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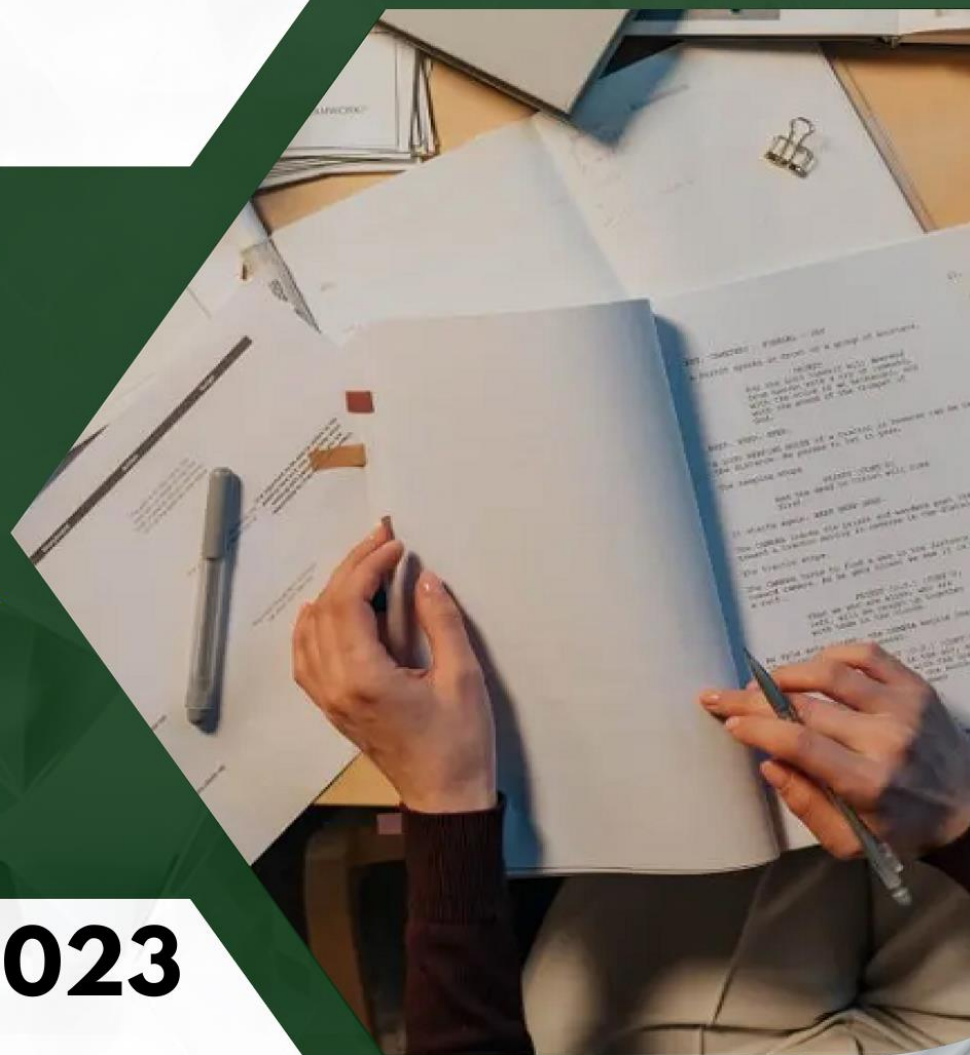
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FOREWORD



With great pride and excitement, we present this edition of our Criminology Department's Student Journal. The collection of research papers within these pages represents the culmination of our students' dedication, intellectual curiosity, and commitment to advancing the field of criminology.

In an ever-changing world, the study of crime, law enforcement, and social justice continues to evolve, presenting new challenges and opportunities for research. This journal reflects our department's responsiveness to current issues and our student's ability to tackle complex topics rigorously and insightfully. The papers in this edition cover a wide range of pressing issues in criminology. From the impact of the COVID-19 pandemic on persons deprived of liberty and forensic operations to historical analyses of anti-criminality campaigns, our students have demonstrated their ability to connect past and present in meaningful ways. Of particular note are the studies exploring contemporary challenges such as cyberstalking among college students and substance abuse treatment for women. These papers shed light on often overlooked aspects of criminology and contribute to our understanding of vulnerable populations. The research on stress management among police officers and the lived experiences of various groups adds a human dimension to our field, reminding us of the importance of empathy and understanding in law enforcement and criminal justice.

Each paper in this journal represents academic achievement and a step towards a more informed, just, and effective approach to criminology. We hope that these works will inspire further research, spark important discussions, and contribute to the ongoing development of our field.

I commend our students for their hard work and innovative thinking, and I invite readers to engage deeply with the insights presented in these pages. May this journal serve as a testament to the bright future of criminology and the promising scholars who will shape it.

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**Research, Survey, and Publication of the
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The Lived Experiences of Persons Deprived of Liberty During Covid-19 Pandemic

*Camille Capulong, Matt Rhyddel T. Medalla, Kent Walter S. Palmes,
Watson Harris C. Pambid and Nissy Anne Solis*

I. ABSTRACT

The COVID-19 pandemic devastates the globe unexpectedly, leaving everyone unprepared. The effect is felt by captives in numerous nations across all continents. In order to reduce the effects of the epidemic in prisons, even well-equipped punishment systems confront formidable obstacles. Including intentional neglect, staff shortages, and other resources, the repercussions in prisons are more significant than ever. This has resulted in worse prison conditions, including inadequate sanitation, hygiene, and health care. This study aims to determine the lived experiences of persons deprived of liberty during the COVID-19 Pandemic in BJMP Tagaytay City Jail. The method of the investigation was a qualitative research approach involving ten persons deprived of liberty from BJMP Tagaytay City Jail. The researchers used guide questions based on the lived experiences of the COVID-19 pandemic on the persons deprived of liberty conducted by face-to-face in-depth interviews. This study found out that PDL feared the virus spreading throughout the country. They find coping with the new rules and regulations hard, and most PDL are concerned about their family's safety. However, many were given new opportunities to ease their loneliness and earn some profits amidst the pandemic. Results suggested that physical security must be maintained for safety purposes shortly, an extension of E-Dalaw for the PDL, maintaining social distancing, and expanding the Livelihood program of the PDL.

Keywords: *Coronavirus Disease, Pandemic, Persons Deprived of Liberty, e-Dalaw, Livelihood Program*

II. INTRODUCTION

The COVID-19 pandemic devastates the globe unexpectedly, leaving everyone unprepared. The effect is felt by captives in numerous nations across all continents. In order to reduce the effects of the epidemic in prisons, even well-equipped punishment systems confront formidable obstacles. Including intentional neglect, staff shortages, and other resources, the repercussions in prisons are more significant than ever. This has resulted in worse prison conditions, including inadequate sanitation, hygiene, and health care. Overcrowding in prisons, which continues to be a problem in many countries worldwide, exacerbates the challenges posed by COVID-19 and the real opportunity to implement preventative and control measures. Governments around the globe have implemented a variety of measures to prevent the spread of the virus. This research aimed to determine how a PDL at Tagaytay City Jail experiences the COVID-19 Pandemic.

The World Health Organization (WHO) announced in 2019 that the SARS-CoV-2 virus causes Coronavirus Illness (COVID-19), an infectious disease swiftly spreading globally, with over 3 million confirmed cases. Most infected with the virus will experience mild to moderate respiratory symptoms and recover without medical care. Others, however, will become gravely ailing and require medical assistance. The elderly and those with underlying medical conditions such as cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more susceptible to serious illness. COVID-19 can cause anyone of any age to become severely ill or perish.

Dragomir (2014) stated that PDL are detainees who are incarcerated pending trial and final judgment. It encompasses all individuals arrested, detained, incarcerated, or otherwise in the government's custody.

The Bureau of Jail Management and Penology (BJMP) is tasked with directing, supervising, and regulating the administration and operation of all district, city, and municipal institutions in the United States, as well as the development of PDL.

According to Li & Liu (2020), several Chinese institutions experienced significant outbreaks of coronavirus infections in February 2020. Since then, authorities at the national and local levels have taken several steps to prevent the spread of COVID-19 in correctional facilities. COVID-19 has a profound physical, emotional, social, and economic impact on individuals and entire societies. However, the epidemic has proven significantly more dangerous for inmates and the officers responsible for their care. Due to inadequate hygienic conditions and sporadic overpopulation, living and working nearby makes it virtually impossible to implement precautions such as frequent hand washing and social distancing.

Numerous studies have investigated aspects of correctional facilities and environmental factors that can affect PDL. They have frequently examined the lived experiences of these factors in terms of safety procedures and population capacities but have not always sufficiently investigated their causes.

As a student in the Criminology Department at Olivarez College Tagaytay, the researcher sought to fill knowledge voids regarding the lived experiences during the COVID-19 Pandemic. This study's findings will presumably be used by the BJMP to reconsider the current phenomena experienced by people deprived of their liberty and to help them comprehend their experience.

III. METHODOLOGY

Phenomenology was employed as a research design by the researchers. This philosophical approach to qualitative research methodology seeks to comprehend the human experience. The researchers chose this methodology to capture the lived experiences of people deprived of liberty PDL inside the Tagaytay City Jail. The research's sampling strategy is Purposive Sampling. Purposive Sampling is commonly used in Qualitative to identify and select cases with much information about the phenomena' interest.

The study's respondents were selected as those who had been captive before and during the Covid-19 Pandemic in Tagaytay City Jail. The total population was over 200, wherein the researchers selected ten (10) PDL to participate in the face-to-face, in-depth interview.

The respondents were taken five each from the female and male departments of the BJMP Tagaytay and were chosen as respondents. Data were collected through guide questions which the researchers asked directly from the persons deprived of liberty during the face-to-face interview.

Although the data collection instrument was adopted, it needed to be validated because it was created from two survey tools, and some questions were altered. Face validation was eliminated after a panel of experts remarked on and suggested improvements to the guide questions form.

To gather the data for this study with formality, the data for this research were collected using a face-to-face interview. The first step is to get a consent letter from the Criminology Department. Following approval, a letter of authorization to the Tagaytay City Jail to conduct an interview with the PDL and an agreement from persons to conduct the interview will be issued. Following permission, the researchers will assemble all participants for an interview and data collection. The data will be gathered via documentation, video, or audio recording based on their

preferences to conceal their identity. The researchers will provide a prize for appreciation for participating in the study.

IV. RESULTS

Problem 1: What is the profile of the respondents terms of:

- 1.1 Name;
- 1.2 Age;
- 1.3 Gender;
- 1.4 Civil Status;
- 1.5 Crimes committed;

The participants of this study begin with each of the ten (10) PDL’s demographic profiles which answers the statement of the problem.

Participants	Age	Gender	Civil Status	Crimes Committed
1	40	Male	Married	RA 9165 and Sec. 5 and II
2	40	Male	Single	RA 9165 and Sec. 5 and II
3	25	Male	Single	RA 7659 Section 6 Art. 248
4	33	Male	Single	RA 9165 and Sec. 5 and II
5	45	Male	Married	RA 9165 and Sec. 5 and II
6	33	Female	Single	RA 9165 and Sec. 5 and II
7	49	Female	Widow	RA 9165 and Sec. 5 and II
8	37	Female	Single	-----
9	49	Female	Married	RA 3815 Art. 250 and RA 8294 Section 3
10	25	Female	Single	RA 9165 and Sec. 5 and II

The first box illustrates the participants of this study, to be followed by the ages, gender, civil status, and crimes committed by PDL in Tagaytay City Jail.

Problem 2: What are the lived experiences of PDL during COVID-19 pandemic?

Theme 1: Apprehension of Pandemic Growth

The theme entitled 'Apprehension of Pandemic Growth' means fear of a rising epidemic in the country. According to Scalabrini et al. (2020) says that fear is an unpleasant feeling that is caused by a danger that the person feels. Therefore, the COVID-19 outbreak could lead to many dangers that would significantly affect people's minds.

Half of the respondents reflect on their views on the widespread COVID-19 pandemic. Below are the statements of PDL:

“Nung kumalat dito, syempre natakot unang una...” - Participant 2

“Nandun po ung takot hirap na, yung talagang hindi mo maiiwasan na magisip sa nangyayari sa labas...” - Participant 7

“Nag worry kasi di namin alam kung hanggang kailan yun ang kung pano lulutasin yun kasi nung mga panahon na yun wala pa pong nakakahanap ng bakuna o vaccine...” Participant 8

“Natakot po kasi... Ito po yung sakit na yun parang mahirap po hanapan ng solusyon kasi po halos lahat po ng bansa naapula yung virus na yun ang hirap puksain kaya marami halos na salanta at nasawi lahat po ng pandemic at ito po ata ang pinakamalaki na narinig ko na pandemic dito sa pilipinas...” - Participant 9

“Natakot po ako. Nag panic po ako nung nalaman ko na may kumakalat po na virus dito po sa ating bansa...” - Participant 10

Five (5%) of the PDL stated they fear the virus spreading throughout the country. Some stated that they started to fear when the virus had already occurred in the country. Few started to think and fear what was happening outside the facility, thinking if there was a cure to prevent the

virus from spreading and being afraid because there was no certainty when the pandemic would stop.

Theme 2: The Fear Within From Infectious Disease

The theme entitled 'Fear from infectious disease' means fear of getting sick by the virus or giving it to others and a strong desire to avoid social contact are frequent signs of this unpleasant emotion (Musetti et al., 2021). From a clinical point of view (McEwen, 2004), long and intense feelings of fear may make it easier for mental and physical illnesses to start.

Some of the PDL described their feelings and reactions during COVID-19 Pandemic.

“Baka mahawa sa sakit ang kauna-unahang takot na naramdaman sa sarili...” - Participant 1

“Natakot po baka madapuan po ako ng corona virus...” - Participant 4

“Natakot po, nag alala, dahil baka pwede din kaming mahawa po...” - Participant 6

According to three (3%) PDL, some of them fear getting infected by the COVID-19 Pandemic.

