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**COMPENDIUM  
OF ABSTRACTS  
AND SELECTED PHOTOS**

**URDANETA CITY UNIVERSITY**  
COLLEGE OF TEACHER EDUCATION

**IJAMS: International Journal of Advanced Multidisciplinary Studies**

# **COMPENDIUM OF ABSTRACTS AND SELECTED PHOTOS**

**URDANETA CITY UNIVERSITY  
COLLEGE OF TEACHER EDUCATION**

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**Lay-out Artist:** Alfon S. Torres

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**BACHELOR OF PHYSICAL EDUCATION  
STUDENT RESEARCHES IN TRAINING  
MATERIALS S.Y. 2023-2024**

# **ALTERNATIVE PICKLEBALL BOARD AS A TRAINING MATERIAL FOR STUDENT ATHLETES**

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## **Abstract**

Pickleball rebounders essential piece of pickleball practice equipment for anyone who wants to improve their game. The schools that have a possible insufficiency of pickleball board might experience limited access to educational resources and tools needed to. This study aims to develop an alternative pickleball board to introduce a training material that is cost-effective, convenient, provides skill improvements and practice opportunities for pickleball players. The descriptive-developmental method of research was used in this study as well as the convenience-purposive sampling method. The researchers used a survey questionnaire checklist composed of two parts which was adapted and modified. The study was tested on the student-athletes and experts in pickleball, who are the actual respondents of the survey. The results shown that the features of the existing pickleball materials have variety of attribution. The design, layout, materials used and cost are appropriate for the construction of the training material. Moreover, the level of acceptability of the training material is considered as highly acceptable and the level of acceptability of the alternative training material is considered highly efficient. In conclusion, the features of the existing material used in pickleball training, the design, layout, materials used, cost, level of acceptability and level of efficiency of the alternative pickleball board sets suitability. The researchers encourage continuous maintenance and improvement for the alternative pickleball board training material as well as to use the training material to enhance the skills in pickleball sport.

**Keywords : Alternative, Pickleball, Board, Training Material**



**ALTERNATIVE PICKLEBALL BOARD AS A TRAINING MATERIAL FOR  
STUDENT ATHLETES**

**ADJUSTABLE NET POST FOR BADMINTON AND VOLLEYBALL**

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**Abstract**

Badminton and volleyball are two competitive sports that require equipment, such as net-post that allows for easy height adjustments, proper net tension, and made with high quality materials that accommodates net requirements for both sports. The primary aim of this study is to provide adjustable net posts as multi-purpose training and competition equipment for badminton and volleyball. A descriptive developmental research method was applied to determine the level of acceptability and level of efficacy of the adjustable net post, and survey questionnaire to gather data. The study revealed that the design, materials, and features of commercially available net posts for volleyball and badminton, highlighting steel, aluminum, and fiberglass as commonly used materials. A newly developed adjustable net post, constructed with materials such as steel square tubes, pulleys, and wire ropes, was tested for acceptability and efficacy. It received high ratings for durability (3.58), stability (3.64), safety (3.67), and functionality (3.67) in terms of acceptability, and similar high scores for durability (3.76), versatility (3.57), safety (3.59), and functionality (3.6) in terms of efficacy. Overall, the adjustable net post demonstrated strong acceptability and efficiency for use in both sports. The researchers recommend that administrators provide essential training and competition equipment, such as net posts, to ensure students and athletes have the materials they need for games. Additionally, trainers should utilize adjustable net posts for their long-term benefits, while future researchers are encouraged to explore improvements in the stability of these posts.

**Keywords:** Adjustable, Net Post, Badminton, Volleyball



**CONSTRUCTING SPRING BOARD IN BALANCE BEAM  
AS AN INSTRUCTIONAL MATERIAL**

**CONSTRUCTING SPRING BOARD IN BALANCE BEAM  
AS AN INSTRUCTIONAL MATERIAL**

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**Abstract**

In gymnastics, a springboard is a flexible platform placed strategically at one end of the balance beam to help students achieve greater height and extension in their jumps, resulting in more impressive performances. This study aimed to produce instructional materials for balance beam training in gymnastics and assess their efficiency. A descriptive developmental research method was applied to examine the design, creation, and evaluation of educational tools, ensuring they are both consistent and effective. The study revealed that while basic gymnastics equipment like balance beams and mats are available at the university, key items such as vaults and uneven bars are still lacking. Insights from existing commercial springboards helped develop a balance beam springboard focused on ergonomics, durability, and safety, using materials such as fiberglass and rubber, with costs ranging from Php 10,834.52 to 1,327 euros. The constructed springboard, made with affordable materials costing Php 3,467.00, was rated highly efficient by both students and experts, with an overall mean rating of 3.60. The study concludes that only three of the fourteen essential gymnastics instructional materials are present at the university, highlighting the need for more equipment. The newly constructed springboard was proven efficient, stable, and durable, making it a practical tool for improving balance beam training in gymnastics. The researchers recommend providing the unavailable gymnastics equipment, considering higher-quality springboard materials, using the constructed springboard as an alternative, and conducting further studies to assess its effectiveness.

**Keywords: Constructing Spring Board, Balance Beam, Instructional Material**



**CONSTRUCTING SPRING BOARD IN BALANCE BEAM  
AS AN INSTRUCTIONAL MATERIAL**

**DEVELOPMENT OF HUMAN-SHAPED STANDING DUMMY AS AN ARNIS  
TRAINING MATERIAL**

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Segui, Mhany Kharim R., Vertido, Bernard Galex M.

**Abstract**

The absence of proper training equipment, specifically a human-shaped standing dummy designed for the Arnis sport, has been a longstanding challenge in the University's Arnis training program. This study aimed to develop a Human-Shaped Standing Dummy specifically tailored for Arnis sports training at Urdaneta City University. This innovation seeks to provide students with a realistic and safe training partner that can simulate various combat scenarios, allowing for precisely practicing strikes, blocks, and counters. Such a training tool would enhance the overall quality of Arnis instruction, contribute to skill development, and improve the safety of training sessions at the University. The method that the researchers used in this study is the descriptive-developmental research method. It is a proper scientific study that seeks to precisely and methodically describe a population, situation, or phenomenon. Adaptive-modified checklist questionnaires were used as a research tool for data collection. It aimed to accurately and systematically describe the population, features, effectiveness, and level of efficiency of a human-shaped freestanding dummy as a training practice for the offensive and defensive skills of Arnis varsity athletes that will contribute to the skill development of Arnis student-athletes at Urdaneta City University. The results showed that most of the students-athletes in Arnis Sport said that the Human-Shaped Standing Dummy is Highly Efficient in terms of Appropriateness, accessibility, durability, operativeness and safety because of its overall quality. It effectively enhanced the skill performance Arnis athletes and provide a safe surrogating partner for consistent partner. The researcher's recommendation to future researchers who would want to study the development of this training material is to study further the effectiveness of developing a human-shaped standing dummy in Arnis sport to identify the practical implementation level as a training material to probe regarding its desired appropriateness, accessibility, durability, operativeness, and safety.

**Keywords: Training, Material**





**DEVELOPMENT OF HUMAN-SHAPED STANDING DUMMY AS AN ARNIS  
TRAINING MATERIAL**

## INNOVATIVE PORTABLE BOWNET IN VOLLEYBALL AS TRAINING MATERIAL

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### Abstract

The Innovative Portable Bow-Net is an excellent tool for developing spiking and setting skills in volleyball, providing a target for players to practice their accuracy and technique during drills. This study aims to offer valuable insights into alternative training materials that can enhance volleyball players' skills, particularly in spiking, without requiring multiple sets of players. Due to the lack of training materials at Urdaneta City University, the Innovative Portable Bow-Net serves as a practical solution. The researchers employed the descriptive-developmental research method, systematically collecting numerical data to evaluate the features, acceptability, and efficiency of the Bow-Net in volleyball training. Data collection involved adapted checklist questionnaires assessing attributes such as durability, portability, safety, and stability, along with efficiency aspects like appropriateness, operativeness, and accessibility. Descriptive statistics, including means and percentages, were used to summarize key performance metrics like spiking proficiency. The results indicated that most student-athletes in volleyball rated the Innovative Portable Bow-Net as highly efficient regarding durability, portability, stability, safety, comfort, appropriateness, operativeness, and accessibility. The Bow-Net effectively enhances skill development by simulating game conditions and promoting consistent practice. The researchers recommend that administrators consider producing more innovative Bow-Nets, that Urdaneta City University volleyball athletes actively utilize this training material, and that future researchers use this study as a foundation for further development of unique features in volleyball training tools.

**Keywords** : Innovative, Portable, Bow-Net, Volleyball, Training



**INNOVATIVE PORTABLE BOWNET IN VOLLEYBALL AS TRAINING MATERIAL**



**PORTABLE RUBBER MAT COURT: AN ALTERNATIVE TRAINING  
MATERIAL FOR BADMINTON**

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**Abstract**

This study aimed to introduce the Portable Rubber Mat Court: An Alternative Training Material for Badminton equipment is for badminton athletes and students. This study aims to shows the advantages of the portable rubber mat court in terms of its construction, quality, and function. The strategy utilized in this examination was descriptive research. The examination plan depended on the chosen criteria of the study. This study found that the training materials at Urdaneta City University are readily available for constructing a portable rubber mat court, which serves as alternative training material for Badminton. The court meets criteria such as appropriateness, accessibility, durability, safety, and comfort, as assessed by respondents. The analysis of respondents also indicates that the portable rubber mat court's return system is highly efficient, with an overall weighted mean of 4.71. In light of the discoveries of the investigation, the going with proposal was publicized at this moment: Administrators may add more unavailable training materials that will sustain the needs of athletes and coaches in creating a court for sports that has no facilities, most specifically for the badminton players. The researcher's recommendation to the future researcher who would want to study the construction of the training material is to study further the effectiveness of the construction of training material in Badminton. And the HKCAD Faculty may recommend using the rubber mat court as an alternative training material for instructional purposes.

**Keywords: Training Materials, Equipment, Portable, Alternative, Equipment**



**PORTABLE RUBBER MAT COURT: AN ALTERNATIVE TRAINING MATERIAL FOR BADMINTON**

**ENHANCED STARTING BLOCK FOR SPRINTERS AS TRAINING MATERIALS IN  
URDANETA CITY UNIVERSITY.**

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**Abstract**

The methods for accurately measuring the force required to clear the starting block at the beginning of a sprint were the main topic of this study. The study aimed to determine the effectiveness of an Enhanced Starting Blocked for Sprinters as Training Materials at Urdaneta City University. The starting block significantly improved athletes' sprints. The research used a descriptive developmental survey method and a validated questionnaire to gather data. It was shown that athletes' sprints were greatly improved by the starting block's durability. Most respondents firmly agreed that the enhanced starting block included developing the starting block, even more, to help athletes improve acceleration and reaction time. It was shown that athletes' sprints were greatly enhanced by the starting block's durability. This may result in a more thorough comprehension and improvement of sprinting methods. The starting block can significantly impact athletes' performance, an essential equipment for many sports where sprinting is a fundamental skill. In athletic development and performance optimization, using improved starting blocks as training materials has generated interest in education. The research shows that in terms of safety, sprinters' use of starting blocks has made it highly valid for athletes when enhancing their acceleration and reaction time. The trainer led to recommendations to use the enhanced starting block to improve the reaction time in the table off to ensure the function of the enhanced starting block.

**Keywords : Starting Block, Training Materials, Sprinters**



**ENHANCED STARTING BLOCK FOR SPRINTERS AS TRAINING MATERIALS IN  
URDANETA CITY UNIVERSITY**

**POWER JUMPER: AN IMPROVISED TRAINING EQUIPMENT FOR VOLLEYBALL  
ATHLETES**

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**Abstract**

The power jumper was created to provide athletes with superior resistance band training while removing the drawbacks associated with traditional elastic band work. This study aimed to develop an Improvised Power Jumper specifically tailored for Volleyball sports training at Urdaneta City University. This innovation seeks to improve the performance and abilities of these committed athletes, to investigate and develop "Power Jumper," an improvised training tool that not only meets the unique needs of the volleyball community but also highlights the University's dedication to promoting athletic excellence and sports science. The method that the researchers used in this study is the descriptive-developmental research method, particularly documentary analysis. It is the process by which a researcher interprets documents to provide voice and meaning to an assessment topic, a systematic method for going over or assessing papers, both written and digital content. Adaptive-modified checklist questionnaires were used as a research tool for data collection. It aimed to accurately and systematically describe the population, features, and level of efficiency of a power jumper an improvised training equipment for Volleyball Athletes at Urdaneta City University. The results showed that most of the Volleyball Athletes of Urdaneta City University said that the Improvised Power Jumper is Highly Efficient in terms of Appropriateness, accessibility, durability, operativeness and, safety and comfort because of its overall quality. It effectively enhanced the skill performance of the volleyball athletes that provide an increase in vertical jump height allows for improvements in technical actions such as sets, hits, services, or blocks, which are critical to winning a volleyball game. The researcher's recommendation to future researchers who would want to study the development of this improvised training material is to identify the practical implementation level as a training material regarding its desired appropriateness, accessibility, durability, operative, visibility, and safety and comfort.

