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# Determinants of Compassion Fatigue and Burnout Among Filipino School Counselors

**Mary Jane Jose**  
Miriam College

## **Abstract**

*This study examined the relationship and predictors of compassion fatigue and burnout among the Filipino school counselor. A total of 306 school counselors from Metro Manila and selected provinces from Luzon participated in this study. Variables such as gender, type of school, academic work settings, and years of counseling experience were used as compassion fatigue and burnout predictors. ProQOL 5 was also used to measure the counselors' level of compassion fatigue and burnout. Results show that years of counseling experience have a significant relationship with counselors' compassion fatigue and burnout.*

**Keywords:** *burnout, compassion fatigue, compassion satisfaction, counselors, secondary trauma stress*

# Effect of Fluctuating Temperature on the Formation of Melanomacrophage Centers and the General Health Status of Nile Tilapia (*Oreochromis niloticus*) Fingerlings

**Anna Danica Tameta, Denzel Bryan Cruz, Leander John De Jesus, Ronnel Anthony Mantala, James Ralph Balagtas, John Kenneth Pagdanganan**  
De La Salle Araneta University

## Abstract

Increased incidence of the heatwave and abnormal temperature changes have been reported to be an effect of climate change. Minimal changes in water temperature or temperature patterns may not be detrimental to poikilotherms but may have physiological effects on the general health status of farmed fishes such as Nile tilapia. To determine the sublethal effects of a 27 +3°C change in temperature, Nile tilapia fingerlings were subjected to experimental temperature fluctuation for 15 days. The general health condition of the fish was assessed by quantitative measurement of splenic melanomacrophage centers (MMC), body condition index (BCI), and spleen somatic index (SSI). Results show no significant difference in fish at 27 and 30°C for most of the parameters observed. This suggests that a 3°C increase in water temperature has little to no effect on the general physiology of Nile tilapia fingerlings based on the given parameters which are indicative that the fingerlings can withstand short-term temperature fluctuations and may have little to no effect on the general status of the fish.

**Keywords:** *temperature stress, melanomacrophage center, body condition index, splenosomatic index, temperature pattern*

# Effectiveness of Psychological Interventions to Address Stroke Survivors' Informal Carer Burden

**Christopher Martin A. Tañedo and Marie Antonette J. Sunga-Vargas**

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## **Abstract**

Significant researches are being conducted to bring back the quality of life among survivors of stroke. Studies address the issues and needs of those who had suffered from it. However, families and caregivers of the stroke survivors are mostly neglected in their needs about the encumbrance brought about by role changes in the family to take care of the stroke survivor. Although Europeans, North Americans, and people from neighboring countries such as Australia have started to address this specific gap, there are no existing studies about this in the Philippines. The objective, therefore, was to assess the informal carer burden and sense of competence using a standardized assessment questionnaire. Data gathered was the basis for the informal carer support program developed. The latter was pilot-tested in selected localities of Pampanga. Results showed that the intervention group and the control group vary in terms of a sense of competence (pre-test) and the intervention group was significantly higher than the control group. However, the intervention group and the control group did not differ when it came to their carer burden (pre-test). Moreover, findings illustrated that a significant difference between the control group and intervention group in terms of their carer burden and sense of competence post-test was present. The level of carer burden and sense of competence were also higher among the control group. With the generated outcome, the program implemented was effective in addressing the burden experienced by informal carers of stroke survivors.

**Keywords:** *Informal Carer, Carer Burden, Sense of Competence, Stroke Survivors, Psychological Intervention*

# Factors Affecting the Sustainability of a Franchise System

**Mark Vincent B. Bendo**  
De La Salle University, Manila

## **Abstract**

This study investigated the sustainability of a current franchise system in the Philippines. Variables related to predicting success/performance in the literature (system quality, brand name, age of the franchise chain, franchise outlets ratio, upfront franchise fee, and royalty) were chosen as crucial elements that enhance the sustainability of the franchise system. With limited local literature, a qualitative research study was used through interviews using case research design covering the viewpoints/perspectives of the following parties: a selected franchising company, a franchisee of the selected company, and an expert. The study found that the sample entity has been implementing practices relevant to sustainability. None of the factors presented showed an impact on the other two variables on sustainability: social and environmental. For the franchise system to be sustainable, the franchisor and franchisee could review the franchise agreements and amend it if necessary, innovate and do continuous process improvements. The researcher recommends a separate franchise reporting requirement for entities engaged in franchising activities.

**Key Words:** *social factors, environmental factors, economic factors, franchise, sustainability*

## Narratives of Select Out-of-Field Filipino Teachers

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*<sup>2</sup>Luis Y. Ferrer Jr. Senior High School*

### **Abstract**

Due to a shortage of teachers to teach specialized courses in senior high school and a growing population of students in public schools, some teachers is assigned to handle subjects that are beyond their area of specialization. This study was conducted to narrate experiences of out-of-field Filipino teachers. Self-Efficacy scale was administered and an in-depth interview was conducted. Teacher self- efficacy as to pedagogy, narrated challenges, and ways to cope with tasks of out-of-field- teachers from a select senior high school were discussed.