Theme 3: Alarming Pandemic in Family's Safety

The term of this theme is a factor that states how COVID-19 causes fear and danger to the PDL for their family outside the facility. According to Mahase (2020), "Pandemic" is not a word to throw around or use loosely. Misused can lead to unwarranted fear or the false belief that the fight is over, which can cause needless suffering and death. It was warned that this was not simply a public health issue but a disaster that would affect every industry and every person. Some argued

that countries must embrace a 'whole of government,' 'whole of society' approach constructed around a comprehensive strategy to prevent infections, save lives, and mitigate harm. There are different effects of COVID-19, one of which is the effect on PDL worrying for their family outside their facility.

A part of PDL expressed their thoughts and feelings about their concerns during COVID-19 Pandemic.

“Yung takot para sa safety ng pamilya ko ang unang naging reaksiyon ko po...” - Participant 1

“Nangamba po dahil sa pamilya namin sa labas... Kung sila'y nadali ng pandemic, baka hindi namin makayananpo kung ano yung mangyari sa kanila...yung nasa labas, iniisip mo rin yung katayuan nila...” - Participant 5

“Takot po, nag aalaala kasi yung mga anak ko nasa ibang bansa syempre natkot ako kasi malayo, ako nandito tapos sila nasa Japan bali nagaalala lang ako simula nung nagsimula ang pandemya wala po kaming tawag wala po kaming usap mga ilang buwan napo nagkaroon napo kami ng E- tawag syempre po nandun na din po takot ko na baka yung mga anak kopo nahawa na baka anak kopo nagkaroon narin...takot kasi kumbaga sa akin iniisip ko yung pamilya ko din talaga na kung asa maayos na kalagayan ba sila...yung takot kasi kumbaga sa akin iniisip ko yung pamilya ko din talaga na kung nasa maayos nakalagayan ba sila...” - Participant 7

“Nangamba, unang una sa pamilya ko po syempre malayo po ako sa kanila...” - Participant 8

“Natakot po kasi syempre po unang una po naisip ko po yung pamilya ko po...” - Participant 9

Five (5%) PDL expressed concerns about their family's safety during the COVID-19 Pandemic. They voiced out the specifics, including their uncertainty about the safety of their family outside the facility and claiming that they fear the prospect that their family may have been infected.

Theme 4: Difficulties with Rules and Regulations

This theme entitled 'Difficulties on rules and regulations pertains to the difficulties of PDL in the implemented rules and regulations of Tagaytay City jail during the COVID-19 Pandemic. The public health response to covid-19 should consider the high risk of infection among people incarcerated for various reasons. Community-based alternatives to incarceration being seen as humanitarian and in the greater public health interest may be a silver lining amid the chaos caused by the covid-19 outbreak (Simpson, P. C., & Butler, T. 2020).

Below are the statements by the PDL:

“Naging mahigpit silang lahat...” - Participant 5

“Sobrang hirap po. Opo, kasi lahat po bawal. Kailangan hindi kami ma expose sa ano po sa labas. Sa loob lang...” - Participant 10

As specified by the respondents, they're having a hard time during the lockdown because of strict protocols implemented such as they are not allowed to do a lot of things in relation to exposing themselves to the virus.

Theme 5: Constant Changes and Their Adjustments

This theme was entitled because COVID-19 forced people to adapt to new ways of living, working, and interacting from the epidemic's beginning. The knowledge that many crucial COVID-19 decisions are beyond people's control is a significant source of worry. It is scary to feel like people have no say in the future, but knowing what people can and cannot do will help you keep your bearings and calm their nerves.

“Malaking pagbabago sa buhay syempre laking adjustment...” -

Participant 2

One PDL asserted that there had been constant changes and significant adjustments since the COVID-19 Pandemic arrived.

Theme 6: Forbidden Outdoors

Forbidden Outdoors was titled in this theme on account of prevention from spreading the virus. Illegal means not permitted to do or not permitted to go to or enter that location. Outdoors are open-air activities. As for this theme, PDL was not permitted outside to do outdoor activities.

COVID-19 Pandemic has reached its limits and affected many people. One of the problems that the PDL experienced was needing help to go outside their dormitories.

“Hindi po masyado nakakalabas...” - Participant 1

“Saka po hindi po kami makalabas ng dorm...” -Participant 4

From the statements above, two (2%) PDL out of ten respondents stated that they cannot go outside their dorm

Theme 7: One Meter Apart

In the COVID-19 Pandemic, the most common rule that was implemented and needed to be followed at all times was the Social Distancing protocol, which is why this theme was called one meter apart. Based on Aquino et al. (2020), Reducing contact within a society, which may include unrecognized infected persons, is what is meant by "social distancing." During the lockdown of the COVID-19 pandemic, one meter apart was implemented inside and outside the community; this protocol ensured the prevention of the virus. Below are the statements mentioned by the PDLs regarding social distancing:

“Yung mga activities ano nakakapag activities pero ano may mga social distancing protocol, kung ano ano ang pinatutupad gaya po ng pagmimisa, nagpapainting kami, pero hindi na gaya ng dati magkakalayo na, may social distancing...” - Participant 1

“Sa social distancing po, pinapatupad po ng BJMP, one meter apart, pagka mayroon pong mga event dito sa labas, tulad ng TCMP kami, tapos misa, misa sa online, one meter apart...” Participant 5

“Maintain pa din po ang pag suot ng facemask sa loob ng dorm maliit lang po yung dorm namin pero namemaintain padin ang social distancing...” - Participant 8

“Sa social distancing lagi po kami naka facemask dito...” - Participant 10

Based on the statements above, their point of view pointed out that the social distance and one meter apart are maintained inside the facility, wherein they also required face masks to be worn at all times. There were limited activities that the facility provided, and still, they are propagated.

Theme 8: Bounded for Visitation

Based on the data gathered, nine (9%) PDL shared their lived experience during COVID-19 Pandemic about visitations from their family. Bounded visitation was the term used in this theme because there has been a dividing line or boundary from the visitation of their families inside the facility during the epidemic.

“Syempre po unang una sa pamilya kasi walang dalaw dalaw eh hindi namin makikita ng personal, kagustuhan namin bilang isang PDL na makita namin ng personal hindi through video call lang yun talaga pinaka mahirap samin...”- Participant 1

“Nababawasan yung prebilehiyo namin na madalaw saka magkaroon ng contact sa pamilya namin... Di na madalaw ng pamilya yung di kana makitang personal nakakausap naman telepono lang minsan syempre limited din yung oras pinaka matagal na samin dito e five to ten minutes syempre may iba pang gagamit nung phone.” - Participant 2

“Mahirap kasi po yung sa pamilya po namin hindi na po namin makita, hindi na po namin mayakap kasi po bawal lumabas...” -Participant 3

“Medyo mahirap din po ma’am kasi po hindi na po naano yung dalaw... Syempre po yung hindi madalaw ng pamilya ng face to face kagaya din po ng mga tao dito po sa loob...” - Participant 4

“Bawal ang dalaw sa pamilya namin at the same time...nahirapan na nung dumating na dahil nawala po yung aming mga dalaw...” - Participant 5

“Simula po nung nagkaroon ng pandemic or COVID-19 natigil po ang aming dalaw kaya nalungkot kahit papaano kasi hindi na po namin makita ang aming pamilya pero nakaka E-dalaw at E-tawag naman po kami... Una po yung kalungkutan kasi malayo po kami sa pamilya, hindi nakikita ang anak yung mga magulang yun po yung unang nakapagpaano sa amin yung malayo kami sa kanila at hindi nadadalaw...yung sa loob ng tatlong taon na wala kaming dalaw yun po ang naging mahirap na hindi namin makita ang aming mga anak...”-Participant 6

“Hindi po kami masyado nakakapag communicate sa kanila ng maayos kasi sa sobrang dami namin by schedule po ang e-tawag at e-dalaw hindi naman po kami ganun kaano sa tawag kasi meron pong limit... Yung hindi na po laging nakikita pamilya tapos medyo nagkaroon ng pagbabago sa jail yung unang dalaw sa non-contact visitation drop by lang tapos sa maliit na butas ng dorm sa taas ng jail dun lang nakikita pamilya namin, pag alam namin na andun na pamilya namin kamay lang o kaya bimpo lalabas namin sobrang nakaka ano ng loob pero kailangan po sumunod...” - Participant 8

“Malayo po sa pamilya tapos hindi ko po agad alam kung paano po magkakaroon ng communication dahil napakahirap po talaga dahil wala pong dalaw...” - Participant 9

“Yung nahahirapan po kami kasi bawal po kaming puntahan ng pamilya, wala pong ganito na face to face yung dumadalaw samin...” - Participant 10

Due to the COVID-19 pandemic, there are problems with limiting visitations from their families. Their families cannot visit them, talk to them face to face, or touch them physically because of the protocols implemented to prevent them from getting the virus. PDL are having

difficulties contacting their families using telephones, cellphones, and computers because of the restricted time, which is only five to ten minutes. The E-Dalaw or E-Tawag was given to PDL to make contacts for their families; however, there are limitations because of the schedule of E-Dalaw or E-Tawag and the number of PDLs inside the Tagaytay City Jail.

In the Philippines, the Bureau of Jail and Penology Management initiated the E-Dalaw, which means 'electronic visitation' of inmates' families. The traditional in-person visits between PDL and their respective families are replaced by the E-Dalaw service. Through a supervised video call and chat, this service allows people who are denied the freedom to communicate with their families.

Theme 9: Pending Cases Throughout the Pandemic

The words entitled to this theme were used because all respondents had pending cases during the COVID-19 pandemic. According to Grenier 2016, a Pending case is waiting for a verdict or resolution. Two (2%) PDL shared their lived experience regarding their pending cases during COVID-19 Pandemic.

“Yung sa mga kaso naman po namin, mula nung nagkapandemic, nagkareset reset na, tapos nagbago pa din po ng judge kaya parang nag back to zero po ulit kami haha kaya po tumagal ng tumagal. Nung kumuha kami ng isang judge, napalitan ng napalitan ng attorney, nagpalit ulit ng judge nagkapandemic tapos ngayon iba naman ulit yung judge. Nakakatatlong judge na kami. Kaya back to zero ulit yung mga tanong samin...” - Participant 9

Sa kaso ko naman po, binubuno ko nalang po yung dalawang taon. Through online naman po yung hearing namin. Sa online po kami naghehearing...” -

Participant 10

Some stated that during the COVID-19 Pandemic, their pending cases happened online and were constantly resetting because the lawyers and judges in charge were repeatedly changing. Because of that, their pending cases started again from the beginning, and the longer the pending case happened, the longer they stayed inside the facility without their final judgment. While the other one stated that they continued to serve their sentence during COVID-19 Pandemic.

Theme 10: New opportunities amidst COVID-19 Pandemic

Following Collins (2012), a new opportunity presents itself when you are positioned to pursue a particular goal. Combined with this theme, new opportunities emerged from the respondents during COVID-19 Pandemic. There are new programs given by the Bureau of Jail and Penology Management to make PDL help themselves and their family.

PDL uttered that there are alternative programs during COVID-19 Pandemic. Below are the statements:

“Naranasan ko po dito ay upang malibang ang mga sarili namin nagkaroon ang BJMP ng livelihood program tulad ng pag painting isa po yun sa natutunan kung livelihood program....” -Participant 3

“Naging mahirap pero dala din po ng mga, BJMP, mga nagbibigay ng pribilehiyo tulad ng mga livelihood... Livelihood na binigay po samin nung pandemya dahil iniisip po ang pamilya namin, nahihirapan po sila sa paghahanap ng trabaho, mahirap po lumabas ng bahay, nag launch po silang mga painting po

namin, kumita po yung painting po namin, at the same time mayroon kami kinita, pinadala naminsa kanila para makatulong po kami sa kanila...”-Participant 5

“Nililibang namin ang sarili sa mga livelihood, skill training na maari namin gawin sa loob ng aming dorm...”-Participant 6

“Binebenta po namin halimbawa po my mga orders sa labas na yung mga nalabas sila pwede po nilang ibenta para po kumita din po kami sa loob na iyon po yung pang gastos gastos namin...Kasi po nagkaroon po kami ng livelihood na libangan na binigay po sa amin ng mga personnel kahitbpo sa loob ng dorm meron po kaming ginagawa tulad ng paggawa namin ng wallet gawa sa kape para po mawala ang aming depresyon.” -Participant 7

“Kami ay meron po kaming mga iba ibang activity na binibigay ang mga personnel. Isa pong activity namin e yung TC...”-Participant 8

The livelihood program offers PDL income-generating opportunities while they are detained so they can pay for their basic needs and help and support their families outside the facility. Paintings, beaded jute bags and purses, paper crafts, and wood crafts are some of the ongoing and most well-liked projects of PDL of Tagaytay City Jail. The jail unit also manages the online or e-marketing of PDL products.

Theme 11: Challenges over pandemic

The COVID-19 outbreak is a big problem for our healthcare system and our society as a whole. Challenges over the pandemic were entitled because some complex tasks or problems put a person's skills to the test.

Moreover, it takes a lot of mental or physical effort to solve.

“Yung mga nasa labas mga lockdown sila nafi-feel nila na mahirap sa labas diba wala silang kabuhayan lalo ano livelihood na pinag kukunan ng ano pang araw araw lalo na siguro dito kasi isipin mo naka kulong ka na nga tapos very limited pa, yung sinabi ko very limited yung mga access namin sa isat isa so yun kaya mahirap talaga nung pandemic napakahirap na di makatawid kung wala kang pera dimo matuturuan ang mga pangangailangan mo lalo samin dito...”-

Participant 2

“Malungkot, pero nakakayanan naman namin kahit na malungkot kami malayo sa pamilya ...” - Participant 6

“Nadepress at nagkaroon ng sobrang pag iisip isip kasi di po namin nakikita pamilya namin...” - Participant 8

“Malaking takot po dahil po parang hindi kana po nakakapagtrabaho or wala na po negative na po lahat. Natakot po kasi syempre iisipin ko po na parang wala ng pag asa, unang una ko pong naisip ko na parang ito na yung time na pwedeng mamatay po...” -Participant 9

Few of the PDL stated that they have difficulties due to limited access to each other. Others deeply think that there's no hope for tomorrow. Others get stressed and depressed because of longing for their families.