**Keywords: Improved, Power Jumper, Training Equipment**





**POWER JUMPER: AN IMPROVED TRAINING EQUIPMENT FOR VOLLEYBALL ATHLETES**

## CONSTRUCTING LOW-COST SPINNING BAR AS A MARTIAL ARTS TRAINING MATERIAL

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### Abstract

The Spinning Bar, a boxing equipment used to enhance speed, reflexes, and boxing skills, simulates sparring with a real opponent, enabling users to refine their counter-punching and defensive techniques. The spinning bar improves performance and safety. Its layout guides the design, which aims to provide a cost-effective, long-lasting, and highly enhanced training tool that can raise student athletes' ability levels. The researchers used a descriptive developmental method in this study to construct a low-cost spinning bar for martial arts as a training material. Descriptive developmental method as a systematic study of designing and evaluating instructional programs, procedures, and products that should meet the criteria of internal consistency and effectiveness. Development research is commonly essential in the field of instructional technology. This research design shows how this study meets the criteria of usefulness and functionality of the research output. The features of the commercially available spinning bar, along with design, materials, and cost, can provide valuable insights for researchers aiming to design a spinning bar. It can facilitate informed decisions regarding design, construction materials, and economic feasibility, enhancing martial arts performance and safety. The attributes of the spinning bar training material, such as the materials utilized, the cost, and the design of the final product, can help create a training material that is both cost-effective and well-structured, ultimately improving the skill performance of student-athletes in martial arts. The efficiency of constructing low-cost spinning bar as training material sets suitability in terms of its desired appropriateness, accessibility, durability, operativeness, safety, and comfort.

**Keywords** : Training Materials



**CONSTRUCTING LOW-COST SPINNING BAR AS A MARTIAL ARTS TRAINING MATERIAL**

**ENHANCED KICK POST AS TRAINING MATERIAL FOR SEPAK TAKRAW  
ATHLETES**

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Jean V., Valdez, Alldrix Robin

**Abstract**

The efficiency of using the enhanced kick post for sepak takraw as training material and the level of acceptability is the main focus of this study. This study aimed to determine the effectiveness of the Enhanced Kick Post As Training Material For Sepak Takraw Athletes at Urdaneta City University. The enhanced kick post is significantly improving athletes' accuracy and timing in spiking the ball. The descriptive research methodology is used and validated questionnaire to gather data. The study aimed to determine the physical characteristics and level of acceptability and efficiency of the enhanced kick post for Sepak Takraw as a training material. It addressed three main problems related to design, layout, materials used, durability, functionality, safety, comfort, appropriateness, accessibility, and operativeness. The results indicated that the enhanced kick post received high approval ratings in terms of durability, safety, comfort, appropriateness, accessibility, and operativeness, demonstrating its effectiveness as a training material for Sepak Takraw athletes.

**Keywords: Training, Material, Enhanced**



**ENHANCED KICK POST AS TRAINING MATERIAL FOR SEPAK TAKRAW  
ATHLETES**

**BODY OPPONENT BAG FOR KARATEDO IN URDANETA CITY UNIVERSITY**

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Mesley I. Caritativo, Angelito D. Silva

**Abstract**

This study aimed determine the availability of karatedo training material of the “Urdaneta City University. The acceptability level in terms of durability, stability, portability and safety of the body opponent bag is sought. This research study used the descriptive survey design and questionnaire were validated by experts. The university training materials for kataredo is almost complete but it needs a body opponent bag. Market available and research based differs in terms of its materials, design, layout, and cost. Researchers constructed a body opponent bag that is cheap yet reliable due to its durability, stability, portability, and safety. The body opponent bag stability and safety have impact on training of karatedo athlete. Unavailable training materials may purchase by administrators and utilized the body opponent bag during karatedo training.

**Key words:** Body Opponent Bag, Karatedo, Portability, Safety, Stability





**BODY OPPONENT BAG FOR KARATEDO IN URDANETA CITY UNIVERSITY**

**IMPROVISED RESISTANCE SLED HARNESS AS A TRAINING MATERIALS FOR BASKETBALL ATHLETES IN URDANETA CITY UNIVERSITY**

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Abaoag, Lloyd Bryan R., Agustin, Braile Dustin A., Belver, Jhezari Kaye Z., Decano, Chelsy Amor D., Esteban, Roben Jerome N.

**Abstract**

Adding resistance sprint training to basketball athletes' training programs to solve the issues of exhaustion, muscular imbalances, and dangers of injury during games is the main topic of this study. The study aimed to determine the efficiency of the Improvised Resistance Sled Harness as a Training Material for Basketball Athletes at Urdaneta City University. It was shown that the training material meets the criteria such as durability, mobility, functionality, safety, and comfort, as assessed by respondents, and out of the 50 respondents from Urdaneta City University firmly agreed that the improvised resistance sled harness must be included in athlete training, especially basketball training, even more, to help athletes improve their performance in preparation for the game. By incorporating the resistance sled harness, the performances of the athletes were enhanced in aspects such as endurance, speed, agility, and muscle strength, as well as muscle power. Data was collected using a descriptive survey research method and a validated questionnaire as the instrument. With its improvised resistance sled harness aspect finding, it can be well explained that this important component affects athletes' performance radically as many of the physical activities need this and have become a fundamental tool in endurance, speed, agility, muscular strength, and power. Improvised resistance sled harness can significantly impact athletes' performance, an essential piece of equipment for many sports where endurance, speed, agility, muscular strength, and power are the fundamental skills. The usage has created interest in the education field in other training apparatuses, such as sled harnesses in athletic development and performance optimization.

**Keywords:** Training Materials, Sled Harness, Resistance Parachute, Weighted Vest, Resistance Training.





**IMPROVISED RESISTANCE SLED HARNESS AS A TRAINING MATERIALS FOR  
BASKETBALL ATHLETES IN URDANETA CITY UNIVERSITY**

**IMPROVISED AGILITY LADDER AS TRAINING MATERIAL FOR VOLLEYBALL  
ATHLETES OF URDANETA CITY UNIVERSITY**

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Gualon, Precious Anne T., Calacala, Sonnyboy V., Noble, Renz Ruzzel V.,

Bautista, Jonathan S., Nonan, Joshua T.

**Abstract**

This foundational study evaluates the effectiveness of an improvised, adjustable, and portable agility ladder as a training tool to enhance agility, speed, and coordination among volleyball athletes at Urdaneta City University. Existing training equipment often falls short in developing crucial footwork and jumping skills, prompting the need for a new, innovative solution. The research aims to assess the agility ladder's impact on overall athletic performance while positioning it as a more accessible and versatile alternative to traditional training tools. Utilizing a descriptive developmental research design, the study involved 40 experienced athletes who responded to expert-validated questionnaires. Complete enumeration sampling and statistical analysis were employed to evaluate the ladder's durability, functionality, safety, and comfort. Results indicated that although traditional agility ladders were considered efficient, the improvised ladder received higher ratings in design, functionality, and safety, proving to be more effective for enhancing agility and overall athletic performance. In conclusion, the study highlights the urgent need for improvements in the existing agility ladder regarding durability and functionality. The innovative features of the improvised ladder garnered positive feedback for its design, layout, and materials, significantly improving the training experience for volleyball athletes. Based on these findings, it is recommended that the Program Head of HKCA designate personnel for the ladder's maintenance, encourage further research on innovative features and materials, and use this study as a framework for similar developmental research aimed at enhancing athlete training outputs.

**Keywords: Agility Ladder, Training Material, Skill Development, Functional Design**



**IMPROVISED AGILITY LADDER AS TRAINING MATERIAL FOR VOLLEYBALL  
ATHLETES OF URDANETA CITY UNIVERSITY**

**IMPROVISED STANDING DUMMY AS A TRAINING MATERIAL FOR  
TAEKWONDO ATHLETES**

Fernandez, Kristine Bernadette F.

Ms. Ronalyn Joy T. Sarmiento, MAEd, MAPEH  
Dela Cruz, Shirlyn Joy T., Nabalon, Jobert T., Impoy,  
Jorince A., Ramos, Daisy B., Silva, Resty D.

**Abstract**

The University's taekwondo training program has long struggled with the lack of appropriate training equipment, particularly a standing dummy made for the sport of taekwondo athletes. The research study aimed to determine the Effectiveness of Improvised Standing Dummies as Training Material for Taekwondo Athletes at Urdaneta City University. The study used a descriptive developmental survey method and a validated questionnaire to gather data. The study concluded that the durability of the improvised standing dummy significantly improved taekwondo athletes' performances. All respondents agreed that the improvised standing dummy was more effective than the training materials usually used, such as kick pads. It was shown that the improvised standing dummy's durability significantly improved Taekwondo athletes. This may result in a more thorough comprehension and improvement of the improvised standing dummy. It enhances the efficiency of training sessions by reducing downtime associated with partner coordination. A standing dummy can be adjusted to various heights and angles, accommodating practitioners of different skill levels and preferences. The researchers recommend that administrators, coaches, and future researchers support and have continued training and use the improvised standing dummy to improve their fighting and kicking skills and may study the features of the improvised standing dummy through the effectiveness of the improvised standing dummy among young athletes.

**Keywords : Training Materials, Taekwondo Athletes, Standing Dummy, Training, Improvised Material**



**IMPROVISED STANDING DUMMY AS A TRAINING MATERIAL FOR  
TAEKWONDO ATHLETES**

**DEVELOPMENT OF TECHNOLOGY-BASED FAST-PONG AS TRAINING DEVICE**

Bautista, Jordan E.

Sir. CHRISTOPHER V. DIZON JR., MAEd-MAPEH

Dalumpines, Rosalyn M., Querido, Monica M., Romeo Jr. B. Dominador, Corpuz, Rosalie B.,  
Jose, Jasmin

**Abstract**

This research aimed to develop a technology-based Fast-Pong training device to improve table tennis skills among athletes. The Fast-Pong offers a solo training experience, helping athletes enhance their skills independently. The study involved 30 table tennis athletes from the Balong Table Tennis Club in Pangasinan, Philippines, and employed a descriptive-developmental research design. The features of Fast-Pong its design, materials, and layout were evaluated to determine their efficiency, durability, and accessibility.

The study evaluated the acceptability and efficiency of technology-based fast-pong as a training device. The equipment was rated as Strongly Agree in terms of materials, layout, and design. It was also highly acceptable in terms of functionality, durability, and safety. The equipment's efficiency was rated as Highly Efficient in terms of appropriateness, accessibility, comfort, and visibility. The operative was rated as Highly Efficient.

The study concludes that technology-based fast-pong is visually appealing, cost-effective, functional, and efficient, enhancing athletes' skills and safety, and offering suitability for various aspects. The study suggests enhancing the design of a technology-based fast-pong for table tennis athletes at Urdaneta City University, focusing on efficiency, accessibility, operation, and comfort.

**Keywords: Training, Material, Fast-Pong, Technology**





**DEVELOPMENT OF TECHNOLOGY-BASED FAST-PONG AS TRAINING DEVICE**

**BACHELOR OF SECONDARY  
EDUCATION MAJOR IN  
MATHEMATICS RESEARCHES  
S.Y. 2023-2024**



**RAGS TO RICHES: AN EDUCATIONAL JOURNEY  
OF TEACHER EDUCATION GRADUATES**

Geli Ann G. Flores  
Julie Ann O. Mangisel  
Juvy T. Sarmiento  
Hazel R. Acosta  
Vener Abiett L. Castanaga, MA  
Graciane Joy D. De Guzman, MA  
Cristina F. Solomon, Med

**Abstract**

This research study explores the educational journey of teacher education graduates, focusing on the transformative experiences and socio-economic mobility they encounter as they transition from challenging backgrounds to successful careers in teaching. The study aims to shed light on the factors and mechanisms that contribute to the advancement and upward mobility of individuals who have overcome adversity and achieved professional success within the field of education. The research employs a qualitative approach, drawing upon in-depth interviews with a diverse sample of teacher education graduates who have experienced socio-economic disadvantages during their upbringing. These interviews delve into the participant's narratives, educational trajectories, and the challenges they faced. The result of the investigation highlights the critical role that education plays in the lives of teacher education graduates, catalyzing their upward mobility and upward growth. The participants' narratives underline the significance of supportive mentorship and access to quality education as essential components of their transformative journeys. Moreover, the study identifies the importance of social and emotional support, financial aid, and specialized training programs that equip teacher education graduates with the abilities and know-how needed to succeed in their careers.

