based on the quality of other caregiving and learning institutions, such as day-care centers or schools (Pew Research Center, 2015). Grusec and Danylluk (2014) examined how parents changed their behavior as they raisedchildren and how these behaviors impacted a child's development. They mainly concluded that a parent's attitude that can be described with warmth, along with reasonable levels of control, combine to produce positive child outcomes in terms of their attitudes.

Level of awareness on LGBTQ+ concepts and issues

Other than parental attitudes, the researchers also seek to discover whether 1evel of awareness on LGBTQ+ concepts and issues one has plays a significant role in adolescents' outlook on the LGBTQ+ community. This was tested to the informants by presenting different words, phrases, and sentences tied to the LGBTQ+ community and asking them to explain their understanding of it without any supplemental information. Out of all the respondents, 3 individuals showed a low level of such awareness. They were unable to clearly define gender and sexuality. The two individuals also failed to explain the concepts of social constructs, fluidity, and stated that they had no insight on how they perceived the representation of the LGBTQ+ community in mass media. There was a general lack of understanding in the concepts presented. One informant was even avoidant, saying that they did not want to learn queer concepts as they fear it would "make them queer". This informant also called the concept of fluidity and intersectionality as "nonsense."

Two individuals have exhibited a moderate level of such awareness. This meant that while they were familiar with the concepts presented, they were still unable to articulate its clear meaning, such as concepts like intersectionality and fluidity. Expressing a high level of LGBTQ+ awareness, 8 individuals were able to comprehensively explain all of the given concepts with ease. They were also able to add depth to merely explaining the textbook definition of the phrases by connecting them with their personal experiences, insights, and manifestations.
The informants cited different sources of knowledge that have led them to such a level of queer literacy. For individuals with a high level of queer literacy, they have credited their knowledge to topics discussed at school, articles they read on social media, and most importantly, the insights they receive from their peers especially those who identify with the LGBTQ+ community. Liberal and inclusive spaces like

universities also contributed to the high level of literacy. Nine of the informants said that though they learned some queer concepts at home and through their families, this knowledge was lacking and biased toward the attitudes of their parents. This prompted them to look for more sources of knowledge through alternative mediums. The informants who had a moderate to low level of queer literacy were unable to expound as much on their sources of information. They have only gone as far as to cite subject topics and social media.
Sj Miller (2015) coded the level of awareness towards the LGBTQ+ community as "queer literacy" or the ability to view gender and sexuality through a queer lens. In his work, he advocated for expanding knowledge on the LGBTQ+ community with the employment of a Queer Literacy Framework or QLF. According to him, a QLF will help teach students the empowerment of their sexualities and those of their peers. For this, Miller reasoned that gender and sex play significant roles in shaping students' perceptions of themselves and others.

Furthermore, he stated that with the acceptance of sexual diversity, "violence would not prevail." Ergo, conditions that encourage students to self-determine their gender and sexuality are vital in achieving gender and sexuality justice. In essence, this means that a more comprehensive understanding and acceptance of the different LGBTQ+ identities would mean the lessening of gender-related crimes and abuse, leading to gender and sexuality justice. GLAAD's 2016 survey on "Accelerated Acceptance" shows that education, increased knowledge, and consistent dialogue on LGBTQ+ identities and struggle is what leads to lower levels of discomfort towards the queer community, which in turn leads to less discrimination. Queer literacy examines one's knowledge of gender and sex as constructs and fluid concepts, as well as its representation in mass media, and the importance of advocating for its equality.

Adolescent Acceptance

Seven out of 13 informants have a positive attitude towards the LGBTQ+. They have all explicitly expressed their warm acceptance of the LGBTQ+ community. A common theme was that they do not impose othering towards individuals from the said community. Instead, they believe that they should not be treated unfairly based on their SOGIE alone. Given this line of thought, they all share a strong advocacy of equity for the LGBTQ+ to a point where they educate themselves and the people around them. The five informants who have tolerant or ambivalent attitudes towards the LGBTQ+ essentially share the same beliefs with the rest. All of the interviewees have expressed their support over the community in the same ways. However, there

remains to be certain stereotypes and discriminatory characterizations that those with tolerant attitudes adhere to and exhibit. For example, one of the informants have said that they do not wish to fully immerse themselves among LGBTQ+ for it may change their SOGIE by way of influence. Another one has said that they find effeminate attitudes or expressions from males unbearable for being "weird" at some extent. Nonetheless, they claimed to still accept the LGBTQ+, including future children or intimate partners, and believe that they deserve the achievement of equity.