Theme 12: Overcoming Unwanted Intrusive Thoughts

The theme 'Overcoming unwanted intrusive thoughts' was from a book by Winston and Seif. The book faces one of the biggest mysteries of human suffering and pain: why it seems like we cannot eliminate unwanted, disturbing, and unwanted thoughts, images, and memories.

Every PDI has its feelings and emotions. Below is one of the statements from the respondents:

“Para po malibang nalang ako nun sa pag painting ko nalang po nilaan oras ko...”-Participant 3

They use livelihood programs such as painting to entertain themselves to cope with the challenges inside the jail.

Subtheme 12.1: Becoming Bulletproof

Becoming bulletproof was from a book written by Evy Pompouras. The meaning of this book was becoming the bravest and strongest version of yourself, not just through physical strength but also through using the ability to observe and asking for guidance above.

“Nag pray na lang po kami lagi nilalakasan na lang po namin yung loob po namin...”-Participant 4

“Syempre po natakot umiiyak po ako pero nandun po yung nanalig nalang po kami sa panginoon na sana yung mga anak namin mga apo namin na hindi sana mahawa lalong lalo napo yung pamilya ko na nandito sa pilipinas...” - Participant 7

“Yun nga po syempre dito po sa aktibidad po dito po sa facilities na to ah tapos sa religious group po

kasi ako nakasali mas malapit po ako sa religious tapos po sa umaga araw araw po kami may morning meeting...”-Participant 9

In the opinion of PDL, to strengthen themselves they ask for a higher guidance.

Subtheme 12.2: The Silent Companions

As a result of changes and adjustments of the COVID-19 Pandemic, the companions of other PDLs encouraged them to keep going as well as the support of the personnel of Tagaytay City Jail. Silent Companions were named for this theme because PDL and personnel were their companions during the fight against the COVID-19 pandemic.

“Sa tulong na din po ng kapwa PDL na kinukuhaan ko ng lakas sa pananampalataya na matatapos din poang covid 19 yung ganun po...”-Participant 6

“Mahirap po pero kinakaya namin dahil sa papalakas ng loob ng mga personnel tinutulungan po nila kami kahit di po namin sigurado kung kailan matapos o mawawala ang pandemic at na pray po kami kay god na mawala po yung COVID...Kami ay meron po kaming mga iba ibang activity na binibigay ang mga personnel. Isa pong activity namin e yung TC.”- Participant 8

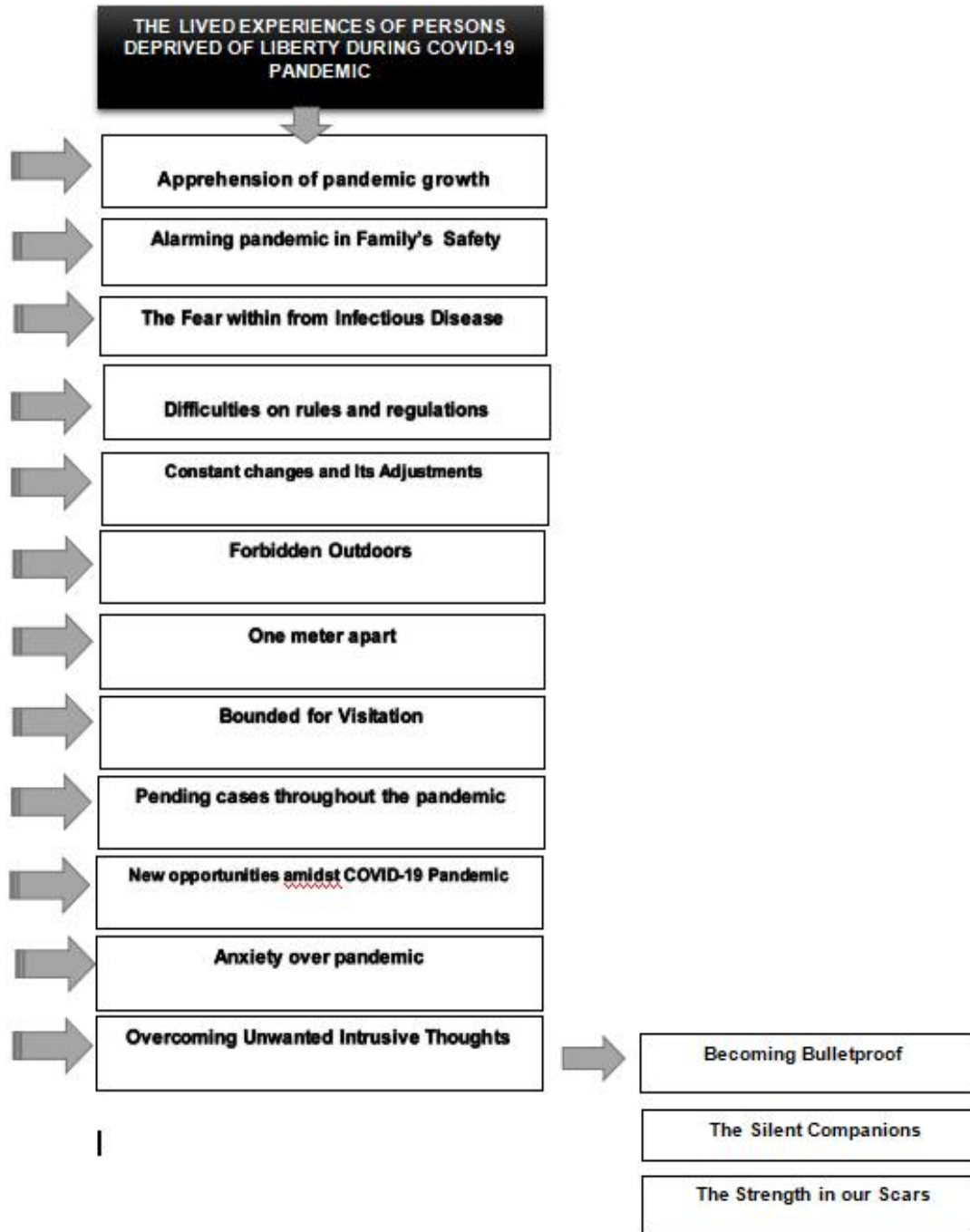
Subtheme 12.3: The Strength in our Scars

The word ‘Strength in our Scars’ comes from an author Liyana Musfira and the book was about the process of finding strength from each terrible and traumatic experience. This book praises God's gift of tenacity to women, whether emotional, spiritual, or physical.

One PDL stated that sometimes they try to be patient, look for things to do, sleep and rest to entertain themselves.

“Ano po yung tiis lang po. Sa lahat ng ano. Ano lang po ma'am kapag nakaramdam kami ng ano, wala naman, pahinga lang, tutulog lang kami pagkanasstress kami. Nakasanayan e, tiis lang...”-Participant 10

Problem 3: What are the factors that lead to experience?



The framework above illustrates the factors that cause the experiences of PDL during COVID-19 Pandemic.

V. DISCUSSION

This study aimed to determine the experiences of PDL during the COVID-19 Pandemic in Tagaytay City Jail. The study revealed that the respondents filled the demographic profile of this study, including their name, age, gender, civil status, and crime committed. The research showed that the majority of the persons deprived of liberty stated that they feared the virus spreading throughout the country. Most persons deprived of liberty feared getting infected, and some PDL expressed their concerns about their family's safety during the COVID-19 Pandemic. They voiced out the specifics, including their uncertainty about the safety of their family outside the facility claiming that they fear the prospect that they may have been infected. PDL is having a hard time during the lockdown because of strict protocols implemented like they are not allowed to do many things about exposing themselves to the virus. PDLs claimed there had been substantial alterations since the arrival of the COVID-19 Pandemic. They used to be able to do whatever they wanted in the great outdoors, but after the pandemic hit, everything had to alter. The PDLs cannot go about their daily routines, which generally involve leaving their dorms. According to PDLs, the facility enforces social distance by keeping people at least one meter apart and requires face masks at all times. Even though the facility only offered a small selection of activities, they spread.

There are concerns about restricting family visits because of the COVID-19 outbreak. The precautions to prevent the spread of the virus mean that their loved ones are prohibited from visiting them, talking to them face to face, or even touching them. PDL need help keeping in touch with their loved ones via telephone, cell phone, and computer due to the short allotted five to ten minutes. Because of the scheduling of E-Dalaw or E-Tawag and the large number of PDLs housed in the Tagaytay City Jail, inmates are restricted in their ability to contact their loved ones through

the E-Dalaw or E-Tawag. PDL's pending cases during the COVID-19 Pandemic were handled online and were constantly reset due to frequent changes in the attorneys and judges in charge. As a result, PDLs spent more time in detention without being given a final verdict. As for the others, they maintained that they had served out their sentence throughout the COVID-19 epidemic.

The PDL has a significant obstacle because of their inability to go outside until they hear their verdict. PDL have access to opportunities to earn money through the livelihood program, allowing them to meet their most fundamental needs and provide for their loved ones back home. Some of the most popular and ongoing PDL projects at Tagaytay City Jail include paintings, beaded jute bags and purses, paper crafts, and wood crafts. The prison division also manages the e-marketing and online sales of PDL products. PDLs struggle because of the difficulty in communicating with one another. Some people feel hopeless about the future. Others experience anxiety and sadness as a result of missing their loved ones. The PDL can relieve their ennui by participating in therapeutic community modalities like painting. PDLs in Tagaytay City Jail have the support of their fellow inmates and the staff there as they adapt to the new realities brought on by the COVID-19 Pandemic. The PDL and staff were their silent partners in the fight against the COVID-19 epidemic.

Based on the findings, the following recommendation is drawn based on the result of the study. Results suggested that physical security must be maintained for safety purposes shortly, an extension of E-Dalaw for the PDL, maintaining social distancing, expanding the Livelihood program of the PDL, and researchers recommend the conduct of research about the experiences of jail warden during the COVID-19 Pandemic.

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Anti-Criminality Campaigns of General Emilio Aguinaldo Police Station: A Case Study

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I. ABSTRACT

This study focuses on the perception of police worldwide, different societal difficulties, and problems experienced by the community in progressing society. Crime is one of these problems. Crime is an aspect of life that all citizens must deal with, as it has been around as long as civilization (Holzman-Escareno, 2012). Law enforcement agencies, especially the Philippine National Police (PNP), created anti-criminality campaigns to deal with the problems connected to the crime experienced by the community. Anti-Criminality Campaign has been defined as any operation which is conducted by the police for crime prevention and crime solution. A Case study design was used in the study. It is an intensive, systematic investigation of a single individual, group, community, or some other unit in which the researchers examine in-depth data relating to several variables. Semi-structured interviews were selected to carry out this research study. They allowed the participants to elaborate and provided more flexibility, range, and the capacity to elicit more information from the participant. Semi-structured interviews permit scope for individuals to answer questions more on their terms than the standardized interview permits, yet still provide a good structure for comparability over that of the focused interview. General Emilio Aguinaldo police ensured public safety is the priority of anti-criminality campaigns by increasing police presence and disseminating information on crime prevention. The fact of General Emilio Aguinaldo Police Station is a distinctive feature for the residents of General Emilio Aguinaldo, as it provides anti-criminality campaigns. The individuals who participated in the study shared information by giving seminars to inform the public about police campaigns and crime prevention. General Emilio Aguinaldo municipality residents learned about crimes and how to combat them. The study's respondents shared crime prevention advice on social media to give people more ways to get information, as everyone has access to social media today. This was a great strategy. The anti-criminality campaign of General Emilio Aguinaldo police station is effective in some areas but not in others. Five major themes emerged from the data collected: 1. Effective Anti-Criminality Campaigns Through Visitations; 2—effective Anti-Criminality Campaigns Through Police Visibility; 3. Adequate Information Drive Through Seminars; 4. Social Media as Anti-Criminality Platforms; and 5. Incognizant Citizen.

Keywords: *Anti-Criminality Campaign, Community, Police Officer, RA 8551, Anti-Illegal Drug Awareness, Barangay Visitations, Crime Prevention Safety Tips, KASIMBAYANAN, and Anti-Rape Law Information Campaign.*

II. INTRODUCTION

Republic Act No. 8551 states that the Philippine National Police (PNP) shall be a community and service-oriented agency responsible for maintaining peace and order and public safety. The PNP shall be organized to ensure accountability and uprightness in the police exercise of discretion and to achieve efficiency and effectiveness of its members and units in performing their functions.

Anti-Criminality Campaign has been defined as any operation which is conducted by the police for crime prevention and crime solution. And it also involves tactical operations for emergencies. Criminality can affect or disrupt the normal functions of the government in municipalities. Different communities in the Philippines suffer from daily occurrences of crimes, especially in rural areas inaccessible by interventions. The Philippine National Police (PNP), especially Bailen Police Station, has enacted a set of anti-criminality campaigns. These anti-criminality campaigns are Anti-Illegal Drug Awareness, Barangay Visitations, Crime Prevention Safety Tips, KASIMBAYANAN, and an Anti-Rape Law Information Campaign.

Carroll (2019) emphasized that effective crime prevention necessitates the collaboration of individuals, communities, businesses, and all levels of government to create and implement effective policies to address the causes of crime. Furthermore, suitable and sufficient money is required for neighborhood crime prevention programs.

Patalinghug (2017) states that the crime prevention strategies of four (4) municipalities in Salug Valley, Zamboanga del Sur. These strategies are Integrated Patrol System, Barangay Peacekeeping Operations, Anti-Crime Operations, Integrated Area Community Public Safety Services, Bantay Turista, and School Safety Project, which were "much effective," according to 158 respondents.

The study took place in the Municipality of General Emilio Aguinaldo. The Municipality of Gen. Emilio Aguinaldo is bounded on the south and southeast of Alfonso, on the west by the municipality of Magallanes, and the north and northeast by the town of Maragondon. The Municipality of Gen. Emilio Aguinaldo, formerly called Bailen, is an upland town about 400 meters above sea level. It is one of Cavite's 17 municipalities and six cities most isolated. Based on the 2020 consensus, the population in the municipality is 23,973. There is 14 barangay, namely called Dalusag, Batas Dao, Castaños Cerca, Castaños Lejos, Kabulusan, Kaymisas, Kaypaaba, Lumipa, Narvaez, Tabora, Poblacion 1, Poblacion 2, Poblacion 3, and Poblacion 4.