Keywords: SDG 4, Teacher Education, Career pathways, Local University Branding

**ADDRESSING MICROPLASTIC POLLUTION: AWARENESS STUDY FOR  
URDANETA CITY UNIVERSITY**

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Carl Angelo A. Ancheta  
Alexa Mae T. Velasco  
Frelyn V. Padilla  
Vener Abiett L. Castanaga, MA  
Graciane Joy D. De Guzman, MA  
Cristina F. Solomon, MEd

**Abstract**

Achieving Sustainable Development Goal 3, which focuses on good health and well-being, is critical to global sustainability. However, plastic waste, particularly microplastics, poses a major threat to this goal due to its adverse environmental impacts and health risks from inhalation and ingestion. Despite regional variations in pollution sources, microplastics are widespread and pose a global threat to ecosystems and human health. As part of Urdaneta City University's commitment to environmental responsibility, this study addresses the moderate awareness of waste management issues, aiming to foster sustainable solutions. The research investigated the awareness of microplastic pollution among students and faculty of the College of Teacher Education (CTE), focusing on their understanding of microplastic sources and effects. Using an embedded mixed-methods approach, data were gathered through surveys and interviews, and analyzed statistically, following ethical research guidelines. The study also explored differences in awareness based on demographic variables and suggested educational materials to improve understanding. Findings indicated that while students, primarily third-year and specializing in Secondary Education, had moderate awareness of microplastic sources, faculty members, mainly part-time and aged 26-30, displayed higher awareness, especially concerning plastic use in construction materials and cafeteria waste. Despite differences in specific areas of knowledge, overall awareness of microplastic pollution's sources and effects was consistent across groups. The results underscore the need for enhanced waste management practices and sustainable alternatives within the university. Recommendations were made to further increase awareness and support sustainable plastic management strategies, reinforcing the importance of addressing microplastic pollution for both environmental sustainability and public health.

Keywords: SDG 3, microplastic, awareness, teacher education, health

**ASSESSING WATER QUALITY AT URDANETA CITY UNIVERSITY: A STUDY ON  
ACCESS TO CLEAN AND SAFE DRINKING WATER**

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Caroline Andrei T. Almeron  
Kristine M. Gumangan  
Allan D. Perez  
Vener Abiett L. Castanaga, MA  
Graciane Joy D. De Guzman, MA  
Cristina F. Solomon, MEd

**Abstract**

This research aimed to evaluate the quality and safety of drinking water on the Urdaneta City University (UCU) campus, emphasizing the importance of water quality in safeguarding the health and well-being of the university community. Access to safe drinking water is essential, as contaminated water can compromise public health by polluting water sources used for drinking, irrigation, and cleaning. The study employed document analysis based on water samples collected from drinking fountains and bottled water, with microbiological and physico-chemical testing conducted at accredited laboratories. Results from physico-chemical tests indicated that both drinking fountain water and bottled water complied with national standards for drinking water quality. However, microbiological testing revealed critical differences between the two sources. While bottled water met microbiological safety standards, the drinking fountain water exhibited concerning levels of bacterial contamination. These findings highlight the need for regular monitoring and corrective actions to mitigate potential health risks associated with the drinking fountain. The study concluded that UCU currently lacks formal procedures or policies for ensuring ongoing water quality assurance. It is recommended that the university establish formalized water quality monitoring protocols and policies to ensure the safety and potability of drinking water on campus, promoting the well-being of students, staff, and visitors.

Keywords: SDG 6, clean and safe water, local university, teacher education

**DEVELOPING SUSTAINABLE PRACTICES: A STUDY ON THE IMPLEMENTATION  
OF FOOD WASTAGE AMONG HOUSEHOLDS**

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Rose C. Ramos

Kyla Rose P. Baoing

Vener Abiett L. Castanaga, MA

Graciane Joy D. De Guzman, MA

Cristina F. Solomon, MEd

**Abstract**

Food wastage has emerged as a critical global challenge, driven by population growth, rapid urbanization, industrial development, and evolving lifestyles and economic circumstances. This study focuses on household food wastage practices, aiming to address environmental concerns by exploring adopting sustainable strategies within households to reduce wastage. Households are central to reducing food waste, with research emphasizing the need for sustainable practices due to the perishable nature of food. Effective strategies, including meal planning and the reuse of leftovers, are essential for minimizing waste and promoting responsible food management. The researchers used a descriptive quantitative method, surveying 237 respondents from rural and urban barangays in Urdaneta City, Pangasinan. Data were analyzed using frequency, Likert scale, weighted mean, t-test, and ANOVA to assess and compare food waste reduction practices. The research explores various household practices to reduce food waste, including preparation, storage, responsible consumption, and leftover utilization. These include monitoring expiration dates, using appropriate containers, planning meals efficiently, controlling portions, and participating in recycling initiatives, reflecting a comprehensive approach to waste reduction. Although the study finds no significant differences in waste reduction practices based on family size or income, it identifies notable variations linked to different sources of food waste. Notably, urban versus rural categorization only significantly affects waste reduction practices. In summary, this study underscores the importance of reducing food wastage and highlights effective strategies for addressing this issue. Its findings offer valuable insights for policymakers and practitioners seeking to implement successful waste reduction initiatives across diverse communities. They contribute significantly to discussions on enhancing household practices and engaging communities in combating food wastage

Key terms: SDG 12.3. Food Waste, Practices, Education, Community

## **STUDENTS' AWARENESS FOR A SUSTAINABLE HOUSEHOLD BATTERY DISPOSAL**

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Trisha Mae M. Trinidad  
Christine N. Balallo  
Caren R. Teberio  
Vener Abiett L. Castanaga, MA Math  
Graciane Joy D. De Guzman, MA Math  
Cristina F. Solomon, MEd

### **Abstract**

Awareness of sustainability and its challenges has gained significant global traction in recent years. This study aimed to evaluate the level of awareness among College of Teacher Education students at Urdaneta City University regarding sustainable household battery disposal. A total of 312 students participated, with data collected ethically and analyzed to assess their understanding of various aspects of battery disposal. The analysis revealed no significant differences in awareness based on demographic factors such as age, gender, or year level, indicating a consistent level of understanding across the student population. However, the study identified specific areas that require attention, including battery types, corrosion, packaging, and proper recycling methods. Surprisingly, there was no significant variation in awareness regarding the charge status of batteries, despite its importance in safe disposal practices. While most respondents were familiar with the concept of recycling, there was a noticeable gap in knowledge about the correct methods for household battery disposal, pointing to the need for further education in this area. To bridge these gaps, the study recommends the creation and dissemination of Information, Education, and Communication (IEC) materials, such as infographics, to enhance student awareness. These materials should focus on key topics, including battery types, charge status, corrosion risks, and proper recycling techniques, to ensure students are well-informed about responsible disposal practices. By increasing awareness through IEC strategies, students can play a more active role in sustainable waste management and contribute to broader environmental conservation efforts.

**Keywords:** SDG 7, battery disposal, recycling practices, information education communication material (IEC), environmental conservation

**STUDYING AGRICULTURAL-SPACE FUNCTION TRANSITION OF A LOCAL  
UNIVERSITY: HISTORICAL LAND MAP**

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Bea Marie Costales

Al Kevin Prado

Vener Abiett L. Castanaga, MA

Graciane Joy D. De Guzman, MA

Cristina F. Solomon, MEd

**Abstract**

This study provides insights to better to understand the world's adaptation to human needs and predict future trends. By studying land use, people can also prepare for adverse impacts, address environmental challenges, and understand how to achieve sustainable development goals. This study focuses on the agricultural space transition of a local university - Urdaneta City University, showcasing its historical land use planning and development from inadequate classrooms to ample and constructed buildings. Assessing The land use planning of UCU contributes to understanding of achieving sustainable development goals. This study utilized a research design that involved documentary analysis, in which the researchers investigated the historical land use patterns of Urdaneta City University (UCU). Through a systematic review of various documents and records related to the university's history, the researchers aim to construct a comprehensive narrative of the evolution of land use on the campus. Data gathering instruments include descriptive documentary analysis, which promotes open-minded options and reduces data collection bias. The study analyzed the land use changes at Urdaneta City University (UCU) over the distinct phases from 1966 to the present. The results showed that UCU has experienced significant expansion, with increased land area and the construction of various buildings to cater to different programs. The institution has focused on education and services, providing classrooms, laboratories, and facilities like gyms and medical clinics. Technological integration, such as the construction of a server building, has been observed. The study also identified distinct phases of land use change, reflecting the community's evolving needs. Historical land use change patterns were valuable for developing predictive models for future changes. Based on the findings, recommendations were made to continue prioritizing educational facilities, investing in sustainability, assessing community needs, fostering collaboration, and monitoring land use changes for future planning.

Keywords: SDG 15, Education, Land Use, Planning, Historical Map

**BACHELOR OF  
ELEMENTARY EDUCATION  
BACHELOR OF EARLY  
CHILDHOOD EDUCATION  
BACHELOR OF SPECIAL  
NEEDS EDUCATION  
RESEARCHES  
S.Y. 2023-2024**

**TEACHER’S EXPERIENCES ON THE NO HOME WORK POLICY: A  
PHENOMENOLOGICAL STUDY**

Balanza, Jerianne Kaye S.

Anilyn M. Tabara, MAEd

Cenese, Rhea Mae N., Eterozza, Tanya E., Javier, Randy V., Nantes,

Jennilyn B., Ramirez, Kimberly R.

**Abstract**

This study explored the teachers’ experiences of the Urdaneta I Central School regarding the “No Homework Policy,” identified the possible impacts of the policy on the teachings and personal lives of the teachers, as well as the alternative learning activities. Using a Qualitative Phenomenological approach, data were collected from eight purposefully selected teachers through in-depth interviews, and the data were analyzed using an interpretative and thematic approach. The findings revealed that teachers’ experiences on the No Homework Policy, were: weekend learning hiatus, quality family time, relieve stress, work-life balance, reduced workload, curriculum challenge, workflow enhancement, non-retention of learning, assessment deprivation, and parental disengagement. The themes that emerged on the suggestions for teachers as alternatives to the No Homework Policy were: parental involvement, varied assessment, reward system, integrating technology, and interactive recording. Teachers find the No Homework Policy to be beneficial and challenging and they suggest effective alternatives such as reward systems, parental involvement, varied evaluation methods, technology integration, and interactive recording. The study recommended that, strategies for maintaining parental involvement in education despite the absence of traditional homework include improved communication, collaborative projects, and leveraging technology for remote learning. Implementing reward systems, actively engaging parents in evaluation processes, and advocating for legislative support, while future research could explore the perspectives of secondary education teachers on the No-Homework Policy.

**Keywords: No Homework Policy, Teacher, Experience, Phenomenological Study, Reward System**



## **EFFECTIVE CLASSROOM MANAGEMENT AND LIVED EXPERIENCES OF MULTI-GRADE TEACHERS**

Tanael, Monica, L.

Anilyn M. Tabara, MAEd

Lapeña, Sheena L. Madolid, Daniella May, F. Aoanan Erica Mae R. Quero Argie A.

### **Abstract**

The reality of multi-grade classrooms is a situation where students of different grade levels are taught together and involves classroom management practices to create an environment where learning takes place. This study 'Multi-grade Teacher's Physical, Procedural, Behavioral, and Instructional Classroom Management Practices and its Effect on Student Learning Outcomes in Selected Elementary Schools of Rosales and Balungao, Philippines'' aimed to determine the physical, procedural, behavioral, and instructional dimension of multi-grade teachers classroom management practices and its effect on student learning outcomes. Using a mixed methods approach, surveys and interviews allowed the research to identify practices and challenges. They realized that classroom management includes the physical space, procedures, discipline, and strategies for instruction. The resource handling which scored highest amongst the practices as evidence of how teachers used limited resources to create conducive learning environment. Procedural classroom management showed that skills seem to improved yet low attendance at official programs remained a problem. In Behavioral classroom management, teachers preferred fair and consistent disciplinary methods rather than collaborative approaches. Instructional classroom management involved productive collaboration among teachers but didn't use a lot of technology. Aspects of these challenges included workload, emotional demands, as well as limited resources. Throughout these challenges, teachers employed coping strategies and adapted to a diverse classroom dynamics. It concluded that there was no significant relationship between demographic profiles and classroom management practices and that competence skills could be developed through experiences and professional growth rather than personal factors.