4. CONCLUSIONS

An individual's childhood encompasses some of their most formative years. And so, for children who have lived said years under the care and influence of their parents, it is no question that their parents hold great responsibility in educating their children. In this day and age where the world is finally beginning to acknowledge the well-deserved rights of marginalized groups like the LGBTQ+ community, it is only fair to adapt to such changes in ideologies.

The researchers' study has found that the youth are generally more tolerating and positive towards the LGBTQ+ regardless of their parents' notions. In other words, the results have shown an unpredictability in utilizing parent-child relationships as a sole determinant for adolescents' behaviors. However, the youth's queer literacy remains contingent on their parents' ideologies on the matter. This is because youth with parents who embody negative perceptions and attitudes require more intensive means and methods to gather information on queer knowledge. This conclusion then stands as an indictment of the intensely-lacking (or non-existent, perhaps,) LGBTQ+ positive pedagogy today. There is grave importance in establishing, supplementing, and supporting LGBTQ+ pedagogy founded on the premise of queer objectivity and literacy. As such, the inextricable link between knowledge and attitudes or actions must be utilized to empower the youth towards non-prejudicial and non-discriminatory principles as a means of protecting the LGBTQ+ community and standing as their allies.

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Tactics & Tenacity:
The Effects of a Fantasy-Based Tabletop Role-Playing Game on the Decision-Making Skills of Young Adults

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Abstract: Decision-making is an essential factor for role-playing games (RPGs), especially in tabletop role-playing games (T.T.R.P.G.) like Dungeons & Dragons (D&D). The utilization of RPGs in the past was for studies performed on the rational decision-making processes involving land reformation. D&D aided in examining the player's experiences when exploring oneself. Backed by previous studies, the research focused on the Rational Choice Theory (R.T.C.) and the Rational Choice Model (R.C.M.) to examine and calculate the benefits derived from the decisions made by the experienced and inexperienced players within a D&D campaign. The research team used R.C.M. to assess whether or not the decision-making process aided both types of players to reach their goals in the game. A one-shot D&D campaign was held across eight (8) different groups composed of five to seven mixed types of players within two days to gather the necessary data necessary for the assessment. Though a slight gap was discovered in-between the rational decision-making process of experienced and inexperienced players, the findings still verified that the former tended to make more informed and rational decisions while prioritizing efficiency in finishing the campaign within the given time frame rather than the inexperienced players. As observed, the latter possessed similar goals for most of the campaign period but were inclined to act more based on impulse.

Key Words: Decision-Making Skills; Rational Choice Theory (R.C.T.); Dungeons and Dragons (D&D); Psychology; Table-Top Role-Playing Games (T.T.R.P.G.)

1. INTRODUCTION

Dungeons and Dragons (D&D) is a tabletop fantasy role-playing game created by Gary Gygax and Dave Arneson (1978) [3]. The game relies on the imagination of its participants, comprised of three (3) or more players, including the Dungeon Master (DM), who control the Player Characters (P.C.s) with individual roles portrayed in the game. (Gygax, 1978) [3].

The study focused on how the human mind functioned, especially on how humans behaved and thought. By analyzing and understanding human behavior, studies involving psychology found improvement in these behaviors and solved people's issues. (McCormick, 2019) [5] The group infers that one could use Psychology to explore Dungeons and Dragons and how players think, behave, act, and improve personally through playing the game.

1.1 Conceptual Framework
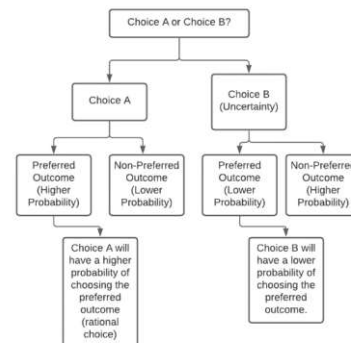
Implemented in the study is Adam Smith's Rational Choice Theory (R.C.T.). In this framework, individuals produced different outcomes depending on the preferences presented to them. Among these outcomes were a preferred outcome or a goal. According to R.C.T., individuals assigned each choice's probability to their desired outcome and a number