The statistical records for crime volume in the Philippines from 2017 to 2021 show that in 2017 are crime record was 520,641; in 2018, it was 473,068; in 2019, it was 423,756; in 2020, is 374,277; and in 2021, it 360,573. So, the statistical records show that the trend of crime in the Philippines from 2017 to 2021 is decreasing, and the government campaigns are effective. But crime statistics don't validate the experiences of the civilians from the anti-criminality campaigns even though the statistical records show that crime decreases over the year.

This research aimed to know the perception of the police personnel and the experience of the community towards the anti-criminality campaigns of General Emilio Aguinaldo Police station.

Generally, this study aimed to answer the following questions: 1. What are the Campaigns being implemented by the General Emilio Aguinaldo police station? 2. How are the Anti-Criminality Campaigns implemented in the Municipality of General Emilio Aguinaldo regarding: 2.1. Police officers' perception; and 2.2. Experience of the community 3. What enhancement program can be drawn from the study?

II. METHODOLOGY

The researcher used the case study approach method. According to Yin (2014), a research method is an empirical inquiry that investigates a contemporary phenomenon (the case) in depth and within its real-world context when the boundaries between phenomenon and context may not be clear.

The researchers used non-probability sampling. According to Nikolopoulou (2022), non-probability sampling is a method that uses non-random criteria like the availability, geographical proximity, or expert knowledge of the individuals you want to research to answer a research question. Purposive sampling is a blanket term for several sampling techniques that choose participants deliberately due to qualities they possess. It is also called judgmental sampling because it relies on the researcher's judgment to select the units. The respondents of our study are the designated police officers and community members in General Emilio Aguinaldo. They are the ones who have enough knowledge to answer the questionnaire that will be given to them, which supplies the information and data that we need. This study requires at least ten police officers and ten members of the community of General Emilio Aguinaldo to become our respondents and gather data from them that can be used for the study.

Semi-structured interviews were selected to carry out this research study. They allowed the participants to elaborate and provided more flexibility, range, and the capacity to elicit more information from the participant. Semi-structured interviews permit scope for individuals to answer questions more on their terms than the standardized interview permits, yet still provide a good structure for comparability over that of the focused interview.

After all the data had been thoroughly transcribed, the data were coded, analyzed, understood, and checked after the researchers transcribed it. The researcher can obtain a deeper grasp of the subject by repeatedly listening to and reading the transcribed interviews. The applied

codes are keywords used to categorize or organize text and are regarded as a crucial component of qualitative research (Sarantakos, 1998). After that, the information was analyzed, ordered, and put into themes and sub-themes that arose from the coding process. The topics that emerged were given a particular code in accordance. The analysis then involved emphasizing any similarities and differences in the data and looking for recurring patterns. The third step entailed data verification, which involved rechecking the transcripts and codes to ensure the researcher's understanding was accurate. This method enables the researcher to confirm or change previously formed ideas (Sarantakos, 1998).

III. RESULTS

Campaigns implemented by the General Emilio Aguinaldo Police Station.

General Emilio Aguinaldo has indeed many campaigns that ensured its developing community's safety and peace of its developing community. One of their anti-criminality campaigns is **Anti-Illegal drug awareness**. This awareness is done through seminars or programs on illegal drugs once or twice a month led by the following: public community relations (PCR), the drug enforcement unit (DEU), investigators, and the Philippine Drug Enforcement Agency (PDEA).

The distribution of brochures and pamphlets resulted in fewer crime incidents in most municipalities. According to the police, the distribution of flyers and brochures started to coincide with the implementation of "Oplan Lambat Sibat," an intensified anti-crime campaign of the Philippine National Police. This distribution of leaflets was done as it is the goal of **Crime**

prevention safety tips. As the community evolves and people mostly use cell phones or smartphones to communicate and gather information, this campaign uses this to quickly disseminate information and remind the community about Crime prevention safety tips.

The printed educational materials are distributed in streets, markets, schools, churches, malls, and other public places to help the citizens heighten their awareness of various modus operandi of criminal elements. And also in social media like Facebook and Instagram. The flyers and leaflets contain information on basic security and safety measures at home and in the streets to prevent being victimized by lawless elements; crime prevention tips for students as part of the anti-crime drive in schools; drug prevention and awareness; and safety reminders for parents, schoolchildren, and motorists. It also contains the contact numbers of their station and their Facebook page.

There is also the **Anti-rape law information campaign.** It is a seminar to educate the locals on what they should and shouldn't do to prevent this incident and to educate and encourage the minors to fight for their rights. It is done with the help of women and child protection desk officers and barangay authorities and using printed educational materials. This campaign is intensified to raise awareness of protecting women and minors in support of the law. Our Women and Children Protection desks can initiate their information dissemination regarding the significance of protecting our children from any harm and abuses. Parents are advised to educate their children on protecting themselves from criminal elements.

On community relations, the municipality of General Emilio Aguinaldo conducts **Barangay Visitation.** The mobile and foot patrol monitors the barangay to prevent illegal activities and protect the residents. It is done at least four times daily and in every barangay. For every barangay there is an assigned patrol member or police sa barangay (PSB). This program

is also uses for the dissemination of information and for improving perception, opinion, and attitude toward the PNP. And enhance public awareness and support of law enforcement, public safety, and Internal Security.

Monitoring the community plays a crucial role in maintaining its peace. Another PNP program implemented by General Emilio Aguinaldo is **KASIMBAYANAN**. Kasimbayan which the meaning is “Kapulungan ng inyong Pulis, ng inyong Sundalo, ng inyong Bantay Dagat, ng ating COMELEC, at lahat ng Lingkod Bayan kasama ang Simbahan at Pamayanan,” is a program that is “instrumental in the collaborative pursuit of a reformed electoral process free from violence and corruption. Visiting the labor sector's office or workplace, they hold a meeting about abuse, illegal drugs, and other pertinent subjects to make the labor sector effective and prevent them from being influenced by evil and violence. They visit the barangay to meet with the family sector and discuss maintaining peace and order to eradicate family violence, child exploitation and sexual abuse on the internet, robbery, trouble, and other crimes in the barangay. To prevent teachers and students from being influenced and recruited by anti-government groups, they visit schools to speak with principals, teachers, and students about bullying, gang wars, illegal drugs, cybercrime, terrorism, and other school-related issues. It is done to strengthen collaborative partnerships with the Church and the community to maintain integrity and transparency in police administration and operation and to show our unwavering commitment to the cause of human rights (HR) and the rule of law.

Theme 1: Effective Anti-Criminality Campaigns Through Visitation.

The participants who voluntarily participated in our research said they ensured that public safety is the priority of the anti-criminality campaigns through increasing police presence and disseminating information on crime prevention to the community. They did everything they could

to follow the procedures of the anti-criminality campaigns given to them by the regional office. This shows that every anti-criminality campaign they carry out in the municipality of General Emilio Aguinaldo is 100 percent sure it is effective for the community, prevents crime, and protects them from crimes.

All participants said that the anti-criminality campaign ensured the community's public safety. Moreover, it significantly impacted the community by providing security and trust of protection from harm. They felt safe whenever they went out inside Bailen.

“Sa brgy. Visitation effective sya pag dating sa police community relations ah nareremind nya mga bawat personnel Ng barangay. Brgy tanod, brgy official mga residente tungkol sa mga activities ng PNP para makatulong sa katahimikan Ng barangay.” (Police Officer 1).

One participant described that the relationship between the community and the PNP has improved through barangay visitations.

“maganda siya nagiging malapit yung pnp sa community parang mabilis lapitan ang PNP sa ngayon kadalasan kasi kinakatakutan ang pulis ngayon kunting issues masasabi na agad na aaksyunan ka agad. ang brgy visitation every time na nag dadialoguen kami sa kanila nagkaka idea nadin yung mga tao sa baragay sa mga batas na pinapatupad natin na minsan hindi na naabot sa atin sa PNP sa kanila palang naayos na nila kasi alam na nila ang batas na gawin nila .” (Police Officer 4).

One participant said they use social media to spread awareness about crime prevention. Through this, they gain information about how the crime works and how they can prevent it from happening to them.

“Laking tulong din lalo na pag nag coconduct kami ng distribution ng IEC informative materilas pag popost sa social media naging aware ang mga tao sa naging handa sila sa krimen na pwdeng mangyari at isa dun ang crime prevention tips na binibigay namin yung carnapping binibigyan namin sila ng information pano iwasan.” (Police Officer 5).

Police Visitation is an essential service that leads to accomplishing the police purpose. It is the only form of police service that directly attempts to eliminate the opportunity for misconduct (Almoguera et al., 2019). With this, the people, properties, and entire surroundings should be felt secure and free from any dangerous acts from criminals.

The researchers conducted observations to support the data from the interview. The researchers saw that the police personnel distributed IEC materials regarding Ligtas SUMVAC 2023, RA 9165, anti-terrorism awareness, gender-based violence awareness, anti-crime prevention safety tips, and COVID-19 awareness at different municipal barangays. And when police personnel visit various establishments like banks, grocery stores, gas stations, junk shops, etc., every day at an unspecified time, it can create deterrence for people who want to commit theft, theft, robbery, arson, and other unlawful acts.

Theme 2: Effective Anti-Criminality Campaign Through Police Visibility.

The participants who voluntarily participated in our research said they experienced the anti-criminality campaigns of General Emilio Aguinaldo police station. This shows that the presence of General Emilio Aguinaldo Police is distinguished from the residents of General Emilio Aguinaldo.

One participant pointed out that even in the middle of the night, General Emilio Aguinaldo Police patrolled to maintain the municipality's peace and order.

“minsan sa kalagitnaan ng gabi nagpatrolya sila.” (Civilian 5).

According to one participant, every patrol they do in the morning and the afternoon includes a stop in every barangay to meet and greet the locals.

“Tumitigil kami sa kada barangay kada rounds nila tuwing umaga at sa hapon para batiin ang mga tao.” (Police 6).

One participant said the police should always be on the street to deter crime. Additionally, he stated that the community must see police officers, especially those in uniform.

“para mapigilan ang krimen kelangan laging asa lansangan ang mga kapulisan diba yun ang number one para makita din ng community lalot naka uniform.” (Police 7).

Police visibility creates a feeling of security on the part of the law-abiding citizen, a sense of confidence that the police officers are available to respond when called upon in any situation, and a feeling of fear on the part of the would-be violators (Alferez & Ejoc, 2018).

The researchers conducted observations to support the data from the interview. As to police visibility, the researchers noticed that the police officers are doing beat patrols, especially in crowded areas, to show the people that they are safe from criminals. They also conduct mobile patrols 3 to 4 times a day, even at dawn, in different barangays at an unspecified time and visit barangay halls to disseminate and gather information. While patrolling, they conduct "libreng sakay" with municipality citizens. Additionally, the police conduct checkpoints to ensure the safety of road users.

Theme 3: Effective Information Drive Through Seminar.

The individuals who participated in our study said they shared information by giving seminars. These seminars aimed to inform the public about police campaigns and crime prevention. General Emilio Aguinaldo's municipality's residents learned about the crimes and how to combat them through these seminars.

One participant said that the Anti-Rape Law Awareness campaign was beneficial because it made people aware of this particular type of crime. This participant is a part of BHW, and she claimed that the group was able to educate the public about what to do in response to this kind of crime and how to protect kids from it.

“Ang Anti-Rape law ay magandang programa para maging aware tayo sa mga ganitong kaso. Katulad naming BHWs nasasabe namin sa mga tao ang mga kailangan nilang gawin sa mga ganitong kaso at para maiwasan itong mangyare sa mga bata.” (Civilian 4).

A participant pointed out that there is a program about Anti-Illegal Drugs that the Sanguniang Kabataan led, and they invited the police to discuss what the program is all about.

“ahh okay, ddon sa Una sa anti-illegal drug, ahh Meron Silang program nun actually SK ang nagpatupad nun ay nag conduct Ng seminar na yun then nag invite sila, police Yung speaker nila that time and Yun sila na nag explain samin about sa campaign natin about sa anti-illegal drugs.” (Civilian 8).

Anti-Illegal Drug Awareness, according to one participant, is a tremendous assistance. Additionally, they claimed that they held talks or dialogues with the young people in the barangay's schools and distributed IEC materials to raise awareness of illegal drug use.

“ah tungkol sa anti-illegal drug awareness, malaki ang naitulong nito nag co-conduct kami ng talk o dialogue sa Mga school sa Mga barangay sa mga

kabataan na nakikita namin tapos nag bibigay Kami Ng mga IEC materials para sa anti-illegal drug awareness, nagiging effective Naman eto kase Naman ang resulta kokonti Lang nahuhuli dito sa bailen kase mostly sa baragay dito sa bailen eh drug cleared na base sa pdea.” (Police 2).

Crime prevention seminars are an effective way to teach the community about modern security threats. It effectively informs people about current events and best practices needed in their personal and professional life. Seminars can provide the community with critical information that will assist in creating and maintaining a safer world for civilians and broader teams, workplaces, or society (ASTA, 2021).

The researchers conducted observations to support the data from the interview. The police officers conduct seminars and dialogue twice or thrice a month in barangays, schools, and barangay courts with the help of barangay officials and Sangguniang Kabataan regarding anti-illegal drug awareness, anti-terrorism awareness campaigns, gender-based violence awareness, anti-criminality and crime prevention safety tips, BIDA, and Kasimbayan. Public relations also lead this, the drug enforcement unit, police investigators, the women's and child protection desk officers, and the Philippine Drug Enforcement Agency.

Theme 4: Social Media as an Anti-Criminality Platform

The people who voluntarily participated in our study claimed that they shared crime prevention advice on social media. This was done to give people more ways to get information. Given that practically everyone has access to social media today, this was also a fantastic strategy.