**Keywords: Physical, Procedural, Behavioral, Instructional Classroom Management Practices**

**THE EFFECTIVENESS OF PLAY-BASED LEARNING ON THE SOCIAL  
DEVELOPMENT OF KINDERGARTEN LEARNERS**

Molina, Frisca S.  
Angelica T. Ordineza, MEd  
Jovelyn B. Torio

**Abstract**

This study examines the effectiveness of play-based learning on the social development of kindergarten children. Play-based learning integrates educational activities in a playful context, aiming to enhance social skills such as cooperation, communication, empathy, problem-solving, emotional regulation, social interaction, and self-control. The research focused on 30 kindergarten teachers in the Urdaneta City Division, utilizing a survey questionnaire to gather data. The study specifically explored the implementation of play-based learning and its effectiveness in fostering social development. Using a quantitative, descriptive research method, the data was analyzed and presented in tables. The findings revealed that play-based learning is highly implemented and significantly effective in promoting the social development of kindergarten learners. Recommendations from the study highlight the importance of incorporating targeted activities within play-based learning environments. These activities should focus on developing impulse control, emotional regulation, patience, and self-discipline through mindfulness exercises, guided reflections, and structured games that encourage children to wait their turn and manage emotions. Additionally, kindergarten teachers are encouraged to create a supportive and nurturing classroom environment where children feel safe to express their emotions and practice coping strategies. Educators can further contribute to emotional development by modeling appropriate emotional responses and providing guidance for navigating challenging situations constructively. In conclusion, play-based learning is a highly effective approach to enhancing social development in kindergarten children, and its strategic implementation can yield significant benefits in emotional and social growth.

**Keywords: Effectiveness, Play-Based Learning, Social Development, Kindergarten Learners, Coping strategies**

**EXPLORING ACCEPTABILITY: ACADEMIC UNIFORM IN THE EYES OF PRE-SERVICE TEACHERS FOR ENHANCED PROFESSIONAL IDENTITY FORMATION**

Gonatice, Karen Anne C

Jan Victor S. Oquendo, MEd

Mortera, Joevalaica Mae L., Bosante, Cassandra V., Padilla, Trisha Mae P.

Fabia, Stephanie D., Asis, Angela Joy U.

**Abstract**

This study examines the acceptability and impact of academic uniforms on pre-service teachers at Urdaneta City University, focusing on their influence on professional identity, comfortability, affordability, and gender responsiveness. Using a structured questionnaire, data were collected from pre-service teachers to assess their perceptions of uniform design, practicality, and inclusivity. The findings reveal that academic uniforms play a crucial role in fostering a sense of identity and unity within the school community. While uniforms were moderately acceptable for durability and daily wear, they scored lower in terms of suitability for different weather conditions and overall comfort. Affordability was also a concern, particularly for those needing multiple sets. Gender responsiveness was positively perceived, though aspects such as promoting gender neutrality and individual expression received mixed responses. The study highlights that academic uniforms contribute significantly to professional image, pride, and belonging among pre-service teachers, though their impact on classroom behavior was less emphasized. Recommendations include enhancing uniform design for greater practicality and comfort, improving affordability, and addressing gender inclusivity through updated policies. By implementing these changes, Urdaneta City University can strengthen the role of academic uniforms in supporting the professional development, satisfaction, and inclusivity of pre-service teachers. The findings suggest that while academic uniforms play a key role in fostering a professional image and strengthening the identity of pre-service teachers, improvements are needed in terms of comfort, cost, and inclusivity. Additionally, creating more inclusive and gender-neutral uniforms could help promote equality and allow pre-service teachers to express their individuality while maintaining a professional appearance. By addressing these concerns, Urdaneta City University can enhance the overall experience and satisfaction of its pre-service teachers, supporting their professional growth and well-being.

**Keywords:** Pre-Service Teachers, Academic Uniform, Comfortability, Gender Responsiveness, Professionalism

**STAKEHOLDERS' INVOLVEMENT IN THE IMPLEMENTATION OF SCHOOL-BASED PROGRAMS**

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Anilyn M. Tabara, MAED

Elecho, Ericka Russell Kate B., Cayaban, Jhossel Nicole B., Salvador, Dessa Mae M., Altura, April Janine S., Tadeo Nikka C.

**Abstract**

This study assessed stakeholders' participation levels in implementing school-based programs, focusing specifically on Nancayasan Elementary School, Don Amadeo Perez Sr. Memorial Central School (East and West), and Don Vicente Taaca Memorial School. It seeks to identify key factors influencing stakeholder involvement and determine any significant participation differences among these groups. Data collection will involve questionnaires and interviews with various stakeholders, including teachers, parents, and barangay officials. The research aims to uncover insights into what drives their participation in school-based initiatives and evaluate the impact of this involvement. Preliminary findings indicate that stakeholders are predominantly middle-aged, married females, with many employed in teaching positions alongside barangay officials actively participating in curriculum development projects. The study highlights that internal stakeholders, like school administrators and teachers, are essential for successfully implementing school-based programs. In contrast, external stakeholders facilitate connections with the broader community, enrich the learning environment, and enhance educational opportunities through collaboration. By bringing together various groups, including parents, local leaders, and educators, schools can maximize their efforts to create an inclusive and supportive educational environment for all students. Engaging stakeholders in decision-making boosts morale and leads to more effective and relevant academic programs that align with community needs.

**Keywords:** School-Based Programs, Internal Stakeholders, External Stakeholders, Collaboration, Educational Environment

## **DISCIPLINARY STRATEGIES OF PRIMARY URDANETA CITY UNIVERSITY**

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Angelica T. Ordineza, Med

April Ane N. Mercado, Jashmin Diane H. Baronia, Jomarie A. Manzano, Charls G. Simon

### **Abstract**

The study aimed to ascertain elementary teachers' strategies when managing students' behavior to facilitate a dynamic learning environment. Specifically, these strategies are boundaries and limits, routines, healthy student relationships, positive student behaviors, and reward systems. Teachers have shown that effective classroom management is primarily about priming children to obey classroom regulations, keeping students focused on classroom tasks, and avoiding distractions. The goal was to determine which techniques teachers consider most effective in directing classroom activities. The results unveiled that the classroom environments most conducive to children's learning can be molded with high-verbal praise, material incentives, and listening to students. Similarly, praise and positive feedback had been found to support encouraging behavior and activity in the classroom. The researchers note that the research brings attention to what will be needed to ensure that teacher training can assist educators who face behavioral challenges. Hearing this, we recommend that the management of behaviors is adopted in the training of teachers' learning processes because, in this way, they will be more supportive, and students will learn more information. A strong focus on behavioral management allows teachers to set up a classroom to enable students and encourage learning. The study claims that any discipline should not only serve the purpose of punishment but also look into the child's development academically and socially. One with positive discipline management to ensure their class never gets disturbed can blend in and feel motivated. For one, it is a win for the students as learning outcomes are greatly enhanced, making teaching a pleasurable process for teachers.

**Keywords: Disciplinary Strategies, Teacher-Student Relationship, Disciplinary Intervention, Rules and Regulations, Communication Strategies**

**SOCIO-EMOTIONAL LEARNING STRATEGY FOR LEARNERS  
WITH SPECIAL NEEDS IN INCLUSIVE EDUCATION**

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Jolina D. Castillo, MAEd

Palasigue, Luzelle Vivien P., De Chavez Deloraine R., Jacob Alyssa C., Oganiza, Reven Lyndon  
T., Bascos, Roselle A.

**Abstract**

The research conducted focused on the Urdaneta Elementary Teachers from grade 1-6 who are handling learners with special needs in inclusive education with a total of 25 respondents. The researchers used the Mixed Method, specifically the Explanatory Sequential Method, in conducting this study to further investigate the level of engagement of socio-emotional learning strategy employed by the teachers in inclusive education. Questionnaires and semi-structured interview questions were used to gather data thoroughly as instruments. The researchers found out that responsible decision-making strategy is the most commonly employed by teachers in the socio-emotional learning of the learners with special needs in inclusive education. Also, The teachers are engaged in employing SEL strategy in learners with special needs in inclusive education. Moreover, teachers have encountered different challenges in employing SEL strategy for learners with special needs in inclusive education including short attention span of learners with special needs, internalizing issues of Learners with special needs, and externalizing issues of learners with special needs. The researchers recommended that teachers are highly suggested to advance their qualification by attending training, and seminars/webinars on socio-emotional learning for learners with special needs in inclusive education. Also, it is recommended that teachers are offered enough resources with necessary support, to employ SEL strategy to meet the diverse learning styles and needs of students.

**Keywords:** Socio-emotional Learning Strategy, Learners with special needs, Inclusive Education, Externalizing Issues, Internalizing Issues



## **READINESS AND PERCEPTIONS OF TEACHERS ON THE IMPLEMENTATION OF DEPED MATATAG CURRICULUM**

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Jolina D. Castillo, MAECE

Montemayor, Jasmine S., Navarro, Limmia Z., Valles, Aiza V.

### **Abstract**

This study investigated teachers' readiness and perception of the implementation of the DepEd MATATAG curriculum. The respondents of the study were the seventy-two (72) kindergarten to grade 3 teachers from the three big schools in Urdaneta City Division. Researchers used convergent parallel mixed methods and survey questionnaires to assess teachers' readiness and perceptions. Findings showed most respondents are early adulthood, have a master's degree, are new to teaching, and have attended DepEd MATATAG curriculum training. The respondents are ready for the implementation of the DepEd MATATAG curriculum in terms of lesson planning, classroom instructions, assessment of students' performance, and professional growth. In addition, teachers perceived that curriculum revision enhanced the literacy and numeracy skills of the learners; however, challenges like insufficient learning resources may be encountered; nonetheless, teachers' capacity training was encouraged. Moreover, findings show that the lower the teachers' teaching position, the higher the level of readiness on the implementation of DepEd MATATAG curriculum. Based on the result, researchers highly suggest that instructors and professors of the College of teacher education have readiness and preparation for 21st century education, as they are the trainers of future educators, and provide training and seminars for pre-service teachers related to the implementation of the DepEd MATATAG curriculum. and have attended training and seminars related to the DepEd MATATAG curriculum.

**Keywords: Readiness, Perceptions, Teachers, Implementation, Matatag Curriculum**

**TEACHERS' PERSPECTIVE ON THE MAINTENANCE OF CLEAN SCHOOL:  
OPLAN BAKLAS**

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Angelica T. Ordineza, MEd

Quiliza, Lee Oliver P., Mayes, Kriza Mae S., Seguban, Alaiza A., Javier, Jaenin Q.

**Abstract**

This study aimed to determine the teachers' perspectives in Badipa Elementary School regarding the policy on the maintenance of Clean School: Oplan Baklas. This study used a Qualitative Phenomenological approach. It aimed to investigate the perspectives of ten (10) teachers selected purposely. The data were gathered through in-depth interviews, interpretative approach and thematic analysis was also used. The findings revealed themes on the Teachers' Perspectives on the Maintenance of Clean School: Oplan Baklas in the context of policy namely, increased learner concentration, reduced expenditures, classroom cleanliness and order, decreased visual aids, teacher's personal attachment to the decorations, sustainability concern, positive outcomes, and student reaction and engagement. Also, in the context of response themes emerge, de-cluttering, policy in implementation and compliance, and building learner's responsibility. The implementation of Oplan Baklas is beneficial for promoting classroom cleanliness and orderliness but poses challenges due to a lack of stimuli for learners, leading to boredom. To ensure its success, it is recommended to enhance teacher training programs to equip educators with effective skills and strategies. Regular classroom decluttering is also advised to maintain an organized learning environment.

**Keywords:** Perspective, Maintenance, Clean School, Oplan Baklas, Phenomenological Study

## **TEACHER AND PARENTS INVOLVEMENT IN ENHANCING BEGINNING READING ABILITY OF GRADE 1 PUPILS**

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Angelica O. Dela Cruz, Med

Bartolome, Crissa Mae R., Castillo, Lara Joy B., Keziah Mae Amor S., Santos, Shaira Sophia T.

### **Abstract**

This study investigates the ways in which parents and teachers could work hand in hand to raise the reading proficiency of first-graders in Urdaneta City schools. Parental involvement has been linked to improved academic achievement and literacy, according to research, underscoring the importance of teacher collaboration. Even if Filipino pupils struggle with reading, programs like Phil-IRI and "Catch-up Fridays" aim to improve literacy outcomes. This study focuses on how parent-teacher collaboration can support the development of young readers, particularly through phonological awareness-raising activities. A validated checklist questionnaire was utilized to collect data from 42 participants (21 parents and 21 teachers) in a method known as a descriptive survey. Simple percentages, weighted means, and t-tests/ANOVA were among the statistical techniques used to analyze the data. Results reveal that teachers are highly involved in aiding students with their reading, while the degree of involvement varies according to the teachers' age and experience, with younger and less experienced teachers demonstrating lower levels of engagement. In addition, parents participate actively, and their levels of involvement are consistent across demographic variables such as age, occupation, or level of education. According to the study, enhancing collaboration and phonological awareness exercises can significantly improve reading outcomes for Grade 1 pupils. It also emphasizes the important part that parents and teachers play in fostering early reading abilities. These revelations contribute to a better knowledge of how to maximize teacher and parent involvement for improved literacy development in early students.

**Keywords:** Teachers, Parents, Involvement, Beginning Reading, Phonological Awareness

**PARENTAL INVOLVEMENT IN SOCIO-EMOTIONAL SKILLS OF EARLY  
CHILDHOOD LEARNERS**

Tablac, Mae-Ann S.