that describes how much they preferred achieving that choice and outcome. It is then classified as a rational choice if the individual chooses the option that they believe to be the most likely to achieve that outcome (according to the examples and diagrams made by Joseph Kaplan, (2005) [4].
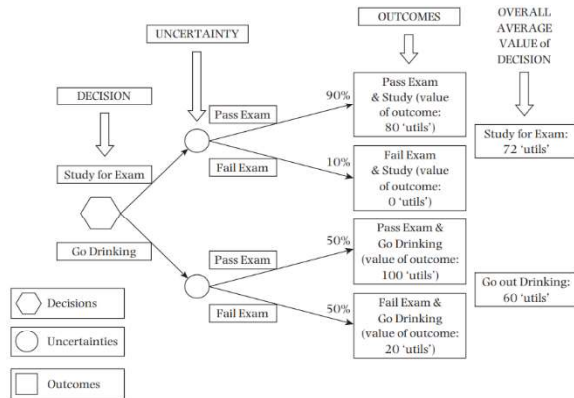
Another point to consider is Herbert Simon's theory of "Bounded Rationality (1956)," [10] which emphasizes the individual's ability to make sound decisions bounded by the information available for them and their capacity to process information and make decisions.

1.2. Scope and Limitations

The study focused on rationality in the context of the R.C.T. as a framework. It included the concept of Bounded Rationality as a factor that could affect rational decision-making. The study's participants were collegiate IEDESGN students from De La Salle University (DLSU) Taft and Laguna Campus whose ages ranged from 18 to 25. The Dungeons and Dragons' edition that the Dungeon Masters would utilize during the campaign would be the Dungeons and Dragons 5th Edition.

1.3. Review of Related Literature

Manuela Pak and Daniel Brieva wrote a paper on utilizing role-playing games (RPGs) to improve decision-making in landscape transformation to analyze rational decision-making (2010) [8]. The study focused more on the factors that go into decision-making, using RPGs in its methodology, interviews, with historical research on landscape dynamics. They observed the behavior, priorities, and reasoning the players possessed when it came to land transformation. The study discovered that RPGs could be an excellent tool for monitoring and understanding decision-making for land reformation.

Joel G. McCormick (2011) [5] discussed the

evaluation of crime prevention strategies in Urban Parks using R.C.T. The basic premise is that humans will choose the offers with the most benefit for the least cost, assuming that the considered benefits and the losses of a decision were made clear before taking action (McCormick, 2011) [5].

Marinela Y. Paulino and Sherwin U. Cuason's study regarding "Role to Play: Examining the Player Experiences of Dungeons & Dragons" (2017) [2] concluded that players who genuinely immerse themselves in the game could explore themselves. As mentioned in Nephew's book of Playing with power: the authorial consequences of role-playing games (2003) [7], the players and the GM were "active readers and interpreters of the text." Players could freely control the story they created, which played a crucial factor in deciding what to do, where to go, and how to act.

2. METHODOLOGY

Research Design

"N.E.R.D.D Encounter" was a two-day long online event hosted by the Greasy Snitches Community via their Community Server on Discord. An instant messaging and digital distribution platform. Created inside the server were multiple voice and connected text channels that represented the different tables, and implemented were several bots to compensate for the rolling of the dice function made by the participants. Dedicated to the assignment of players to the different tables was the focus for the first day. The different DMs spearheaded the commencement of the character creation process.

The second day focused mainly on the one-shot campaign that ended on sundown with a survey to assess the entire event. The research team joined the different tables (entered the different channels) to observe the in-game decision-making process among the group's different members. Data were analyzed qualitatively, as the survey's questions are not fixed and answered in a paragraph format.

Scenario 1 featured a clear path and a path with jagged rocks. The N.P.C. instructed the players to pass through the course of the jagged rocks. However, a straightforward way would look relatively safer. Scenario 2 presented one to three options on convincing the Wolf Tribe to ally with the Mother Tusk. The characters persuaded them, prove themselves or hunt for the food of the wolf tribe. The scenario focused more on the reasoning and playstyle of the players.

2.1. Sampling

The study's participants were the different IEDESGN Introduction to Game Design Collegiate

Students, handled by Ms. Sales that belonged to the Taft and Laguna Campus of De La Salle University (DLSU). Introducing D&D to the students was an essential factor to the Game Design course syllabi, and having a mini-campaign was highly beneficial for the topic learning outcomes to materialize. The students possessed varying amounts of experience with D&D ranging from experienced players and DMs and individuals who have never heard of D&D at all. The research team classified players who have played for more than six (6) months as 'experienced.' The Greasy Snitches,' a local group of experienced T.T.R.P.G. players, assisted in the research acting as the organizers of the game.