A participant mentioned sharing crime prevention advice on the police's Facebook page and other social media platforms. This was done to prevent the locals from engaging in unlawful activity and to keep them safe from evil actors.

“Nagpopost kami sa aming facebook page at sa iba pang social media page naming patungkol sa mga safety tips sa pagiwas sa mga illegal na gawain at makaiwas sa mga taong may mga masamang intensyon.” (Police 10).

According to a participant, it is beneficial, especially when distributing IEC educational materials. Social media posts make The community more aware of and prepared for impending crimes.

“Laking tulong din lalo na pag nag co-conduct kami ng distribution ng IEC informative materials, pag po-post sa social media. Naging aware ang mga tao sa naging handa sila sa krimen na pwedeng mangyari at isa dun ang crime prevention tips na binibigay namin yung carnapping binibigyan namin sila ng information pano iwasan.” (Police 5).

One participant mentioned that they always educate the community on their Facebook page about crime prevention safety guidelines so that they can prevent crimes and defend themselves from evil people who intend to injure or steal.

“Makikita naman sa aming facebook page na lagi kaming nagpapaalala sa mga tao patungkol sa mga ganyan safety tips. Para maiwasan ang sakuna or maprotektahan ang sarili sa mga masasamang tao na may intensyon manakit or magnakaw.” (Police 6).

Social media provides law enforcement agencies access to community residents with concerns and questions about how they and their family members can reduce the risk of criminal

victimization. Websites and social media pages are essential platforms for posting crime prevention tips, which may be tailored to crime prevention emphases in various months (IACP Center for Social Media, 2012).

The researchers conducted observations to support the data from the interview. The police station of the municipality of General Emilio Aguinaldo has a Facebook page to inform and share crime prevention advice with the community and provide information about illegal drugs, anti-rape laws, and other campaigns regarding peace and order in the municipality. The Facebook page name is Gen. Aguinaldo Mps PCR. This page always uploads their day-to-day activities, crime prevention tips, and information campaigns.

Theme 5: Incognizant Citizen

The participants who voluntarily participated in our research said they still needed to experience some of the seminars led by General Emilio Aguinaldo police station. Chosen attendees only attend some workshops. Some participants do not see anything about crime prevention tips on social media. This shows that the anti-criminality campaign of General Emilio Aguinaldo police station is effective in some places, but in other areas, there has yet to be.

Five civilians said they were unaware of some of the campaigns, especially the KASIMBAYANAN; they have yet to receive any flyers or participate in that activity.

“Wala pa akong natatanggap na kahit anong flyers na ganun at wala pa akong nasasalihan na ganoong programa.” (Civilian 3).

One civilian remarked that he did not know they had that campaign in their municipality.

“Ako wala, personally as a member Ng simbahan namin, Ewan ko sa higher council Kung Meron Silang nakausap pero sa pag kakaalam ko walang ganun dito, diko pa na eexperience Yun.” (Civilian 8).

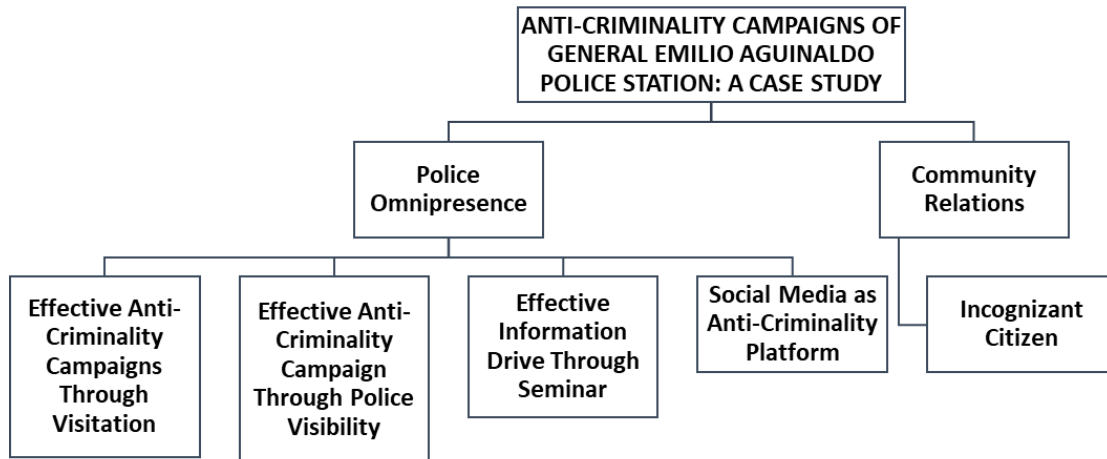
According to Lao & Lapetaje (2019), The people of the majority are having rates of awareness of low levels. A low rate of attention paired with high crime rates is not an intelligent match; this will indeed affect the safety of the majority with their lack of awareness. This is a severe case that needs an improvement in monitoring the attention of the people on the high crime rates nowadays.

The researchers conducted observations to support the data from the interview. In some areas, the police must maximize their responsibility for disseminating information to the community. In some regions, only the barangay officials are given and told about the programs the Bailen police station lays out. After the seminars or being given some IEC materials, the barangay officials don't do some meetings or gatherings with the community so that they can also know the campaigns that the police station lays down.

The community knows that the police are always there and patrolling, but it is only through campaigns that they know what the police are doing.



Anti-Criminality Campaign has been defined as any operation which is conducted by the



police for crime prevention and crime solution. Furthermore, it also involves tactical operations for emergencies. The Philippine National Police (PNP), especially Bailen Police Station, has enacted a set of anti-criminality campaigns. These anti-criminality campaigns include anti-legal drug awareness, Barangay Visitations, Crime prevention safety tips, KASIMBAYANAN, and an Anti-rape law information campaign.

Police Omnipresence is high police visibility that deters criminal activity. Generally, when there are visible police officers around, criminals hesitate before carrying out their plans. There are four (4) themes emerged from the police omnipresence of General Emilio Aguinaldo Police station include Effective Anti-Criminality Campaigns Through Visitation, Effective Anti-Criminality Campaign Through Police Visibility, Effective Information Drive Through Seminars, Social Media as an Anti-Criminality Platform. Good police-community relations are imperative for developing trust between police and citizens. Without this trust, police work becomes much less effective. Even if the police officers are preventing crime, the people may not feel safe because

there is no trust. This study shows that most of the anti-criminality campaigns of the General Emilio Aguinaldo Police Station are known to the community. However, some citizens still need to be made aware of specific movements.

V. DISCUSSION

Five major themes emerged from the data collected: (1) Effective Anti-Criminality Campaigns Through Visitation; (2) Effective Anti-Criminality Campaign Through Police Visibility; (3) Effective Information Drive Through Seminars; (4) Social Media as Anti-Criminality Platforms; and (5) Incognizant Citizen.

This research aimed to know the perception of the police personnel and the experience of the community towards the anti-criminality campaigns of General Emilio Aguinaldo Police station. The research's respondents are a group of chosen police officers and locals in General Emilio Aguinaldo. They are the only ones with the knowledge necessary to complete the guide question that will be asked during the interview and provide us with the information and data we require. General Emilio Aguinaldo Municipality served as the study's site. The town of Maragondon borders the municipality of Gen. Emilio Aguinaldo on the north and northeast, the city of Alfonso on the north and southeast, and the municipality of Magallanes on the west. Data collection for this study will occur during the third week of February 2023 and the first week of March 2023. The researcher uses the case study approach method. Semi-structured interviews were used to gather the needed data for this research. They allowed the participants to elaborate and provided more flexibility, range, and the capacity to elicit more information from the participant. The researchers use non-probability sampling and purposive sampling in choosing the participants. After all the data had been thoroughly transcribed, the data were coded, analyzed,

understood, and checked by the researchers transcribed it. Moreover, the information was analyzed, categorized, and put into themes and sub-themes that arose from the coding process.

In the eyes of police officers executing the anti-criminality campaigns in the community, they perceive that they did it smoothly and effectively. They know that every campaign is known to the community, fully inform the citizens through educational printed materials and social media pages, and learn how to protect themselves from crimes. Nevertheless, civilians insisted they needed to remember KASIMBAYANAN Campaign in their municipality. In the interview, they revealed that they had never heard about that program and received no informational printed materials. One of the civilians said they had not received any flyers or participated in that activity. Even the one on the church council did not experience this anti-criminality campaign.

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Silent Suffering: Exploring the Lived Experiences of Cyberstalking among College Students

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I. ABSTRACT

This research explores the lived experience of college students who are victims of cyberstalking at Olivarez College Tagaytay. Cyberstalking has become more common online because people are victimized using digital communication channels like social media more frequently. However, technology has unexpectedly helped to make cyberstalking a kind of violence. There have been various instances of online harassment and cyberstalking. Cyberstalking and cyber harassment have become more widespread, especially peer-to-peer cyber violence, which is on the rise against women, with victims suffering threats of rape, stalking, defamation, and even death (Aguilar, 2020). A phenomenological design was used in the study—semi-structured interviews to gather the needed data for this research. A purposive sampling technique was used. The respondent chosen should meet the criteria. The data undergo thematic analysis. In this study, cyberstalking was found significantly affect the victims' mental capability, and therefore Parental guidance could help the victims to cope with cyberstalking; not having high protection in the personal privacy of social media accounts may cause and be prone to cyberstalking from the emerging themes victims of cyberstalking had a tough time dealing with the issue they had run into on social media platforms, including anxiety. They also deal with problems involving social media and personal privacy precautions to ensure safety, and it is recommended to minimize social media activity to avoid being victimized by cyberstalkers.

Keywords: *Victimized of Cyberstalking, Cyberstalking, Cyber-harassment, Social Media Platform, Privacy Precautions and safety on Cyberstalking.*

II. INTRODUCTION

Cyberstalking indicates that cyberstalkers tend to be younger, more educated, well-performing, and more technologically sophisticated than other stalking offenders (Navarro et al., 2016). The study aims to explore the lived experience of college students who are victims of cyberstalking and identify emotional effects and what they would do if this kind of incident happened again.

Cyber harassment in the virtual world may victimize a random individual who may be indirectly affected. It could bring challenging psychological problems to these victims, who could live with trauma from these instances. According to (Patchin & Hinduja, 2020), cyber harassment, which involves a persistent and repetitive action, a continuous form of abuse directed at a single person with the intent of causing severe emotional distress and, in some cases, fear of physical harm, is the most common type of cyber-violence. It is more commonly associated with teen victims, whereas cyberstalking and sextortion are most widely associated with adult victims.

Cyberstalking happens on digital platforms. Attacking these victims involves many different aspects using any method that will cause problems for particular victims. According to Marcum et al. (2014), cyberstalking is stalking in an electronic format. Cyberstalking can occur in various ways due to the Internet's efficiency, comfort, and anonymity. Cyberstalkers could threaten intimidation by using information that is specific to the victim.

Additionally, cyberstalkers may send nasty and threatening emails or instant messages that are unwanted and repetitive. By stealing the login details for an email account or social networking page and posting notices on the charges of their peers, cyberstalkers may also imitate their victims online. The researcher responds to digital platforms used to abuse individual victims through social media across any location that may cause psychological distress. According to a study, intimate

partners regularly utilize cyberstalking as a form of coercion when engaging in domestic violence (Woodlock, 2017). As a result, stalking is defined as a pattern of repeated, intrusive behaviors such as stalking, harassing, and threatening. The victims are terrified as a result of this. Cyberstalkers retain their anonymity by concealing their activity through internet technologies.

Cyberstalking victims are typically young, with college students especially vulnerable (Reyns et al., 2012; Sheridan & Grant, 2007). Unlike offline stalking, cyberstalking may have an equal victim gender distribution, though this is not found in all studies (Moriarty & Freiburger, 2008). For example, women appear more likely to be victimized in general population samples (Spitzberg & Hoobler, 2002 et al.). Although men are potentially vulnerable to cyberstalking, they are less likely to disclose such events, which may be due to gender stereotypes that make it socially unacceptable for men to be perceived as victims (Sheridan & Grant, 2007).

In this study, Schreck's extension of self-control theory was used as a theoretical framework and contends that people with low self-control may be more vulnerable to stalking victimization because they are likely to place themselves in situations with an increased risk of victimization. Impulsive individuals, without considering the long-term effects of these dangerous actions, could give personal information to their potential stalker.

This research explored victimized college students' perceptions and their lived experiences of cyberstalking on social media platforms. It specifically sought to answer, what is the lived experience of college students who are victims of cyberstalking, what are the coping mechanisms of victims of cyberstalking, and what are the realization of cyberstalking victims?

The purpose of the study is to explore the lived experiences of college students who are victims of cyberstalking, what are the coping mechanisms that would help college students who are victims of cyberstalking, what are the realization of cyberstalking victims that would provide

essential data, identify all aspects on cyberstalking, what must be done if this kind of incident happens to individual college students.

III. METHODOLOGY

The researchers used interpretative phenomenological Analysis. It enables us to understand the experiences and detailed examination of personal lived experiences. This study explored the lived experience of college students who are victims of cyberstalking through their feelings, agonized over those experienced. It is more scientific to present broad questions and information for the study.

The researchers used a purposive sampling technique. Respondents who were chosen should meet the following: the participants should be at least 18 and above, a college student of Olivarez College Tagaytay, and the participants experienced cyberstalking.

Researchers used semi-structured interview questions to explore the lived experiences of college students who are victims of cyberstalking. That would elaborate and provide more flexibility, range, and the capacity to elicit more information from the participants. Semi-structured interviews permit individuals to answer questions more on their terms than the standardized interview permits, yet they still provide a good structure for comparability over the focus interview.

After all the data had been thoroughly transcribed, the data were coded, analyzed, and understood under the thematic Analysis. Thematic Analysis is often the go-to method in most qualitative research. It provides an easily interpretable and concise description of a dataset's emergent themes and patterns, usually as the foundational phase of interpretation. The most widely used steps for conducting thematic Analysis come from an article by Braun & Clarke (2006). The

six steps are (1) Familiarizing oneself with the data, (2) generating codes, (3) constructing themes, (4) reviewing potential themes, (5) defining and naming themes, (6) producing the report to carry out a thematic analysis are guidelines and should not be used as prescriptive, linear, and inflexible rules when analyzing data. They should instead be used for the research question and the available data, as the results suggested that different stages of the research process organized themes.