May Rhea S. Lopez, EdD.

Aguinaldo, AJ P., Descargar Chirie M., Lucas, Kristine Joy S., Naipes, Junalyn

**Abstract**

This study explores the role of parental involvement in development of socio-emotional skills in early childhood learners. It focuses on how parents involves themselves in developing the socio-emotional skills of early childhood learners. Many studies focus on how parents affect their childs' education, there still a need to look on how parents involve themselves into other aspects of their childs' development like in the socio-emotional skills. Socio-emotional skills are the abilities that help children understand and manage emotions, build relationships, and interact with others. Socio-emotional skills are important in early childhood, shaping children's capacity to manage emotions, build relationships, and adapt socially. This study set out to establish the level of parental involvement in the socio-emotional development of early childhood in Urdaneta I Central School. It investigate how different types of parental involvement, such as communication, emotional support, and setting examples, can impact children's emotional well-being and social interactions. The study adopted three theories: Epstein's Model of Parental Involvement, Lev Vygotsky's Sociocultural Theory, and Albert Bandura's Social Learning Theory. The socioemotional development of the early childhood learners in the study sample was not influenced by parental involvement, as observed by the study. However, the study recommends that while parental involvement in academics may be prevalent, there was limited evidence to show a strong influence on socio-emotional development. This could be attributed to the lack of structured opportunities for parents to participate in activities that directly enhance emotional and social growth of their children. Despite this, the study underscores the importance of active parental engagement in addressing socio-emotional challenges both at home and in academic settings. Increased parental engagement in addressing socio-emotional challenges both within academic settings and at home. Strategies for parents to actively support their children's socio-emotional skills in academic and home environments, ensuring a holistic approach to early childhood development.

**Keywords: Socio-Emotional, Involvement, Parental Involvement, Roles, Early Childhood**

## **FROM SIGNS TO SENSES: ENHANCING THE PHONOLOGICAL AWARENESS AND ALPHABET KNOWLEDGE THROUGH MULTISENSORY LEARNING**

Medios, Joanna April V.

Jolina D. Castillo, MAEd

Baoanan, Janela Erika B. ,De Guzman, Lyka Mae P., Riola Ricalynne May T., Casimiro, Adesa-Mae L., Costales, Jan Mhar C., Peralta, Cristina M.

### **Abstract**

This study aimed to enhance the phonological awareness and alphabet knowledge of grade 1 pupils through multisensory learning. The subjects of this study are the six (6) selected grade 1 pupils at San Antonio Elementary School. The Grade 1 teacher were the informant to provide data on the performance of the grade 1 pupils. The parents of the selected Grade 1 pupils should serve as key informant regarding their child's demographic profile. The researchers used Qualitative case study research method to gather data on the performance of Grade 1 pupils. Three of them are female and three are male. Through the use of Multisensory Learning activities for pupils has helped in enhancing the first-grade pupils' phonological awareness and alphabet knowledge. Five of the grades 1 pupils enhance their performance except for one pupil and most of them come from small immediate family where both parents work in different jobs, such as Overseas Filipino Workers (OFW), farms, building workers, housekeepers, or in businesses. Since most parents work jobs that may require long hours or hard labor, the researcher is highly recommended to the parents to encourage their children to keep on learning and provide resources and strategies to reinforce phonological awareness and alphabet knowledge outside of the classroom and create a holistic learning environment for the pupils. Furthermore, Future researchers should investigate other variables not included in the study, such as teacher profiling, learners' mother tongue, and classroom environments.

**Keywords: Phonological Awareness, Alphabet Knowledge, Multisensory learning, Signs to Senses, Learning Enhancement**

**HOME ENVIRONMENT ON THE SCHOOL PERFORMANCE OF GRADE 6 PUPILS**

Catungal, Christine T.

Jolina D. Castillo, MAEd

Ancheta, Erika Marie N., Delos Santos, Jane S., Hurtado, Marilyn D., Morla, Julianne Angel B.,  
Retonda, Regine M., Sotto, Stephanie.

**Abstract**

This study explored the impact of the home environment on the school performance of Grade 6 pupils. It was based on the idea that a child's home environment significantly influences their educational outcomes. The research aimed to assess the level of support provided by parents in terms of engagement, financial support, learning resources, and participation in school activities. It also examined the relationship between these factors and the pupils' class participation, extracurricular activities, written works, performance tasks, and discipline. The study used a quantitative design with a descriptive survey method. Data was collected from 26 Grade 6 parents and 26 teachers in Urdaneta City, Pangasinan, during the 2023-2024 school year, using a convenience sampling method. Findings revealed that most parents spent limited time assisting their children and belonged to low-income households, yet they provided substantial support in learning resources. Teachers noted that the home environment positively influenced pupils' discipline and participation. Statistical analysis showed a significant relationship between parental involvement and school performance. In conclusion, the home environment, including parental engagement and resources, plays a critical role in shaping student outcomes. The study recommends programs that enhance parental involvement, encourage family-school collaboration, and provide support to low-income families to create a more conducive learning environment.

**Keywords: Home Environment, Parents, School, School Performance, Grade 6 Pupils**



## **MOTIVATION AND ACHIEVEMENT: CLASSROOM MANAGEMENT STYLES OF GRADE 6 MATHEMATICS TEACHERS**

Mercado, Honey Mae S.

Jeryiel T. Tandongan, MEd

Tamondong, Mariane M., Jose, Keith Aldrinson, Racoza, Gina Mae F., Bongcales, Jessa T.,  
Sapigao, Cristal

### **Abstract**

This study sought to find how Grade 6 math teachers' classroom management styles effected students' academic performance and motivation. Four styles- authorization (balance and supportive), authoritarian (strict and rule – oriented) permissive (lenient and hands-off) and indulgent (warm and nurturing) were examined). Sampling involved obtaining data from surveys and performance records of 172 students and four teachers of Urdaneta I Central School. The findings indicated that the most common approach among teachers was the indulgent style, which balances support with poor structure, and the authoritative style, which balances high expectations with support, proved the most successful in fostering a positive environment for the students to learn. But the study found no robust connection between the teachers' management styles and the students' motivation or performance. Students cared much less about the management style of their teacher and were way more motivated by their personal goals, interest in learning the subject (math), and rewards like good grades. One implication is that teachers need to find the right mix of kindness and structure in the classroom to aid student learning. This takes the form of periodic teacher training designed to help teachers make learning math more attractive to students in the classroom and to institute programs that motivate both intrinsically (internal motivation) and extrinsically (external motivation through rewards). Schools should support teachers to find better ways to engage students and enhance their performance in math courses.

**Keywords: Classroom Management Styles, Students Motivation, Students Performance**

**DOMINANT PARENTING STYLE AS A FACTOR OF ACADEMIC PERFORMANCE  
OF DAPSMECS WEST INTERMEDIATE PUPILS**

Gonzaga, Lalaine Joanne G.

Jeryiel E. Tandingan, MEd

Mikaela B. Tolosa, Jesica S. Biagtan, Lovelyn M. Oriel

**Abstract**

This study investigates the connection between academic achievement and parental practices among Don Amadeo Perez Sr. intermediate students. Pangasinan's Memorial Central School-West is located in Urdaneta City. The study examines the effects of four main parenting philosophies indifferent, demanding, indulgent, and disciplinary on students' academic achievement. The results show that the most common and linked to better academic achievement is commanding parenting, which is defined by unambiguous norms and emotional support. On the other hand, despite being encouraging, lax (indulgent) parenting frequently results in poorer academic performance because it lacks discipline. Students in Grade 5 showed the lowest academic achievement, while Grade 6 students especially those in Grade 6 performed better under strict and indulgent parenting styles. According to the study, authoritative parenting that blends responsiveness with explicit structure has a good effect on kids' mental health and academic achievement. The report also highlights the scholastic challenges faced by fifth graders, which are likely caused by the curriculum's transitional nature and elevated social expectations. It is suggested that parents take an active role in school-related activities, exercise greater authority, and mix punishment and emotional support. As kids progress through the educational system, their needs should be met by adapting parenting practices. The study comes to the conclusion that more targeted assistance is required to improve academic achievement, especially during significant grade changes. By illuminating the ways in which parental behaviors impact kid achievement, this research assists parents, educators, and policymakers in enhancing educational outcomes.

**Keywords: Parenting style, disciplinary, commanding, indulgent, indifferent**

## **SOCIOEMOTIONAL SKILL AND BEHAVIOR OF ELEMENTARY LEARNERS**

Vidad, Kinn Vanness D.

Roland E. Sison, LPT

Gomez, Maria Gariel Bernica V., Navarette Bianca Mae B., Barroga Kimberly F., Pascua,

Rinalyn T., Calimlim Joanna V., Rosario, Michelle

### **Abstract**

This study examines primary school students' socio-emotional skills and behavior, emphasizing self-control, empathy, and respect. During the 2023–2024 school year, 192 Grade 6 students from Urdaneta I Central School are evaluated using a quantitative research design. Data were collected using a validated questionnaire and analyzed using statistical tools. The results show that primary school students exhibit high levels of socioemotional behaviors and skills. Empathy, as demonstrated by comprehending and supporting the feelings of others, received a mean score of 4.40 for skills and 4.38 for actions. With a mean score of 4.34 for skills and 4.51 for behaviors, respect—which is demonstrated by abiding by school regulations and showing consideration for others—scored highest. Prioritizing tasks and making healthy choices are examples of self-control, which demonstrated a mean score of 4.34 for skills and 4.46 for behaviors. Disparities in learners' perceived abilities and actual behaviors were suggested by the significant variances between socio-emotional skills and behaviors, especially in respect ( $p = 0.015$ ) and self-control ( $p = 0.002$ ). The study highlights how crucial it is to develop socioemotional skills in order to establish encouraging learning settings. Although students demonstrate a high level of socioemotional comprehension, specific treatments are necessary to convert these understandings into consistent behaviors. It is suggested that the curriculum incorporate exercises that foster empathy, emphasize boundary respect, and encourage healthy lifestyle choices through proper guidance. This study advances knowledge of primary school students' socioemotional development and offers useful information to parents, legislators, and educators.

**Keywords: Skills, Behavior, Empathy, Respect, Self-Control**

**LIVED EXPERIENCES OF THE CHILD PROTECTION POLICY IMPLEMENTERS**

Pascasio, Nicole Ann B.

Anilyn M. Tabara, MAEd

Valerie Anne P. Rosal, Angel Joyce B. Laurian, Jewel Anne T. Castillo, Ruchel Mie B. Abad

**Abstract**

The Child Protection Policy (Republic Act No. 7610, 1992) safeguards children from abuse, neglect, exploitation, and other situations that may be harmful to their development and well-being. To this end, the present study focused on stakeholders' lived experiences within Urdaneta City Division schools in relation to challenges and factors that were taken as a chance in the implementation of the policy. A qualitative research design was used and data were collected using purposive sampling of respondents. Data were collected through structured interviews in accordance with ethical norms. The findings underscored the difficulties, including a lack of adequate training for teachers, gaps in parental knowledge and pupils withholding reports of bullying. Regardless, the approach improved school safety, attendance, and parental trust in schools. The study shows that improving teacher training, improving school-parent communication, and raising pupil awareness are critical for addressing issues and improving policy implementation. Recommendations include direct interaction between teachers and parents, mandated educator training, and future research employing mixed techniques to thoroughly analyze the policy's effectiveness and scope. The research emphasizes the need for a collaborative approach to fostering a safe, nurturing school environment, ensuring children's holistic development.

**Keywords: Policies, Implementers, Challenges, Opportunities, Child Protection Experiences**



# CHILD PROTECTION POLICY





1. Protecting children's rights and their best interests.
2. To safeguard the child from all form of abuse.
3. Empowering children on their personal safety.
4. steps they can take if there is a problem.



DepEd Order No. 40 (2019), s. 2012 is a policy and set of rules for preventing abuse, violence, exploitation, discrimination, bullying, and other forms of abuse in schools. It is based on the Philippine Constitution of 1987, the UN Convention on the Rights of the Child (CRC), and the Philippine Family Code. The policy strives to give exceptional protection to children who are badly threatened or endangered by situations beyond their control that disrupt their natural development.



Republic Act No. 7610, commonly known as the Special Protection of Children Against Abuse, Exploitation, and Discrimination Act, is significant. This law, enacted in 1992, provides comprehensive protection for children against various forms of abuse and exploitation. Moreover, Republic Act No. 9344, or the Juvenile Justice and Welfare Act of 2006, outlines the principles, policies, and procedures for the pupils' treatment of children involved in the criminal justice system.



Republic Act 7610, the best interests of children must be the primary consideration in all actions involving them, whether undertaken by public or private social welfare institutions, courts of law, administrative authorities, and legislative bodies, in accordance with the principle of First Call for Children as enunciated in the United Nations Convention on the Rights of the Child. Every effort will be made to promote the wellbeing of children and increase their chances of living a useful and happy life.