2.2. Data Gathering/Procedures

The procedures followed were set by Pak and Brieva (2010) [8] in their paper that used RPGs to observe decision-making in land transformation. All monitored sessions noted the behavior, decisions, and discussions of all the participants. They gave the research team an idea of what to consider when they made decisions and what the players prioritized during decision-making. The research team also interviewed the D.M.s after the event to gain insight and validate the gathered observations. A survey was sent to the participants afterward to understand the reasoning behind their decisions.

2.3. Data Analysis Strategy

One of the model papers that utilized R.C.T. as a framework employed the "Qualitative Strategy." This strategy, found in Neuman's Social Research Methods: Qualitative and Quantitative Approaches in 2014 [6], encouraged the research team to organize the data by repeated patterns and themes found within this data. Afterward, the data was cross-checked with the D.M.s' comments before the research team finally analyzed the framework and the factors that go into decision-making.

2.4. Instrumentation

The questionnaires present in Sarah Lynne Bowman's book, The Functions of Role-Playing Games: How Participants Create Community, Solve Problems and Explore Identity (2010) [1], were modified to fit the research's scope precisely. The distribution of questionnaires was through Google Forms after the event for convenience. The research team used Discord to hold the campaigns and provide a space for the research team to make live, online observations.

3. RESULTS AND DISCUSSION

3.1. Data Analysis

While observing the participants, the group first took note of the choices made and took note of the discussion leading up to the participants' decision and any points. It was cross-checked as well with the participant's responses in the survey questionnaire. With all the information gathered from the questionnaire and notes from the live observations, the research team gleaned the following analysis:

3.1A. Preferred Outcome

The majority of the players, both experienced and inexperienced, were focused more on accomplishing the one-shot campaign's tasks. It is worth noting that a small percentage of the inexperienced players focused more on the game's entertainment aspect than the objective. Around 19% of the amateur players stated that their decisions were based more on entertainment value.

The data shows that D&D players may have different priorities and goals within the game than just accomplishing the quest given to them by the D.M. However, one must note that a player prioritizing entertainment over objective is not irrational. Under the framework, if they make decisions that lead them to the outcome they prefer, it would still be considered rational. If entertainment is the outcome they desired, then they would be regarded as sound.

3.1B. Decisions Made and Probability of the Preferred Outcome
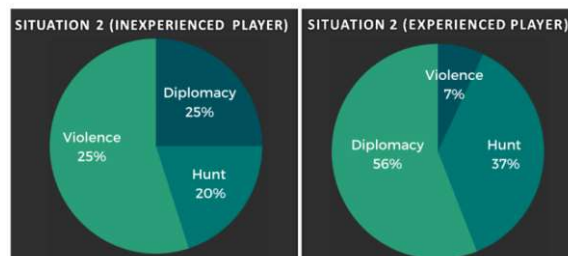

Figure 2.7.1 Scenario 1 Choices

Figure 2.7.2 Scenario 2 Choices

In Scenario 1, a more significant percentage of inexperienced players preferred to go through the clear pathway (57%) rather than the jagged rock's path (43%). However, with the experienced players, a more considerable percentage (54%) preferred to cross the jagged rock's path over the clear pathway path (46%.) In the context of Scenario 1, players may prefer the clear pathway as it seems safe. However, they were aware that the other path is the efficient path to take as it was the road that the N.P.C. mentioned and, therefore, the one most likely to bring them to their destination. It is here that the research team were able to see that the experienced players were more likely to make choices that would bring them to their preferred outcome.

Upon interviewing the participants, the research team found that the majority of the participants, both experienced and inexperienced, were somewhat expecting the outcomes of their choices, meaning that most of them were slightly aware of the probability of the results they got.

In Scenario 2, 55% of the participants opted for diplomacy, 20% decided to hunt for the wolf tribe, and 25% had to attack them and prove themselves. As for the experienced players, 56% of the participants opted for diplomacy, 37% opted to hunt for the wolf tribe, and 7% fought the wolves to prove themselves. As for this fight, most experienced and inexperienced players were not expecting the outcomes they got, demonstrating how they believed to have a lower probability of achieving their preferred outcome. According to the surveys, most of them were expecting to fight the wolves; however, they could complete the effect they wanted through a means that they preferred more (safety through diplomacy.) In this case, most of the players achieved their desired outcome and preferred choices; however, they did not see a high probability of the outcome they chose behind their choices.