IV. RESULT

PROBLEM 1: What was the life before of college students before becoming a victim of cyberstalking.

THEME 1 : NORMAL AND PEACEFUL LIFE	
P1	<i>Normal lang ganon</i>
P2	<i>Ano! Yung life ko nun parang wala problema, di nagooverthink wala akong anxiety, yun!</i>
P4	<i>para sakin ano wala naman kasi parang simple lang naman yung buhay ko dati nung hindi pa ako na stalk then okey lang ako yung parang wala lang natural pwede ako natural pwede ako lumabas pumunta sa friend ko ganon</i>
P5	<i>Maganda ang buhay ko noon walang problemahin walang iisipin ng kung ano ano at hindi natatakot</i>
P6	<i>Normal ang buhay</i>

P8	<i>Before i became a victim of Cyberstalking, my life was peaceful</i>
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This theme explains the life of college students before they experienced cyberstalking. According to Lucks (2014), cyberstalking victims were unaware of their surroundings before sharing it. Since they are not exposed yet to internet dangers, they live a peaceful and contented life.

THEME 2 : LOSS OF CONCENTRATION & ANXIETY	
P1, P3	<i>Nung una naaapektuhan ako kasi kung ano-ano pinag-sasabe nila sakin pero hinayaan ko na kai sabi sakin ng mga nakakatanda sakin wag na daw ako magpaapekto kasi wala naman daw sila ambag sa buhay ko, Ano nung dati kasi may nag message saakin alam niya daw kung saan ako nag iischool so nung time na yon nung nalaman ko na sabi na taga olivarez daw ako natakot ako lagi na ako pahatid yon.</i>
P2, P4, P5	<i>Anu, parang everytime, everytime na papasok ako parang yung utak ko na yung nagchachat sakin pedeng makakasalubong ko or what yung parang nagooverthink ako na anytime pede nya ko iattack or lapitan., ahm bilang isang student naging epekto naging epekto siya sakin diba syempre pag ako papasok sa school parang feel ko parang laging may sumusunod sakin yung ganon ba parang feeling ko takot ako tas tumitingin ako sa paligid ko kung ano bang mangyayari kung may tao bang masama yung gagawin sakin or what ganon., mahirap din kasi sa school marami kadin</i>

	<i>nakakasalamuha hindi mo alam kung isa sa kanila uulitin yung naging karanasan nila.</i>
P6	<i>Nag coconsume po ng ano ng waste ng time tapos hindi po nakakapag focus ng maayos.</i>
P7	<i>palagi akong takot kapag nakikipag socialize</i>

Under great emotional stress by Hans Selye, victims of internet harassment cannot concentrate on their studies, and thus their academic progress suffers. Because victims are frequently psychologically harmed, the depressive consequence of cyberstalking hinders students from excelling in their studies (Faryadi, 2011).

THEME 3 : SUFFERING FROM PSYCHOLOGICAL DISTURBANCE	
P1,P3,P4 P7	<i>takot natakot na baka alam ang mga pinagagawa ko, Naging cautious ako sapaligid ko yun lang, difficulties ahm siguro yung ano nga yon yung parang alam ng stalker kung ano yung suot ko kung ano yung ginagawa ko atyaka kung ano yung aksyon yung ganon parang ginagawa ko sa araw araw, Takot makisalamuha sa lalaki before</i>

P2	<i>nagka trauma sa paligid natatakot makisama sa mga tao</i>
P5, P8	<i>araw araw akong nag overthink kasi parang nakamatyag siya, What I experienced makes me overthinker sometimes.</i>

According to the research, cyberstalking victims frequently exhibit psychological issues such as depression, loneliness, low self-esteem, school phobias, and social anxiety. Furthermore, research findings show that cyberstalking causes emotional and physiological harm to defenseless victims and psychosocial difficulties, including behavioral problems (Juvonen et al., 2018).

THEME 4 : POOR ACADEMIC PERFORMANCE	
P1	<i>sobrang nakakagulo ng isipan sa bawat pag rereview ko lagi kung naiisip medyo bumaba exams ko.</i>
P2, P3, P5, P6, P7, P8	<i>Yun! Everytime na ano, everytime na nagrereview ako bigla syang papasok sa isip ko, na matatakot ako at napapaisip ako., nakaka gulo ng pag iisip at sobrang bumaba grades ko, sobrang na apektuhan acads ko hindi ako maka focus, di kona makuha yung mga grade na matataas tulad ng dati masyadong nagugulo isipan ko, As a student, cyberstalking affect my studies.</i>

P4	<i>sa academic performance wala pero yung ano tulala ako non tas parang iniisip ko lagi na sino kaya yun sino kaya nag stalk sakin ahm ano bakit niya ba ako ginaganaan ganyan.</i>
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Under great emotional stress, victims of cyber stalking are unable to concentrate on their studies, and thus their academic progress is adversely affected (Akcil, 2018).

THEME 5 : DEVELOPMENT OF FEARFUL LIFESTYLE	
P2, P4, P6 P7, P8	<i>nag school bahay nalang ako di katulad dati., change the most ahm ano siguro yung parang ano naging ano nalang ako sa bahay parang nag stay nalng sa bahay medyo lilimite yung pag sosocial media ko ganon, Hindi nako masyadong pala socialize sa tao. medyo nilimitihan ko ang pagkausap ng ibang tao, Before I experienced it, i am a party goer, but when someone cyberstalk me, I limit my time when I'm going outside.</i>
P3	<i>Kagaya ng sabi ko parang naging ano ko sa paligid ko feeling ko nasa likod ko lang yung stalker yung ganon</i>

According to Wykes (2017), harassment is used interchangeably with "stalking," and is defined as the act of a person persistently attempting to attract the attention of another, through a variety of threatening methods, causing victims to fear for safety.

Problem 2: The coping mechanism of victims of cyberstalking.

THEME 6 : FAMILY INVOLVEMENT & GUIDANCE	
P1, P3, P4, P5, P6	<i>ang ginagawa ko noon ay sinasabi ko sa mama ko at binibigyan niya ako ng paalala, Kasi meron akong pinag sasabihan non tapos nag share ko sa iba sympre sinusumbong ko din sa ay diko sasumbong sa parents ko sa ano lang sa mga friends lang parang natatakot kasi ako, na cope ko ahm siyempre nag sabi ako sa magulang ko na may nag sstalk sakin may nag papadala ng mga image na kabastusan sakin ganyan tas nag papablotter kami ganon, sinabi ko sa mga katropa ko nag advice din sila kung ano gagawin ko, Nag open po ako sa kanila tas nagsabi po ako sa mga pinag kakatiwalaan ko.</i>
P7	<i>nung diko na kaya sinabi ko ito sa mag pinsan kong pulis,</i>

As part of a friendly and supportive relationship, the authors determined that parental monitoring appears to be more closely associated with a decrease in children's engagement in cyberstalking, both as perpetrators and victims. These investigations established the critical role of family characteristics in preventing this phenomenon (Elsaesser et al. 2017).

THEME 7 : ROLE OF FRIENDS IN TIMES OF CRISIS

**P1, P2, P3,
P4, P5, P6,
P7, P8**

Yung mga kaibigan ko tsaka si ate, si daddy, Yung mga friend ko po! Kase sila lang naman yung nakaramdam ng nangyayaring yun at sila lang din yung nakakaalam kung sino yung tao na nanghras sa kin through chat and social media.

According to Lykes & Kimmelmeier (2014), Friends give us practical and emotional support when needed. As a result, there are many emotional and physical health benefits of friendships. The more people prioritize companies, the happier and healthier they are. Friendship is beneficial in times of crisis that can assist during the difficulties of emotional stress on the victims.

THEME 8 : LIMITATIONS OF ACTS IN SOCIAL MEDIA

P1, P2

nilimitahan ko nalang paggamit kong ng social media para iwas na, binlock ko lahat ng diko kilalal sa social media at iunfriend ko.

P3, P4, P5

nagpalit ako ng social media ang gamit ko noon ay fb ngayon ay nag Instagram nalang ako, ano yung naging way e is ano yung niblock ko yung guy or minimize ko yung social medias tas yung nga nag punta kami sa sa barangay hall apra mag pa blotter about dun sa nangyari sa kin, ang ginawa ko ahm nag limit ako sa

	<i>mga pinopost ko sa social media hmm kung may nag iintent na kausapin ako hindi ko na masyadong inientertain.</i>
P6, P7, P8	<i>Lumapit po kami sa pulis na pina imbestiga ganun po, iniwasan ko na paggagamit ng social media tulad ng fb at ig, I switched my social media accounts from public to private. I didn't accept anonymous people.</i>

Individuals ought to refrain from engaging in social networking sites. Including unknown individuals as friends, performing inappropriate behaviors (e.g., surfing sites depicting pornographic images), and connecting online with irresponsible peers are all activities that increase the likelihood of becoming a victim of cyberstalking (Reyns et al., 2011).

Problem 3: The realization of cyberstalking victims

THEME 9 : PRIVACY IN SOCIAL MEDIA

P1, P4, P5, P6, P7	<i>Yun nga! Dapat may limitasyon lahat, siguro para sa kinikilala mo na yung pag-sheshare ng mga something na halimbawa parang nag-hahanap ako ng something na friend ganyan tapos nag-coconfirm ng mga taong di ko naman kilala ganon, Less na paggagamit po ng social media tapos mga apps na hindi agad mapagkakatiwalaan, Less na paggagamit po ng social media tapos mga apps na hindi agad mapagkakatiwalaan, with limitation, hide your information.</i>
P2	<i>Iwasan nalang ang pag-sosocial media libangin nalang ang sarili sa ibang bagay at wag mag dalwang isip na pumunta agad sa pulis</i>
P3	<i>Ahmm wag wag add ng add ng mga friends na di naman kakilala tapos yun nga iwas public post.</i>

According to Lim (2016), the study adds that if the use of social media is healthy, there is a reduction in the perceived adverse effects of excessive use. Perpetrators of cyberstalking often lack restraint and high degrees of aggression, both offline and online.

THEME 10 : REPORT OF CYBERSTALKING INCIDENTS

P1, P3, P5, P7, P8	<i>Pag sa school dito! Siguro sa OSA tas sa magulang nila, Pag sa school sympre automatic guidance office yan yung mga kila dean so pwede din sa friends and pinaka number family talaga eh yon, wag mag dalwang isip pumuntang guidance office para maagapa nila at hindi na lumala, Ang pinaka the best na puntahan kung ikaw ay nagagambala at nasasaktan na ng isang tao through social media ay ang mga pulis.</i>
P2, P4,	<i>Pwedeng unang-una kung hindi mo pa kaya agad irekta sa parents mo, pedeng sa friends dahil yun nga sa ngayon naman sa mga panahon nato firriends ang tinatakbuhan at nakakaalam ng mga saloobin natin and pede next nun ay pedeng sa magulang kung natin mag open-up sa kanila dahil sila yung may power na kausapin or magkaron ng connection dun sa nang harrass satin through online or yung mga nagchachat satin na hindi naman appropriate. Thankyou, sa magulang ko unang una syempre sa magulang ko nga yan tas sa friend narin yun.</i>
P6	<i>Sa mga investigator po tapos pinaka sa pag kakatiwalaan mo rin po yun lang po thankyou.</i>

According to Sammons & Cross (2017), Cyberstalking is the act of constant and unwanted contact with someone online. It may involve any incidents, including threats, libel, defamation, sexual harassment, or other actions to control, influence, or intimidate their target. Stalking a person online may also involve stalking the person in real life. In many states and countries, it is illegal and could result in criminal charges as a named offense or under harassment and stalking laws.

THEME 11 : PROTECTION OF ONESELF	
P1, P2	<i>sa mga naka experience nito wag nalang nilang pansinin mga taong di nila kilala bawasan ang pag social media wag basta mag accept ng dinaman kilala, Ayan, matuto din kayang mag explore sa social media nyo na about kung pano mangblock nya ng mga tao and wag tayo mag-accept ng mga nagfriend request satin lalo na kung hindi natin kilala and dapat kailangan ma lessen yung mga pagshesahre natin nang about sa personal life sa social media yun!</i>
P3, P6	<i>Ah kagaya nga ng sinasabi ko be careful what you post, wag sila masyadong gumamit mag post sa social media para less na ma cyberstalk sila.</i>
P4	<i>para ahm advice kog tao sa kanila siguro kung may nag sstalk man sa kanila is isusumbong agad nila sa magulang nila para ma I report ito tyaka ano narin para maging aware lahat</i>
P5	<i>Iless yung pag gamit ng social media illess yung kung anong pwede makita sa kanila sa social media illess kung ano yung mga bagay na magiging ground para ma cyberstalk sila.</i>

According to Cooper (2022), Most of us know what stalking is, but not many users understand what cyber stalking is. Cyber-stalking is a new face of cybercrime that takes place over the internet. The victim rarely has face-to-face interaction with the stalker. Indeed, cyberstalking

is a horrible part of the online world and provides harmful results. Therefore, in this blog, we will discuss what cyberstalking is and how to protect yourself against cyberstalking & cyberstalker.

V. DISCUSSION

This research explored the lived experience of college students who are victims of cyberstalking at Olivarez College Tagaytay. The research respondents are college students who are victims of cyberstalking at Olivarez College Tagaytay. They are the only ones with the knowledge necessary to complete the guide questions that will be asked during the interview and provide us with the information acquired. Olivarez College Tagaytay served as the study site. Data collection for this study will occur during the third week of January 2023 and the first week of February 2023. The researcher used semi-structured interviews to gather the needed data for this research. They allowed the participants to elaborate and provided more flexibility, range, and the capacity to elicit more information from the participants. The researcher used a purposive sampling technique in choosing the participants. After all the data had been thoroughly transcribed, the data were coded, analyzed, understood, and checked by the researchers transcribed it. And, also the information was analyzed, categorized, and put into themes that arose from the coding process.