**Keywords:** *challenges, coping mechanisms, out-of-field-teachers, self-efficacy, teaching strategies*

# Novice Teachers' Practices of Classroom Management in a Private University

**Evangeline D. Dela Cruz**  
De La Salle Araneta University

## **Abstract**

*An attempt to contribute to the current literature to look into novice teachers' perceptions of their strengths and struggles when it comes to classroom management which is recognized as a critical component of a good education and considered as educational phenomenon is the main focus of this study. Likewise, to have a collection of information originated from personal classroom practices of an identified group of twenty novice teachers in intent to create a paper that may perhaps be of practical support to novice teachers in the subject of education. The face-to-face interviews and questionnaires with the group of novice teachers (n=20) produced the qualitative data as the major part of the evidence. The results of the cross-case analysis indicated that novice teacher participants in this research understand that each day novice teachers have to deal with students with social, mental and family or personal issues as well as classroom distress.*

**Keywords:** *Classroom management, novice teachers, efficacy, time management, teacher training, discipline strategies*



## Saints: What they are for young Filipino Catholics of today

**Mc Kyle Vilaz**

De La Salle Araneta University

### **Abstract**

*Although devotion to the Saints is central to Filipinos, there is split-level Christianity and a change in attitudes of the young towards religion. It is hence, time to begin asking as to how the youth perceive the Saints nowadays. This study aimed to discover what the Saints are for young Filipino Catholics of today using a researcher-made survey instrument. A hundred and twenty-five tertiary students from a Catholic university were chosen purposively to become respondents. Four themes emerged through content and thematic distribution. The results reveal that the young Filipino Catholics naturally think of the Saints as their good role models and inspiration however, to be Saints themselves is not envisioned by them. While there are young Filipino Catholics who have pedestal syndrome in relating to the Saints, some respondents, see the Saints as close to them the way family members and friends are, relating to the Saints as intercessors. Young Catholics also relate themselves to the Saints and the good works they do, but such is only partial in identification. In general, young Filipino Catholics understand the role of the Saints as models but the accompanying negative notions could not be undermined as normal.*

**Keywords:** *saints, pedestal syndrome, moral sensibilities, goal-imitation, veneration of saints*

# School Climate and its Impact on Teachers' Surface Acting: Emotional Intelligence as Moderator

**Ma. Annalyn C. Camba and Leah Ace B. Escapalao**  
Philippine Normal University

## **Abstract**

*The moderating role of emotional intelligence in the relationship between perceived school climate and surface acting of teachers is the focus of this study. Data were collected from teacher-respondents (N=446) using TELSS and the SLEQ-Revised. Results show that having a healthier school climate lessens the surface acting of the teacher. The relationship between school climate and surface acting for teachers depends on the teacher's emotional intelligence level.*

**Keywords:** *school climate, emotional labor, surface acting, moderator, emotional intelligence*

# Students' Perception on Effectiveness of Teaching Strategies in Select Science Nursing Courses

**Leo Dizon**

Manila Central University

## **Abstract**

*The study aimed to determine the students' perceptions of the effectiveness of teaching strategies used in select Microbiology and Parasitology classes. 229 third-year nursing students participated in the study. A descriptive correlational research design was used to identify the most common and least observed teaching strategies based on students' observations. Also, the association of the students' perception of the effectiveness of the strategies with their final course performance was tested. The identified top three teaching styles were reporting (66.8%), lecture (62.8%), and videotapes/film viewing (59.4%). The result of the study showed that the teaching strategies employed whether perceived effective or not, have no bearing on the final grades of the students.*

**Keywords:** *teaching styles, teaching strategy, Microbiology and Parasitology performance, study habits, subject enhancement*

# Teachnology: Drop-Out Prevention by Increasing Parent Involvement through Text Messaging

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<sup>1</sup>Polomolok National High School

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## Abstract

The high drop-out rate is one of the most serious problems in the Philippines. Many local pieces of research have been written and assessed how the present interventions are delivered. However, little efforts were made to devise low- cost yet sustainable interventions particularly for rural educators. Researchers conducted this study aimed at preventing the learners from dropping-out by increasing parent involvement through text messaging. This is a single group pretest-posttest study conducted among Grade 10 learners, considered as at risk of dropping-out, at a rural school in the southern Philippines. The intervention included constant updating of the parents on the attendance, performance, and progress of the learners through text messaging. Wilcoxon signed-rank test was used to determine the effect of the intervention which was found to be significant at  $z=-238$ ,  $p=0.017$ . It is believed that the findings of this paper are relevant and useful to school administrators, parents, and most especially rural teachers.

**Keywords:** *drop-out prevention, teachnology, parental involvement, text messaging, attendance*