Brochure about the Child Protection Policy

**EXPLORING THE IMPACT OF SCOUTING ACTIVITIES ON THE PERSONAL  
DEVELOPMENT OF LEARNERS**

Antonio, Mary Rose V.

Roland E. Sison, LPT

Karen Misha C. Fernandez, April Rose O. Cayago, Angel Ann S. Niegos, Ley-Ann B. Marano,  
Yza Velle J. Quinto

**Abstract**

Scouting activities offer a unique platform for holistic development, focusing on physical, social, and emotional dimensions. This study explored the extent to which scouting activities influence the personal development of learners by gathering insights from parents, teachers, and learners. The research aimed to evaluate the impact of scouting activities on learners' physical fitness, social bonds, and emotional resilience, emphasizing their role in fostering overall growth and well-being. Using a mixed-method approach, data were collected through surveys and interviews with Grade 6 learners, teachers, and parents. The study employed statistical analysis, including weighted mean scores, to quantify the perceived impact of scouting activities across three key domains. Respondents unanimously rated the impact of scouting as "Very High." Learners reported enhanced physical fitness, stronger social bonds, and emotional empowerment. Teachers highlighted skill development and teamwork, while parents emphasized emotional growth, including resilience and empathy. Quantitative results showed weighted mean scores of 3.50 (learners), 4.00 (teachers), and 3.89 (parents), demonstrating a positive consensus. Scouting activities significantly contribute to learners' personal development by promoting emotional intelligence, social skills, and physical well-being. These activities foster confidence, empathy, and meaningful connections within an inclusive environment, highlighting scouting as an effective framework for holistic growth and life skill development. The findings advocate integrating scouting into school programs to maximize its developmental benefits.

**Keywords: Scouting Activities, Personal Development, Holistic Development, Physical Fitness, Emotional Resilience**





## EXPLORING THE IMPACT OF SCOUTING ACTIVITIES ON THE PERSONAL DEVELOPMENT OF LEARNERS



***The study confirmed that scouting activities enhanced learners' personal development physical abilities, social interaction, and emotional growth.***

- Learners emphasized the joy and fulfillment they gained from various activities, the bonds formed with peers, and the empowerment from physical activity.
- Teachers believe scouting positively impacts students' personal development, particularly in their physical, social, and emotional growth.
- Parents highlighted that scouting activities help scouts explore and express a range of emotions, promoting emotional intelligence, resilience, empathy, and self-awareness.

**LIVED EXPERIENCES OF PARENTS OF CHILDREN WITH SPECIAL NEEDS  
ENROLLED IN INCLUSIVE EDUCATION**

Espinosa, Janille V.

Roland E. Sison, LPT

Francia, Mary Ann C., Cacabilos, Ma. Justine V., Gubatan, Liana Marie B.

**Abstract**

Parenting a child with special needs can be challenging due to emotional, financial, and social factors. Despite progress in inclusive education policies, parents often struggle to find adequate support and navigate their children's educational paths. This study focuses on the experiences of parents of children with special needs enrolled in inclusive programs at select elementary schools in Pangasinan, Philippines. Using a phenomenological approach and in-depth interviews, the study identifies key themes regarding the benefits and challenges of inclusive education. Findings reveal that emotional stress, financial constraints, and social stigma significantly impact these parents. Recommendations include strengthening anti-bullying measures, enhancing teacher training, improving facilities, increasing financial aid, offering parental support services, and fostering collaborative partnerships to enhance inclusivity and education effectiveness. While inclusive education has the potential to promote acceptance and academic success, parents face significant barriers such as bullying and inadequate resources, yet they remain dedicated to providing their children with necessary support.

**Keywords: Lived Experiences, Children with Special Needs, Inclusive Education, Parents, Special Education**

Time	Programme
8:00-8:15 am	Registration
8:15-8:30 am	Opening Prayer
	National Anthem
	UCU Hymn
8:30-9:00 am	<b>Welcome Remarks</b> <b>Russel V. Santos, PhD</b> <i>Program Head, Elementary Education</i>
	<b>Inspirational Messages</b> <b>Ryan Jayson V. Delos Reyes, PhD</b> <i>Dean, College of Teacher Education</i> <b>Josephine S. Lambinico, EdD</b> <i>Vice President for Academic Affairs</i>
	<b>Introduction to the Resource Speaker</b> <b>Roland E. Sison, LPT</b> <i>Faculty, Research Adviser Urdaneta City University</i>
9:00-9:10 am	
9:10-11:10 am	<b>Inclusive Education Awareness Webinar for Parents, Elementary Teachers and Pre-Service Teachers</b> <b>Theme: "Together We Learn: Engaging Parents, Elementary Teachers and Pre-service Teachers Toward Inclusive Education"</b> <b>Lorelei Icutan-Gayo, PhD</b> <i>Faculty, College of Arts and Sciences</i>
11:10-11:40 am	<b>Open Forum (Q&amp;A)</b> <b>Ms. Janille V. Espinosa</b> <i>BSHED IV Student</i>
11:40-11:45 am	<b>Awarding of Certificates</b> <b>Ms. Mary Ann C. Francia</b> <i>BSHED IV Student</i>
11:45-11:55 am	<b>Special Number</b> <b>Ms. Liara Marie B. Gubatan</b> <i>BSHED IV Student</i>
11:55-12:00 pm	<b>Closing Remarks</b> <b>Ms. Ma. Justine V. Cacabilos</b> <i>BSHED IV Student</i>
	<b>Masters of Ceremony</b> <b>Ms. Janille V. Espinosa</b> <b>Ms. Mary Ann C. Francia</b>

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**-Robert John Meehan**

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"Engaging Parents, Elementary Teachers and Pre-service Teachers Toward Inclusive Education"

**August 10, 2024**  
**8:00 am - 12:00 pm**  
**via Google Meet**

## PROGRAMME BROCHURE OF THE WEBINAR

**BACHELOR OF SECONDARY  
EDUCATION MAJOR IN SOCIAL  
STUDIES RESEARCHES  
S.Y. 2023-2024**



## **SUPPORT AND STRUGGLES OF PARENTS IN THE EDUCATION OF THEIR CHILDREN**

Dilan, Catherine P.

Jan Victor S. Oquendo, Med

Elmer John S. Castillo, MA Angela B. Purpose, Sherwin R. Salazar, Fhebie Mae P. Leal, Jocelyn N. Tamayo

### **Abstract**

This study examined the support and challenges parents face in their children's education at Urdaneta City University, focusing on personal, emotional, financial, and academic aspects. Using a descriptive quantitative research design and a checklist survey, the researchers selected 38 parents and students through convenience purposive sampling. Findings revealed that most respondents were middle-aged, married females with college or master's degrees, low-income status, and long-term employment. Parents significantly influence their children's education by instilling values, teaching responsibility, and overcoming challenges. Financially, they provide necessary resources like technological gadgets and encourage independent learning. Emotionally, they offer comfort and motivation during difficult times. These efforts foster positive traits, discipline, time management, and diligence in children, contributing to their academic success. However, parents often struggle with work schedules and time constraints, limiting their ability to guide and monitor their children consistently. The study highlights the importance of parental involvement in shaping children's education and emphasizes the need for parents' intervention. The study underscores the vital role of parental support in fostering children's development, highlighting the importance of balancing work and family responsibilities to enhance educational outcomes. The findings serve as a valuable resource for parents, educators, and policymakers in promoting active parental involvement in education.

**Keywords: Support, Struggles, Education, Parents, Children**

**COMPETENCY APPRAISAL ON GENERAL EDUCATION COURSES:  
BASIS FOR INTENSIFYING PROFESSIONAL ENHANCEMENT**

Marcial, Jhoemebel Vince A.

Jeryiel E. Tandingan, Med

Catbagan, Angelica L., Palafox, Juvert Gil H., Madriaga, Danica G., Villena, Jasmine B., Nuto,  
Kemuel

**Abstract**

This study evaluated the competencies of education students in alignment with the Table of Specifications for the Licensure Examination for Teachers (LET) in the Philippine Qualifications Framework Level 6, focusing on intellectual competencies, personal and civic responsibilities, and practical skills development while exploring the influence of demographic factors, such as sex, area of specialization, and grade point average (GPA) on these competencies. The study utilized a descriptive quantitative design and involved 133 Bachelor of Secondary Education students majoring in English, Filipino, General Science, Mathematics, and Social Studies enrolled in Professional Enhancement 1 during the Second Semester of the Academic Year 2022-2023. The study adopted a complete enumeration approach. The findings revealed that most respondents were female, English majors, and had high GPAs, demonstrating a slightly competent level in the assessed competencies. While sex and area of specialization did not significantly affect competency levels, academic performance proved to be influential. The study underscores the need for improvements to meet LET standards and provides insights into policy, curriculum, and instructional strategies within the College of Teacher Education. It also aids pre-service teachers in identifying areas for support, enhances educational quality, and serves as a resource for future LET takers in exam preparation.

**Keywords: Intellectual Competencies, Personal and Civic Responsibilities, Practical Skills Development, General Education Courses, Professional Enhancement**

## **CHALLENGES ENCOUNTERED AND COPING MECHANISMS OF PRACTICE-TEACHERS**

Zaragoza, Cyril C.

Jan Victor S. Oquendo, Med

Esmeralda, Rodrigo D. Jr., Cabrera, Kurt James B., Pulido, John Carlo D., Gordolan, Prescila D.,  
Suyat, Eddie Boy O.

### **Abstract**

Practice teaching is a crucial component of teacher education programs, enabling graduates to obtain recognized teaching credentials. This study examines the challenges and coping mechanisms of 282 fourth-year Practice-Teachers, utilizing a quantitative descriptive research design and a questionnaire checklist for data collection. The analysis involved frequency counts, percentage distribution, average means, t-tests, and analysis of variance. Findings reveal that most interns are from the Bachelor of Secondary Education program, specializing in English, and primarily use laptops as teaching aids. They face challenges such as classroom noise, work-life balance, communication barriers, financial management, technology integration, adapting teaching strategies, and subject area experience. To cope, Practice-Teachers employ techniques like voice modulation, seek guidance from cooperating teachers, build relationships with students, and utilize public transportation. They manage technological issues through step-by-step procedures and instructional videos. The study highlights that challenges vary by specialization, necessitating content expertise and pedagogical skills. Additionally, age and experience influence coping strategies, with social dynamics shaped by specialization and gender norms. The findings underscore the need for tailored support and ongoing professional development for Practice-Teachers' well-being and career growth. This research offers valuable insights for future educators and stakeholders, enhancing understanding of the difficulties faced during teaching internships and informing improvements in the College of Teacher Education's internship program.

**Keywords: Challenges Encountered, Coping Mechanisms, Practice-Teachers, Practice Teaching, Cooperating Teachers**



**HALLYU INFLUENCE TO PRACTICE-TEACHERS'  
IDENTITY AND PRACTICES**

Zega, Jhoana Rose V.

Jan Victor S. Oquendo, MEd

Fredielynn Portia D. Pascua, Princes Dianne C. Villano, Arlene T. Velasco, and Jogen H. Redaja

**Abstract**

The study investigates the influence of Hallyu, or the Korean Wave, on the identity and teaching practices of Practice-Teachers at Urdaneta City University's College of Teacher Education. 164 respondents, randomly selected from various education majors, participated in the research. The findings revealed that most respondents were female English majors, Roman Catholic, from nuclear families, and primarily accessed Hallyu culture via Facebook. The impact of Hallyu on teaching identity showed that Korean food influenced respondents more significantly than the Korean language. On the other hand, music and dance had a more significant impact on shaping the teaching practices of Practice-Teachers. Statistical analysis, including ANOVA and Pearson Correlation Coefficient, indicated a significant difference in Hallyu's influence based on gender and religious affiliation. However, no significant relationship was found between Hallyu's influence and its effects on teaching practices. Based on these findings, the study recommends leveraging social media platforms like Facebook to promote programs targeting male students and integrating Hallyu content into teaching while preserving Filipino culture. A balanced approach using Korean music and dance alongside Filipino values can enrich cultural understanding. Adopting innovative teaching methods, like incorporating K-pop themes into assignments, is also encouraged to enhance student engagement and learning outcomes. Furthermore, offering professional development programs focused on Hallyu integration can equip practice teachers with the skills and resources to engage students from diverse backgrounds effectively. Ongoing research and collaboration are recommended to explore Hallyu's impact on teaching methods in greater depth.