Five major themes emerged from the data collected: (1) Normal and peaceful life, (2) Loss of concentration & anxiety, (3) Suffering from psychological disturbance, (4) Poor academic performance, (5) Development of a fearful lifestyle, (6) Family involvement & guidance (7) Role of friends in times of crisis (8) Limitations of acts in social media (9) Privacy in social media (10) Report of cyberstalking incidents (11) Protection of oneself.

Based on the data acquired from the participants in a semi-structured interview, college students who had been the targets of cyberstalking had a tough time dealing with the issue they had encountered on social media platforms. Cyberstalking victims report significant changes in

their daily lives as college students, including sudden thoughts of emotional distress, anxiety, and psychological mental health conditions. They also deal with social media issues and personal privacy precautions to ensure safety.

Significant findings emerged from the data collected: (1) Normal and peaceful life (2) Loss of concentration & anxiety (3) Suffering from psychological disturbance (4) Poor academic performance (5) Development of fearful lifestyle (6) Family involvement & guidance (7) Role of friends in times of crisis (8) Limitations of acts in social media (9) Privacy in social media (10) Report of the cyberstalking incident (11) Protection of oneself.

Cyberstalking significantly affects college students due to their lack of knowledge about online precautions and restrictions on social media platform activities; as they casually use social media and meet strangers, it comes with a risk of being a target. Publicity of personal information can be easily obtained by anonymous offenders on social media sites that can be used against the victim. They experienced cyber harassment, tracked on social media platforms without knowing they were prone to danger. It's getting more dangerous on the internet without knowledge of privacy protection that could stand as a barrier, and primarily academic performance, loss of self-esteem due to anxiety caused by cyberstalking college students.

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Understanding The Stressors as Stress Management among Selected Police Officer in Alfonso Cavite

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I. ABSTRACT

Stress management aims to improve one's physical and mental health while reducing the health risks of stress. This study wanted to figure out the stress factors that impacted police officers. This study aims to determine how police officers addressed stress during the COVID-19 pandemic. Determine the availability of work-related stressors that police officers encountered during the COVID-19 pandemic and identify preferred coping mechanisms. This study used a qualitative descriptive research design, and five (5) randomly selected officers from Alfonso Municipal Police Station participated in this qualitative research. The main objective of this study was to comprehend what they had experienced and how they perceived what had happened. To gather the data for this study with formality, the data for this research were collected using a face-to-face interview. Six (6) emerged themes were drawn from this study, namely: (1) Worrying about One's Health and Family, (2) Maintenance of Rapport, (3) Adherence at Work, (4) Infringement of the Law, (5) Leisure Time with Family (6) God Centered Police officers are overworked during the COVID-19 pandemic, but they are devoted to their work and spend meaningful time with their families. They keep God in their hearts and work on self-compassion, even under much stress. This results in worrying about one's health and family. To overcome the challenge of the pandemic, the other respondents must have an optimistic perspective and faith in God. The researchers recommend providing nursing treatments, health protocols, and home-based interventions to reduce sedentary behavior.

Keywords: *COVID-19, police officers, work-related, stress management, stressors.*

II. INTRODUCTION

Stress is a word that is used throughout the world, and it has many meanings. There is "good stress" and "bad stress." Some would prefer "stress" to refer only to the experience and consequences of a situation when one cannot cope physically or psychologically with the challenge (Cohen et al. 2007; Lazarus & Folkman 1984).

The term stress can be broadly construed, with some forms constituting an essential part of developmental processes and others representing potentially harmful environmental changes. How an organism deals with stress is also varied and can develop on various times scales, from milliseconds, as in rapid homeostatic responses, to evolutionary time, as in the adaptation of an organism to a new environment (Martin, 2014).

Stress can be described as a circumstance that disturbs or is likely to disturb a person's normal physiological or psychological functioning. There is nothing one can do about stress. However, the control can be more than one can think about (Mahmud & Azad, 2022).

According to Scot (2021), recognize your stressors in "real-time"; that is, become aware of how you feel throughout the day by paying attention to both your body and thoughts. This will help you start managing your stressors. If you fear something in your life, consider why, try to solve the problem as best you can, and develop coping mechanisms for when things do not go as planned. Moreover, last, any decrease in stress is a good thing.

Police work is one of the few professions that require personnel to face physical threats regularly and to put their lives on the line at any time, making it a very demanding job. According to Goolkasian et al. (2018), police officers frequently must make complicated judgments under duress while exposed to violence, brutality, and aggressiveness. While working long hours,

juggling competing demands for their time, and dealing with the hostile sentiments of an unusually unsupportive community, officers are frequently asked to maintain social order (Fell et al., 2015).

In addition to carrying out their existing duties, law enforcement officials have been asked to organize local shutdowns, promote social withdrawal, and enforce laws requiring people to stay home. The effects of the COVID-19 pandemic on officer stress, mental health, resiliency, and misconduct are investigated using lessons learned from the responses to the HIV epidemic over 20 years ago and the September 11 terrorist attacks.

While police officers will encounter numerous similar to other workers—firefighters, nurses, etc.- they experience stress and are more prone to undergo critical stress. CIS stands for incident stress (Del Rosario, 2013).

Stress management focuses on reducing stress for individuals to adjust effectively in general. Individuals encounter several types of stress, including physical stress, psychological stress, social stress, emotional stress, and others. Stress management is practical guidance for treating stress (Okorodudu, 2020).

Stress management refers to the methods used by police departments to help officers effectively cope with stress. These methods can include physical, psychological, or counseling treatments (Hess & Orthmann, 2012).

Stress management is a practical manual for treating stress; it focuses on stress reduction for effective adjustment of individuals generally. Individuals encounter various types of stress, including physical stress, psychological stress, social stress, academic stress, emotional stress, and others. This leads to the appearance of maladaptive behaviors, such as suicide, cultism, rape, drug misuse, and child abuse, among others. We know that stress is a significant barrier to people making effective modifications. The ability to regulate stress is essential to helping people adjust.

The book is based on research findings that two therapies (REBT & RECT) were successfully used to reduce stress and help ensure an increasing academic, physical, psychological, social, and emotional adjustment. (Okorodudu, 2013)

People commonly use stress management techniques to assist them in coping with uncomfortable or difficult feelings when they are under stress or have experienced trauma. Sleeping 6 to 8 hours every night, making an effort to monitor emotional changes, responding appropriately to unreasonable situations, creating schedules and setting priorities, attempting to identify the source of each stressor that arises, making an effort to spend time each day relaxing your muscles, focusing on pleasant thoughts before bed, and feeling content and at peace with yourself are all examples of stress management behaviors. In order to cope with stressful situations and maintain their emotional well-being, people need to practice certain habits (Hailu, 2020).

The research study assumes that respondents will be truthful in their responses to the questions asked and that the data acquired by the researchers will be legitimate and dependable for correlation. Furthermore, the research study is timely and relevant to the respondents, resulting in an output that provides the foundation of knowledge for the question.

Considering the aims of the study, the following questions were addressed in this study; How the stress affected the performance of selected police officers of Alfonso Municipal Police Station? How do the police officers of Alfonso Municipal Police Station manage the stress they experience? and What mental health programs can help the police officers in Alfonso Municipal Police Station?

III. METHODOLOGY

The researchers used a qualitative descriptive research design. This theoretical method of qualitative research aims to understand the human experience. This methodology was chosen by the researchers in order to document the actual experiences that police officers at the Alfonso Municipal Police Station had during the COVID-19 pandemic. *Purposive sampling* is the sampling technique used in the research. In qualitative research, purposive sampling is frequently employed to find and choose examples that provide relevant information on the phenomenon under study.

The study's respondents were police officers of the Alfonso Municipal Police Station who experienced the COVID-19 pandemic. The total population was more than 5, from which the researchers selected five (5) police officers to participate in face-to-face in-depth interviews.

The data for this research were acquired using Personal interviews were applied when gathering the data for this study in order to do so in a formal manner. The first step is obtaining a letter of consent from the Department of Criminology. After approval, a letter of consent from the people who will conduct the interview, as well as authorization for the Alfonso Municipal Police Station to do so, will be accepted. All participants will be gathered for interviews and data collection once the researchers have received permission. In order to protect their privacy, the information will be acquired through documentation, video, or audio recording, depending on their choices. The researchers will give the award as a thank-you for participating in the study.

Table 1

Participants of the Study

Participants	Frequency	Percentage
Male	3	60%
Female	2	40%
Total	5	100%

The table above illustrates participants in this study. In order to examine the stress management of law enforcers of Alfonso Municipal Police Station, researchers use an unstructured interview question.

Health protocols and observations are intended to find out what changes happen in the stress management of law enforcers, how these have affected the environment, workplaces, and their characteristics, together with the pandemic conditions and increased restrictions.

Thematic analysis is a method for analyzing qualitative data. It is an active process of reflexivity in which the researcher's subjective experience is at the center of making sense of the data.

After approval of the study, the researchers asked the permission of the Chief of Police to allow them to conduct the study.

First, the researchers wrote a letter to the Alfonso Municipal Police Station, requesting permission to conduct a face-to-face interview/focused group discussion of all target participants in the office. Second, the researchers used semi-structured interview questions that will be asked to be distributed to the participants of the study. Third, following the collection of the necessary data. The researchers processed and evaluated the information before interpreting the data to obtain satisfactory results.

IV. RESULT

To capture the participant's stress management among police officers, the participant identified eight themes. These are (1) Worrying about One's Health and Family, (2) Maintenance of Rapport, (3) Adherence at Work, (4) Infringement of the Law, (5) Leisure time with Family, (6) God Centered

Theme 1: Worrying of One’s Health and of Family

Participant	Evidence
P1	<p>“Kailangan naming mag serbisyo sa kumunidad as well as iniisip naming yung kalagayan n gaming pamilya kasi baka magkaroon din sila ng COVID.”</p> <p>“Nag seserbisyo ka wala ka sa tabi ng pamilya mo dahil baka mamaya sila na ang may sakit sa COVID”</p>
P2	<p>“Maraming nakakasalamuhang tao so hindi namin alam kung sino talaga ang may sakit.”</p> <p>“Kase pag-uuwe ka sa bahay di mo alam may dala ka na palang sakit dahil marami kaming nakakasalamuhang tao”</p> <p>“Hindi pakampante na magaling na ako kasi marami akong nakakasalamuha”</p>
P3	<p>“Sobrang malala kasi yung hindi ko trabaho nagiging trabaho ko din kahit yung tungkol sa health nagiging trabaho narin ng pulis.”</p>
P4	<p>“Kailangan mapanatili mo yung kalusugan ng bawat miyembro na nakaduty dito Alfonso MPS.”</p>

Four (40%) Police Officers expressed concerns about their family safety during COVID-19 Pandemic.

One of the police officers described the feelings and worries of their family and loved ones during COVID-19 Pandemic. It is typical for people to worry about their health.

Theme 2: Maintenance Rapport

Participant	Evidence
P1	<p>“Kailangan naming makipag-interact sa mga tao pero kailangan din po naming na mag-ingat.”</p>
P2	<p>“Yung ibang tao kapag nasaway namin hindi naman pare pareho ang thinking nila sa protocols, medyo may ibang nagagalit meron din namang nakakaintindi.”</p>
P3	<p>“Malaki ang naging limitasyon tulad ng dapat 1 meter ang layo ng isat isa.”</p>
P5	<p>“Dati napaka limit ng check point namin so lagi kaming nasa kalsada ini-isa isa naming lahat nang sasakyang labas pasok para masecure namin yung aming nasasakupan.”</p> <p>“Nagpupumilit pumasok kahit hindi naman pwede.”</p> <p>“Maximum tolerance lang lagi wag sabayan ang init ng ulo ng iba.”</p>

According to almost all police officers, people have experienced improper compliance with the protocol implemented during the COVID-19 Pandemic.

This theme includes where the people or groups concerned understand each other's feelings or ideas and communicate well.

Theme 3: Adherence at Work

Participant	Evidence
P1	<p><i>“Hindi natin kailangan ibaba ang kalidad ng trabaho kasi yun ang ating sinumpaang.”</i></p> <p><i>“Ang pagiging pulis kase dapat flexible sa lahat ng bagay para mamanage natin ang pagdating ng stress.”</i></p> <p><i>“Hindi mo kailangang panatilihin yung stress kase hindi ka makakapag focus sa iyong sarili.”</i></p>
P2	<p><i>“Hindi, nag-iingat kami hindi naman kami naging positive sa COVID para maging dahilan ng pag baba ng kalidad namin sa trabaho.”</i></p> <p><i>“Hindi namin iniisip na mag kakasakit kami, think positive lang.”</i></p>
P3	<p><i>“Bilang isang pulis dapat dedicated ka sa trabaho mo or kahit saang bagay.”</i></p> <p><i>“Hindi namin maiiwasan ang stress pero ang epekto nito maaring mawala sa focus sa trabaho at mawalan ng gana sa pagtatrabaho.”</i></p>
P4	<p><i>“Hindi, dahil kahit doble ang naging trabaho ko pinagbubutihan parin namin ang trabaho namin.”</i></p> <p><i>Di naman mawawala yan satin dahil kasama sa buhay natin ang stress.”</i></p>
P5	<p><i>“Maximum tolerance lang lagi wag sasabayan ang init ng ulo.”</i></p>

On these statements above, all Police officers have not decreased or decreased the quality of their work just because of the pandemic.

Here this theme is contained in whether the quality of their work decreased and how their work was affected during the COVID-19 Pandemic.

Theme 4: Infringement of the Law

Participant's	Evidence
P2	<p><i>“Malala kasi maaga ang gising tapos sa umaga mag-sisita ng violators kasi nga pandemic.”</i></p>

P4	<i>“Napaka stressful talaga halos lahat ng barangay ay iniikutan namin para masigurado na lahat ay sumusunod sa rules lalo sa pag susuot ng facemask at social distancing lahat yan ay pinoprovide namin during pandemic.” “Yung makukulit na hindi sumusunod.”</i>
P5	<i>“Simula nung nagkapandemic ang ating mga kapulisan ay laging nakabilad sa initan, focus talaga kami sa nag lalabas pasok sa Area Of Responsibility (AOR).”</i>

Three (30%) Police Officers expressed their feelings about the violators of the community during the COVID-19 Pandemic—the action of limiting or undermining something.