3.1C. Outcomes Based on the Decisions Made

Based on observations gathered from both the live observations and analyzed notes, a noticeable difference between the two types of participants regarding their decision-making is observed. A large portion of skilled players had exceptional foresight when it came to their choices. On the other hand, some inexperienced players did not have a clear plan in mind as they were not making any decisions beyond what was needed. That uncertainty caused them to make more impulsive decisions without thinking it through enough, as mentioned by some of the participants upon interviewing and from observations made by both the research team and the D.M.s. About 38% of the inexperienced participants acted

impulsively, while 14% of the experienced players did the same.
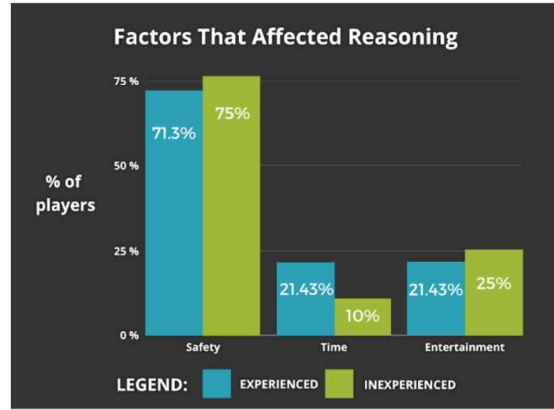
3.1D. Reasoning

Figure 3. Factors That Affected Reasoning

Most of the participants chose to base their reasoning on their party's safety and preservation. It applied to 71.3% of experienced players and 75% of inexperienced players. 21.43% of the veteran players based their reasoning of the time it would take to do actions based on their decisions, and the same is observed for 10% of inexperienced players. Therefore, more experienced players were more time conscious than amateur players. 21.43% of professional players' reasonings were motivated by entertainment, and this also applied to 25% of inexperienced players. There was not a significant rift between these two results.
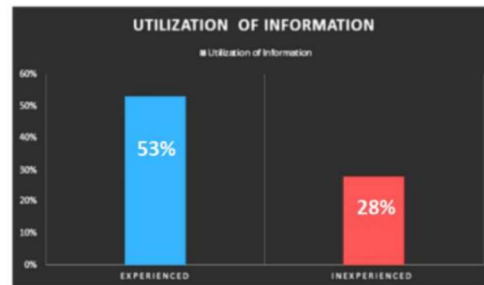
3.1E. Utilization of Information

Figure 2.11.1 Utilization of Information between Experienced and Inexperienced Players

The data gathered showed that experienced players were more resourceful with the information they had. About 53% of the skilled players relied more on the information they had when arriving at their chosen decision. On the other hand, 28% of the inexperienced players focused more on utilizing the information they had in their decision-making.

Upon observation from both the D.M.s and the research team, some tables struggled with making decisions due to a lack of information (such as perception and survival that could help them

understand their surroundings more.) The tables with more information (good roles or characters that can provide better information on the environment) eased their decisions. From this, the research team were able to see that playing the game helped certain players understand and utilize given information better and make better decisions.

4. CONCLUSIONS

The study mainly focused on the decision-making patterns of both experienced and inexperienced D&D players. In conclusion, the more experienced players tend to make more informed, timely, and rational decisions that aided in achieving their preferred outcome. Most of these players prioritized efficiency in finishing the campaign by focusing on the objective. On the other hand, though the inexperienced players possessed the same goals (even with a small percentage of them prioritizing entertainment) as the experienced ones, they still did not utilize what information they had and tended to act more on their impulse preferred choices. While the statistical differences were not extreme in number, there was still undoubtedly a gap between the experienced players' rational decision-making and the inexperienced players.

4.1 Recommendations for Future Study

It is highly recommended that further research be conducted on how T.T.R.P.G.s can affect decision-making and prove that such games are beneficial to improve a person's decision-making skills. Given the study's findings, it is deemed that games like D&D can provide a platform for players to practice their rational decision-making and perhaps even perform better in education and development. Other kinds of role-playing games, such as Pathfinder, Call of Cthulhu, and even those belonging to the non-table top realm, such as video games, could also be utilized for this endeavor. Other theories that apply to rational decision-making may be utilized to aid future studies in understanding the behavior of experienced and inexperienced players when it comes to making sound decisions. Exploring other entities outside of an institution and the current age group would also provide a broader perspective on the study. It is also recommended to try other T.T.R.P.Gs, with more experienced players and explore the more social aspect of D&D towards its effect on decision-making, such as peer pressure.

In the course of the study, some players were deemed more inclined to make certain decisions based on their group's influence or another player's charisma. In the future, further studies in terms of group dynamics' influence on an individual's decision-making are necessary. Future researchers can further investigate the group's decision-making process in T.T.R.P.G.s and how charisma can influence people into making certain decisions.

5. ACKNOWLEDGMENTS

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