**Keywords: Hallyu, Practice-Teachers, Identity, Korean Wave, Practices**

**PROPOSED INNOVATIVE PROTOTYPE ACTIVITIES TO ELEVATE THE  
TEACHING OF READINGS IN PHILIPPINE HISTORY**

Zamora, Ma. Theresa

Jeryiel E. Tandingan, MEd- Social Studies

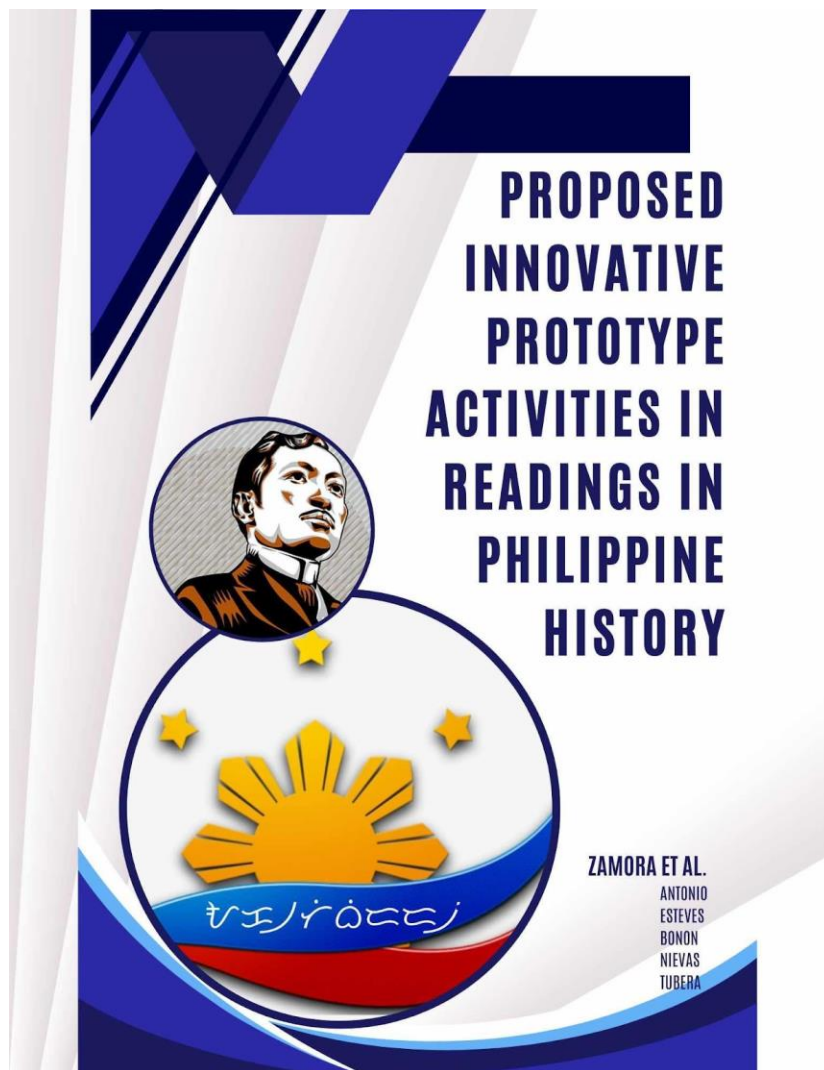
Linan Patrick M. Antonio, Federico O. Esteves, Katherine P. Bonon, Angelika O. Nieves, Jay

Vee B. Tubera

**Abstract**

This study aimed to enhance the teaching effectiveness and optimize student learning experiences in the Readings in Philippine History subject at Urdaneta City University. It focuses on developing and validating innovative prototype activities for first-year students to promote a deeper understanding and engagement with historical texts and concepts. Data collection involves obtaining grades and informed consent from participating students, while Specific topics within chapters 3 and 4 of Readings in Philippine History are identified as areas requiring further attention. To address this, the study develops innovative prototype activities guided by established assessment principles. These activities are designed to ensure clarity of instructions, systematic organization, efficient utilization of time and resources, grammatical accuracy, and construct validity. The findings of this study have significant implications for improving the teaching and learning of Readings in Philippine History. The developed innovative activities align with the course objectives, foster critical thinking, and offer a means to enhance teaching effectiveness. They create a more engaging and meaningful learning experience for students. The study recommends focusing on assessment stages, exploring innovative teaching strategies, and seeking copyright protection for the developed activities to further enhance student performance in Readings in Philippine History. Furthermore, this study addresses the need for innovative approaches in history education by developing and validating prototype activities for the Readings in Philippine History course. The developed activities provide valuable insights for instructors, students, curriculum planners, administrators, and future researchers involved in the field of Readings in Philippine History.

**Keywords: Philippine History, Innovative Prototype, Activities, Elevate, Teaching**



**DEVELOPED INNOVATIVE ACTIVITIES FOR STUDENT ENGAGEMENT: VIDEO PRODUCTION, PLAYS, INTERVIEWS, PAMPHLETS, DEBATES, AND SWOT ANALYSIS MIND MAPPING**

**DEVELOPMENT AND VALIDATION OF EDUCATIONAL MATERIALS IN  
TEACHING READINGS IN PHILIPPINE HISTORY**

Santacera, Wendy Hope P.

Jeryiel E.Tandingan, Med

Pagaduan, Carl Edwin G., Labador, Lyka Marie M., Garcia, Armond Dale C.

**Abstract**

This study aims to develop and validate educational materials in teaching Readings in Philippine History during the second semester of the academic year 2023-2024. It addresses challenges in creating educational tools that enhance the teaching-learning process. A mixed-method research design, specifically descriptive-developmental, was employed to create and assess the materials' effectiveness in improving student comprehension and interest. The results of the close-ended test indicated that students showed very little understanding of the topics of the preliminary courses, showing the need for the creation of educational material to improve their performance. Findings in the pre-survey found that most of the respondents would prefer YouTube as a digital learning platform because it is interactive, improves information recall, and has a reputation for providing reliable information. Therefore, YouTube was adopted as a learning resource for developing the material. Validation resulted in materials being proven to be effective, especially in content, creativity, and technical production. This research is significant as it provides educational materials that can serve as an aid for teachers and students in Readings in Philippine History to improve their knowledge.

**Keywords: Educational Materials, Readings in Philippine History, Content, Creativeness, Technical Production.**



*(Scan to view the Educational Materials)*

### EDUCATIONAL MATERIALS IN TEACHING READINGS IN PHILIPPINE HISTORY THROUGH YOUTUBE VIDEOS

- **The Kartilya ng Katipunan**  
<https://youtu.be/2tCLWSScB1M?si=QovpRJByTKicAziR>
- **Criticism of Historical Sources**  
<https://youtu.be/EPQQkOC6FjU?si=F5Eptab6EMKZp3LO>
- **Views of History**  
<https://youtu.be/tAuJf8RHwU0?si=mkcMFX2F-qZlNHLZ>
- **Missionary Orders**  
<https://youtu.be/iBbuopVabmU?si=yb9ffuRFNV9E60Ho>
- **Meaning, Importance and Significance of Historiography**  
<https://youtu.be/7ruCcKyuLRI?si=rttWyHjBDhkJXC06>
- **Meaning and Etymology of the word History**  
<https://youtu.be/5EKwGP8-HP8?si=zsFY4Q59otv7Shr4>
- **Political Cartoons: Political Crisis of the American Era**  
<https://youtu.be/zsJoxQ7HH30?si=YHsbOaktDmfSjrCd>

**BACHELOR OF SECONDARY  
EDUCATION MAJOR IN FILIPINO  
RESEARCHES  
S.Y. 2023-2024**

**GAMIFICATION: INTERAKTIBONG LARO SA PAGTUTURO NG *EL FILIBUSTERISMO***

Albutra, Marvin Rex U.

Rod O. Dingle, LPT

John Paul Zyril N. Meniado, Marc Nelson E. Fernandez, Mharicar D. Untalasco, April Diane T. Pascual, Kyra Gwen D. Saldua, Samuel C. Ramirez, Suzette E. Rañada

**Abstrak**

Ang interaktibong laro ay isang makabagong estratehiya sa edukasyon na gumagamit ng mga elemento ng laro upang maging mas masaya at kawili-wili ang proseso ng pagkatuto ng mga mag-aaral. Sa halip na tradisyonal na pamamaraan— ang mga interaktibong laro ay nagbibigay ng pagkakataon sa mga mag-aaral na aktibong makilahok at matulungan habang natututo. Ang pananaliksik na ito ay nakatuon sa *Gamification: Interaktibong laro sa pagtuturo ng El Filibusterismo*. Nilayon ng pag-aaral na ito na makabuo ng isang kagamitang panturo na makapukaw ng interes ng mga mag-aaral sa *El Filibusterismo*. Ang mananaliksik ay gumamit ng desinyong deskriptib-eksperimental. Ang pag-aaral na ito ay ginamitan ng kwantitatibo at kwalitatibo upang kumalap ng mga datos. Gumamit din ang mga mananaliksik ng pauna at panapos na pagsusulit. Ang nagsilbing respondente ay ang animnapu't anim (66) na mag-aaral mula sa ikasampung baitang ng Don Antonio Bongolan Memorial High School ng taong panuruang 2023-2024 at limang (5) dalubguro sa Filipino. Ang pormulang *weighted mean*, *mean* at *skewness* ay ginamit sa pag-analisa ng mga nakalap na datos. Natuklasan sa pag-aaral na ang iminungkahing gamipikasyon ay lubos na katanggap-tanga ayon sa nilalaman, pagkamalikhain at teknikal na aspeto batay sa mga gurong respondente. Napatunayang epektibo at angkop ang gamipikasyon sa pagtuturo ng *El Filibusterismo* batay sa naging resulta ng pagkakaiba ng ginamitan at hindi ginamitan ng gamipikasyon. Iminumungkahi ng pag-aaral para sa mga guro na gumamit ng iba't ibang uri ng gamipikasyon upang makatulong sa pagpapahusay ng pag-aaral ng mga mag-aaral batay na rin sa naging tugon ng gurong respondente.

**Mga Keywords:** Gamipikasyon, Interaktibong Laro, *El Filibusterismo*, Estratehiya, Edukasyon





# GAMIFICATION: INTERAKTIBONG LARO SA PAGTUTURO NG EL FILIBUSTERISMO





**MGA PILING VIDEO CLIP AT LARO SA AWTPUT NA GAMIFICATION: INTERAKTIBONG LARO SA  
PAGTUTURO NG EL FILIBUSTERISMO**



**MCQ**



**PAGPUNA SA MGA PATLANG**



**TAYAHIN!**



**PRESENTASYONG BIDYO**



**PRESENTASYONG BIDYO**



**LETTERBOX QUIZ**

**DESKRIPSYON**

Ang "Gamification: Interaktibong Laro sa Pagtuturo ng El Filibusterismo" ay isang isinalarong kagamitang pampagtuturo na naglalayong mapataas ang interes at pag-unawa ng mga mag-aaral sa nobelang El Filibusterismo. Binubuo ito ng iba't ibang interaktibong laro mula sa pananaliksik nina Albutra et al. (2024) ng Kolehiyo ng Pagkaguro sa Edukasyon sa Pamantasan ng Lungsod ng Urdaneta (UCU). Ang mga laro, na binuo gamit ang quizizz.com, ay dinisenyo upang gawing mas masaya, makabuluhan, at epektibo ang pagkatuto sa panitikan.

**Kaligirang Pangkasaysayan ng *El Filibusterismo*** - <http://bit.ly/4fYM9DZ>

**Mga Tauhan sa *El Filibusterismo*** - <http://bit.ly/3WkUr2c>

**ANG PAG-AARAL SA KATANGGAPAN NG INOBATIBONG KAGAMITAN SA  
PAGTUTURO NG SOSYEDAD AT LITERATURA**

Cabiles, Mark Winston S.

Cherielyn G. Ong, MAFil

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Carlito, Mark J. Cabrera

**Abstrak**

Tinalakay sa pag-aaral na ito ang antas ng katanggapan ng inobatibong kagamitan sa pagtuturo ng piling paksa sa Sosyedad at Literatura. Sinagot nito ang tatlong tanong: 1) Ano ang mga batayan sa pagbuo ng inobatibong kagamitan? 2) Ano-anong aralin ang maaaring mabuo gamit ito? 3) Ano ang antas ng pagtanggap ng mga guro batay sa nilalaman, kagamitan, pagkamalikhain, at inobasyon? Ginamit ang Disenyong Debelopmental Deskriptib bilang pamamaraan, kasama ang OBTL (Outcome-Based Teaching and Learning) mula sa CHED at talatanungan para sa pangangalap ng datos. Natuklasan na may malinaw na pangangailangan para sa mga inobatibong kagamitang panturo, lalo na sa mga paksang tula. Ang mga kagamitan ay napatunayang lubos na katanggap-tanggap batay sa apat na krayterya: nilalaman, kagamitan, pagkamalikhain, at pagiging inobatibo. Iminumungkahi ang mga sumusunod: 1) Balidahan ang inobatibong kagamitan para sa mas malawak na paggamit sa pagtuturo. 2) Hikayatin ang paggamit nito upang malinang ang kasanayan ng mga mag-aaral sa wika at panitikan. 3) Pagtuunan ng pansin ang wastong pagbabaybay at gramatika. 4) Ipagpatuloy ang pagrebisa ng mga kagamitan upang mas matugunan ang pangangailangan ng mga mag-aaral at makapag-ambag sa pagdebelop ng kurikulum. Pinatutunayan ng pag-aaral ang malaking potensyal ng inobatibong kagamitan sa pagpapabuti ng kalidad ng pagtuturo sa Sosyedad at Literatura.

**Mga Keywords: Inobatibo, Sosyedad at Literatura, Nilalaman, Kagamitan, Pagkamalikhain**

## **PAGSASALIN SA WIKA NG SAWING-PUSO SA MGA ULAT SA PAHAYAGAN**

Annie Mae P. Espiritu

Rod O. Dingle, LPT

### **Abstrak**

Ang wika ay isang instrumento na ginagamit sa pakikipag-ugnayan at pagpapahayag ng ideya o opinyon. Ito ang sumasalamín sa kultura at tradisyon ng bansang pinanggalingan nito at isa sa mga ugat sa pagpapakilanlan ng mga mamamayang nakatira rito. Ang pananaliksik ay naglayong matukoy ang pagsasaling Wikang ginamit upang matukoy ang mga sawing-puso na balitang panshowbiz batay sa ginamit na instrumentong pahayagan. Ang sampling na ginamit ay Purposive sampling nakatuon lamang na tukuyin sa pananaliksik ang mga sawing-puso sa mga piling pahayagan sa taong 2024 na nailimbag gamit ang wikang Filipino. Narito ang mga pahayagan o tabloid na ginamit na nasusulat sa Filipino ay ang mga sumusunod: Pilipino Star, Pang-Masa, Abante at Bandera. Sa barayti ng wika mas matimbang ang gumamit ng Filipino-Ingles base sa impormasyong nakalap sa pahayagang Pilipino. Sa pagsusuring naganap, ang pinakagamiting salita ay Filipino-Ingles sa pagsulat ng mga balitang panshowbiz sapagkat mas tinatangkilik ito ng apat na pahayagan na siyang naging batayan upang maging angkop ang nasuring datos at nilalayan ng pagsusuring sinagawa ay walang panumbas sa Filipino. Pinatunayan ng pananaliksik na mas gamitin ang mga salitang banyaga at mas laganap sa pahayagan sa bansang Pilipinas. Sa pamamagitan ng pahayagan, isang kasangkapan upang maging angkop ang datos na kinakailangan makalap. Sa patuloy na paglaganap na makabagong henerasyon, panatilihing gamitin ang purong-Filipino at pagpapatunay ito sa pagmamahal sa sariling wika bilang midyum ng komunikasyon. Sa pagpapanatili, iangat ang wikang nagpayaman upang mabigyang importansya ang wikang kinagisnan na siyang sumisimbolo sa pagkamakabayan.

**Mga Keywords:** Pagsasalin, Wika, Panghihiram, Filipino-Ingles at Purong Filipino

**SACAREPEN: GAME-BASED NA KAGAMITANG PAMPAGTUTURO SA  
PANULAANG FILIPINO**

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Cherielyn G. Ong, MAFil

Aira Nicole P. Acube, Rhiamea D. Requizo, Ailene P. Cabanting, Mailyn G. Alquizar, Evelyn S. Peralta, Carla V. Nacar

**Abstrak**

Ang pananaliksik ay naglayong bumuo ng isang kagamitang pampagtuturo na elektronikong laro na tinatawag na SACAREPEN sa asignaturang Panulaang Filipino. Batay sa resulta ng eksaminasyon sa preliminaryo (30.89), panggitnang termino (28.52) at pinal (31.91) ng mga mag-aaral sa Panulaang Filipino sa ikatlong taon ng Batsilyer ng Sekondaryang Edukasyon sa pagpili ng paksang ginamit sa nito. Nakuha ang pinakamababang marka sa panggitnang termino na pumapaksa sa “Ang Sining ng Pagtula at Kasaysayan ng Tulang Tagalog”. Ang “SACAREPEN” ay nagmula sa mga pinagsamasamang apelyido ng mga mananaliksik at nabuo sa pamamagitan ng wordwall.net na naglalaman ng siyam na laro ito ay ang mga sumusunod: Bilangin at Sukatin, Hanapin Mo, Larawang Tugmaan, Mag-isip, Bago ka Mag-click, HuLarawan, Tukuyin Mo Ako, Ayusin Mo Ako! May Tama Ka! at Takbuhan ng Kalituhan. Nilayon ng pag-aaral na alamin ang katanggapan ng nilalaman, kagamitan, pagkamalikhain at kawilihan nito para sa ikakaunlad ng kagamitang pampagtuturo. Isinagawa ang debelopmental deskriptib sa pamamagitan ng labing-isang (11) instruktur na nagtuturo sa Urdaneta City University upang kumalap ng mga datos sa pamamagitan ng talatanungan na sumailalim sa masusing ebalwasyon. Gumamit ng pormulang weighted mean sa estatistikang kompyutasyon sa mga datos. Bilang resulta lubos na katanggap-tanggap sa mga instruktur ang SACAREPEN. Sa mga natuklasan ng pag-aaral na ito iminungkahi ng mga mananaliksik na bigyang-pansin ng mga guro ang paksa sa panggitnang termino, gamitin ang SACAREPEN sa pagtatasa sa asignaturang Panulaang Filipino. Ipagpatuloy ang pagbuo at pagrebisa ng mga gawain ng elektronikong larong ito at gumawa ng *Online Activities* sa iba pang plataporma.

**Mga Keywords:** SACAREPEN, Nilalaman, Kagamitan, Pagkamalikhain, Kawilihan

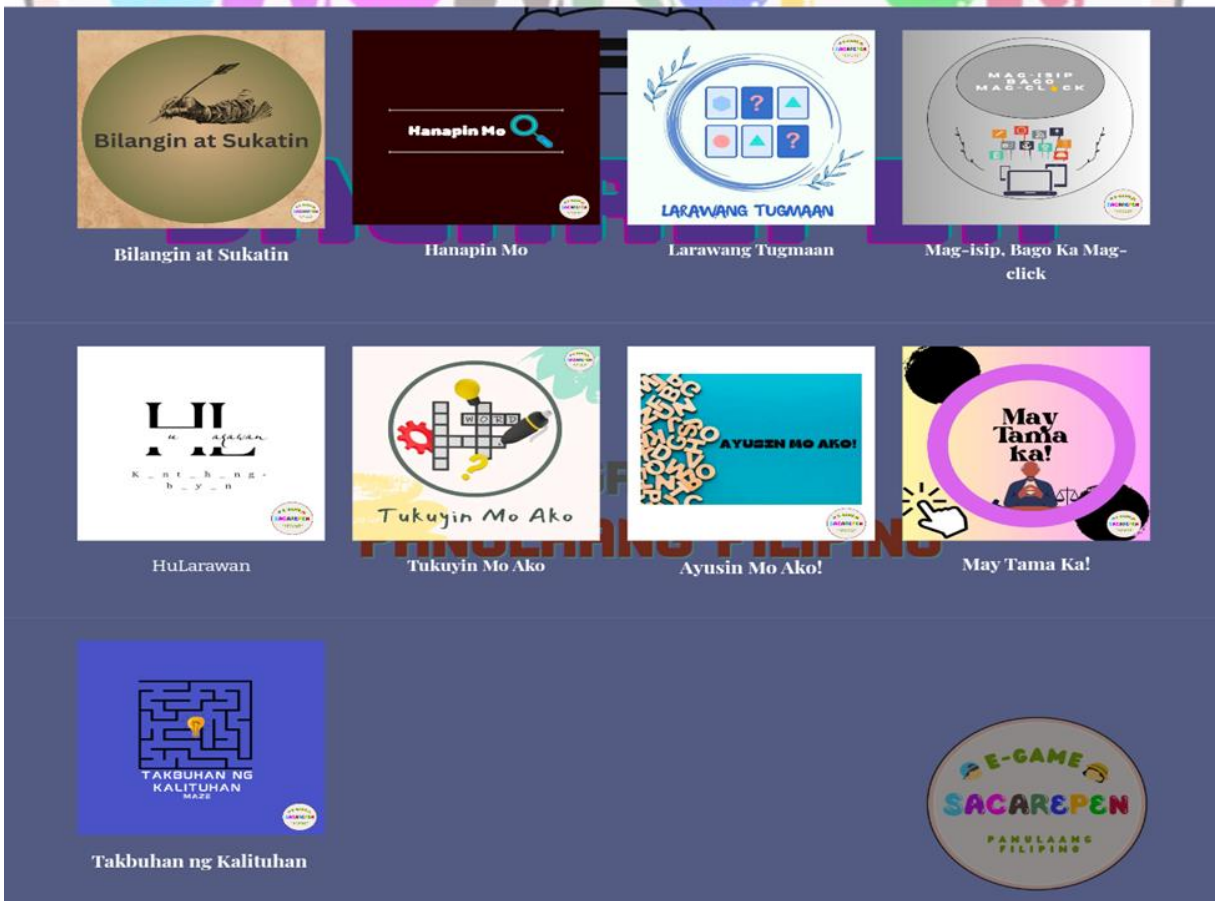




**Deskripsyon:**

Ang "SACAREPEN" ay isang game based na kagamitang pampagtuturo sa Panulaang Filipino. Ito ay naglalaman ng iba't ibang elektronikong laro na maaaring maging angkop sa pagtuturo ng guro at pagkatuto ng mga mag-aaral sa klase at asignatura. Ito ay mula sa awtput nang isinagawang pananaliksik ng Salvador et al. (2024) mula sa Kolehiyo ng Pagkaguro sa Edukasyon sa Pamantasan ng Lungsod ng Urdaneta (UCU) at may pamagat na "SACAREPEN: Game Based na Kagamitang Pampagtuturo sa Panulaang Filipino". Ang SACAREPEN ay mula sa pinagsama-samang apelyido ng mga mananaliksik. Ang mga laro ay nabuo sa tulong ng wordwall.net.

I-click ang larong nais upang buksan at subukang laruin ito.



<https://sites.google.com/view/sacarepen-e-game-panulaang-fil/home>

**CTE HUMAN KINETICS, CULTURE AND  
ARTS FACULTY RESEARCHES  
S.Y. 2023-2024**

## **SPORTS DEVELOPMENT PROGRAM OF URDANETA CITY UNIVERSITY**

Rodrigo S. Castaneda

### **Abstract**

The goal of school sports development programs is to foster discipline, teamwork, and physical health among students, promoting social skills and personal growth essential for future athletes and engaged citizens. This study focused on assessing the Sports Development Program at Urdaneta City University (UCU) by examining the demographic profile of respondents (age, sex, experience), evaluating the program's sufficiency in areas like administration and communication, and analyzing the relationship between the program's implementation and student-athlete performance. Using a quantitative descriptive and correlational design, data were collected via an online questionnaire distributed to selected teachers, coaches, and trainers. The analysis of responses revealed that factors such as sports facilities and human resources significantly influence student-athlete performance. The findings suggest that school administrators and sports managers should prioritize the provision of adequate sports facilities and equipment, as these are crucial for enhancing performance. Additionally, aligning teachers with appropriate coaching roles and providing adequate training for coaches are necessary to improve human resources within the program. To enhance the sufficiency of UCU's sports development program, an action plan can be proposed based on these insights. Overall, the study highlights the importance of structured support and resources in achieving successful outcomes in student-athlete performance and overall sports development.

**Keywords: Sports, Development Program, Administration, Communication, Performance**



**SUFFECIENCY AND EFFECTIVENESS OF SPORTS FACILITIES AS TEACHING MATERIALS IN THE HIGHER EDUCATION AT URDANETA CITY**

Oliver M. Begenio, MAED-MAPEH

**Abstract**

The study focuses on Physical Education (PE) instruction aimed at enhancing students' physical competence, knowledge, and safety, while promoting lifelong physical activity and health. A well-structured PE program improves students' movement proficiency and self-concept, increasing the chances of long-term involvement in physical activities and better health. The research explores the availability and quality of PE equipment and facilities in an educational institution. It uses a descriptive research method with a survey checklist for data collection. Permission was obtained from educational authorities to distribute questionnaires, and data was analyzed using the weighted mean (WM), considering the number of respondents, point value classifications, and total respondents.

The study reveals that basketball and volleyball equipment dominate the institution, with their quality rated as class A. Key areas of focus include the types of equipment and facilities available, their quality in terms of functionality, material, and durability, and the maintenance programs for these resources. Based on the findings, recommendations were made to provide a greater variety of equipment and use high-end materials for longer-lasting tools. The study also offers suggestions for improving the facilities at a higher institution in Urdaneta City, focusing on the expansion and quality enhancement of PE resources for better instructional outcomes.

**Keywords:** Effectiveness, Instructional Materials, Physical Education, Sufficiency, Sports Facilities