Theme 5: Leisure Time with Family

Participant’s	Evidence
P4	<i>“Mag-unwind kasama ang pamilya ko.”</i>

One (10%) of the police officers said that they also need to unwind to somehow reduce their stress on themselves.

These significant levels of fulfillment and contentment are advantages of spending quality time with family. One of the police officers is having quality time with his family to remove his stress.

Theme 6: God Centered

Participant’s	Evidence
P3	<i>“Ipadadasal ko nalang tapos focus sa trabaho.”</i>

One (10%) of the police officers said they trust the Lord's power and adhere to their prayers.

Some of the police officers said they trust in the Lord's power and cling to their prayers.

V. DISCUSSION

The researchers used the descriptive research method to determine the stressors and stress management strategies of the police officers in Alfonso Municipal Police Station about their profile variables. This method is suitable for this study because the descriptive method is conducted to determine and illustrate patterns of characteristics of variables in particular instances (Edralin, 2003). It is concerned with the present, although it often considers past events and influences related to current conditions (Best & Khan, 2003).

This study's objective is to identify the steps adopted by police officers to deal with the stress and anxiety brought on by the COVID-19 outbreak. According to the survey, most police officers expressed concern about spreading the Coronavirus (COVID-19) and infecting their families. They gave information, saying they were concerned about the safety of their family and their place of employment outside the community and might be unable to safeguard them from the quickly spreading COVID virus. In order to gather all of the essential ideas and details they encountered in the community throughout the pandemic, the researchers employed the phenomenological technique to learn about the real experiences of the COVID-19 pandemic.

In every police station, seminars and counseling on psychological, mental, and neurological aspects should be strictly enforced. It is not every day that police officers are in an excellent mental state because of huge workloads and being exposed to life-threatening events. These seminars should at least be held once a year or more to instill discipline, proper work ethics, and integrity. They may remind them of the things they took on the oath to be an excellent public servant: self-regulatory techniques and exercises to reduce negative thoughts, enhance sleep, strengthen the use of effective coping strategies, and relaxation exercises to reduce stress with

resiliency to diminish the impact of operational stress, promoting good health and good behavioral outcomes.

The police station must conduct a stress forum and psychological test for police or law enforcers, especially those who experience stress and trauma and should have an annual evaluation on how to handle their trauma. A vacation that includes team-building with family and building strong relationships with family members is recommended. The family members will also realize the stress and environment of police officers' work. The study's results should be incorporated into teaching professional subjects such as ethics and human behavior. A future study is recommended using other variables.

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Lived Experiences of Women in Substance Abuse Treatment

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I. ABSTRACT

The purpose of this study is to investigate the lived experiences of women who are undergoing substance abuse treatment. Specifically, substance misuse among Filipino women has risen during the last decade. It is a phenomenon that affects the most vulnerable members of Philippine society since it contradicts the Filipina's traditional role in domestic life as daughters, wives, and mothers. This study was designed to be descriptive phenomenology. The researchers used a purposive sampling technique. It is a non-probability sampling technique, and the process of this depends on the judgment and understanding of the study's context. Three (3) participants have been selected to rehab discharged patients or clients from CARE - Change and Recovery Rehabilitation Treatment Center because they have expertise in the topic. Online interviews have been used as a research instrument. An online interview is performed remotely using a video, audio, or chat. The researchers used approved guide questions to gather data for the study. Researchers provide the following questions for an interview to examine lived experiences of women who underwent substance abuse treatment that caused them to be substance abusers. This study has shown that this phenomenon starts with their unique life history, maybe not all, but with the cases of the three (3) respondents. Common causes are boredom, curiosity, jobless, and lifestyle. These causes significantly affect their lives and their womanhood as substance abusers. Lack of support among family members and neglecting their children are some effects of abusing substances, particularly drugs, and alcohol. However, with the help of their family members, they entered a facility that showed a light in every dark situation—accepting that they had sinned and correcting their mistakes not only for themselves but for their family as well. Different opportunities, either for employment or with their individual development, are opened after they have graduated from the facility. Four major themes emerged from the data collected: 1. Boredom and the desire for stimulation that leads to substance abuse; 2—shame and guilt associated with substance abuse and secrecy towards family members; 3. Lived experiences of women while in the Rehabilitation and Treatment Center or Facilities; and 4. Opportunities and Self-Development after the Treatment.

Keywords: *Lived Experiences, Substance Abuse Women, Community-Based Drug Rehabilitation (CBDR), Discharged Patients or Clients, Drugs, Alcohol, Womanhood, Family, Treatment Center or Facilities, Stimulation*

II. INTRODUCTION

Women are more susceptible to the harmful medical and social effects of substance use, misuse, and dependency, which is one of the most consistent research findings on women and drug use difficulties. For substance use disorders like alcohol, opiate, and cannabis dependence, females progress faster than males from regular usage to a single rehabilitation episode.

According to the National Institute on Drug Abuse (2016), women constitute a high proportion of illicit drug users. In 2014, nine million women used illegal substances, three and a half million used prescription drugs for non-medical purposes, and seventy percent of women with AIDS have drug-related difficulties.

Simbulan (2019) mentioned that on June 30, 2016, when Philippine President Rodrigo R. Duterte took office, his administration began an unprecedented war against illegal drugs. He pledged to address the nation's illicit drug problem, which he claimed was ruining the lives of many Filipino families and the futures of the country's children. Targeting consumers, dealers, makers, and supplies, he launched a "war on drugs" and urged the Philippine criminal justice system to address the drug epidemic.

Almost all countries on earth are impacted by drug abuse. It is one of the government's main priorities and has pandemic proportions in the Philippines. However, several difficulties must be resolved before a comprehensive program is created to address this issue. This study examines the social, political, and economic context of illegal drug use in the Philippines. It is unclear exactly how common illicit drugs are in the Philippines. According to UNODC estimates, marijuana is used by 3.5% of those over 15, amphetamine-type stimulants by 2.8%, and ecstasy by 0.01%.

Abusing illegal substances like marijuana, heroin, cocaine, or methamphetamine is recognized as a medical brain problem called substance abuse. Alternatively, it might involve

abusing legal substances, including alcohol, cigarettes, or prescription drugs. The most frequently abused legal substance is alcohol. All types of illicit drug users seem more prevalent among men than women. Men are more likely than women to use or become dependent on illegal drugs and alcohol throughout most age groups. Nevertheless, developing a substance use disorder is just as likely for women as for men. In a study published in April 2020, Substance Use in Women Research Report, researchers found that drug-using women may experience problems with their hormones, menstrual cycle, fertility, pregnancy, lactation, and menopause.

Additionally, women give specific justifications for using medicines, such as managing their weight, overcoming weariness, dealing with pain, and trying to self-treat mental health issues. Abuse, intoxication, and physical/psychological dependence are the specific causes of substance use disorder. Women who have experienced domestic abuse are particularly at risk for using drugs. Other familial issues, including divorce, losing custody of a kid, or the death of a child or partner, can lead to women developing substance use disorders or other mental health issues.

According to the 2019 Mental Illness and Substance Use Disorders in America among Women, 7.5 million people aged 18 or older have SUD: 2.9 M struggled with illicit drugs, 5.2 M struggled with alcohol use, and 956K struggled with both.

The following is a statement made by the Substance Abuse and Mental Health Services Administration, SAMHSA (2022), stating that issues with anxiety and depression are becoming more common among adolescents, especially among young women. Young women and girls may be more prone to internalizing mental health problems like stress, worry, and depression. They might therefore turn to alcohol as a coping mechanism more frequently as a result. Girls are more prone than boys to consume alcohol and start doing so earlier in life when they have high anxiety

levels. Girls and young women who are supported in learning suitable coping mechanisms for unpleasant emotions may drink less or abstain from alcohol completely.

Since there is a difference between women and men about substance abuse, they will need different treatment methods and services. These are the following, which are more reflective of women's needs: a.) medical services; b.) health promotion; c.) psycho-education; d.) gender-specific program [women-only programming]; e.) life skills [money and budgeting]; f.) family and child-related services; and g.) comprehensive case management [welfare, employment, and housing].

Specifically, substance misuse among Filipino women has risen during the last decade. It is a phenomenon that affects the most vulnerable members of Philippine society since it contradicts the Filipina's traditional role in domestic life as daughters, wives, and mothers.

In addition, despite having used drugs for fewer years and in lesser amounts, when women enter treatment, the intensity of their substance misuse symptoms is often compared to that of men. Average physical, psychological, and negative traits in females, even with fewer years of substance use, women experienced more social consequences of their drug use disorders than men at the time of treatment admission.

As Collins et al. (2018) stated, family-based interventions have been crucial to successful and long-lasting recovery in community-based drug rehabilitation (CBDR) programs. In addition to other things, CBDR programs use family support to enhance parenting, relationship, and communication skills (UNODC, 2014). To achieve successful and long-lasting results, the United Nations Office on Drugs and Crime (UNODC) emphasizes the necessity for families and communities to provide PWUDs with an ongoing care system.

On the other hand, it is revealed that families play a crucial role in preventing substance misuse and serving as a source of inspiration for recovery. However, they can also provide challenges when insufficient, inconsistent, or nonexistent social support. In light of this, there is significance in investigating the unique experiences of recovering Filipino PWUDs without perceived family support in the context of treatment programs and interventions that emphasize family involvement. Using Interpretative Phenomenological Analysis (IPA), vivid and embodied descriptions of PWDs' recovery experiences are explored, along with an interpretive exercise to make sense of these accounts (Smith & Osborn, 2015). Although some of these high-risk issues for women may be addressed by the mental health and drug dependency treatment offered in jails, shame may not be directly addressed.

Research has found that women commonly use drugs, react to medications differently, and sometimes have particular difficulties getting appropriate therapy. These difficulties can include everything from being unable to get child care to getting prescribed a drug that has not been thoroughly researched on female patients.

The purpose of this study is to investigate the lived experiences of women who are undergoing substance abuse treatment.

Specifically, it aims to answer the following:

1. What is the common cause of women becoming substance abusers?
2. How did they become a substance abuser?
3. How does a substance, specifically alcohol & drugs, change their way of life?
4. What is the impact of substances, specifically alcohol & drugs, on their womanhood?

5. What are the coping strategies being made by their family having a member included in the substance abuse treatment center?

III. METHODOLOGY

This study was designed to be descriptive phenomenology. Descriptive phenomenology aims to identify the "essence" or "essential structure" of any phenomenon being studied, i.e., the characteristics that distinguish it from other phenomena. Morrow et al. (2015) offer a rigorous analysis by Colaizzi's recognizable seven-step procedure, with each stage remaining true to the facts. The ultimate result is a succinct yet comprehensive explanation of the phenomenon under study, supported by the people who contributed to its creation. The approach relies on in-depth first-person descriptions of experience, which can be gathered in various forms, including written narratives, blogs, research diaries, and online interviews.

The researchers used a purposive sampling technique. It is a non-probability sampling technique, and the process of this depends on the judgment and understanding of the study's context. The researchers believed that the participants helped them to have accurate information and a better understanding of their life experiences, how they became substance abusers, and how it affects their lives today.

Three (3) participants have been selected to rehab discharged patients or clients from C.A.R.E. - Change and Recovery Rehabilitation Treatment Center because they have expertise in the topic. Their experiences and knowledge are valuable to the topic and help them to clarify and state facts regarding the topic of this study.

Online interviews have been used as a research instrument. Specific ten questions based on the study will be asked of the participants. An online interview is performed remotely using a

video, audio, or chat. Over the Internet, live interviews are conducted with the interviewer and the participants present. They are frequently utilized as a substitute for in-person interviews. Respondents respond in real-time to questions posed by the interviewer. Researchers will also ask to record and encourage the whole interview in order for them to review and take down notes. On top of that, this benefited the study to lay out information and understand more related to the topic.

The researchers used approved guide questions to gather data for the study. Researchers provide the following questions for an interview to examine lived experiences of women who underwent substance abuse treatment that caused them to be substance abusers. The approved guide interview questions have undergone content validation from their adviser, who observed the following steps; (a) The researchers collected reference materials and then prepared the questions. (b) The researchers forwarded the questions to their teacher for comments and suggestions, and feedback for improvements.

IV. RESULTS

This study aims to investigate the lived experiences of women offenders who underwent substance abuse treatment.

Theme 1: Boredom and the desire for stimulation that leads to substance abuse.

These themes pertain to the common cause of becoming a substance abuse client. Based on the client's answer, they have so much time on their hands but lack stimulation like work or any hobby and become curious about alcohol and drugs.

Theme 1 Coding Matrix			
Participants	Significant Statement	Initial Coding	Themes
R1	<i>“Siguro para maging numb to make me busy and yun to make me not to take para positive lang to make me really tired ganon lang all the time”.</i>	Past time	Boredom and the desire for stimulation that leads to substance abuse.
R2	<i>“Ako pano buhay ko ano wala ganun lang kase syempre wala akong pinag kakaabalahan siguro nawili nadin ako dahil ano eh wala naman akong ginagawa sa buhay dahil meron kaming katulong wala ganon lang siguro dahil na inip ako. Dahilan siguro wala naman akong naging dahilan eh siguro dahil na ano lang ako na kase curious ako nung una ano makukuha don ano bang lasa ayun lang wala naman dahilan dahil maayos namanang buhay ko buong pamilya ko maayos naman talagang ako lang yung naligaw”.</i>	Past time Curiosity	
R3	<i>“Uhm wala jobless ako nung time na yun.”</i>	No work	

Table 1 shows the coding matrix of the first theme, “Boredom and the desire for stimulation that leads to substance abuse.” R1 verbalized,

“Siguro para maging numb to make me busy and yun to make me not to take para positive lang to make me really tired ganon lang all the time.”

The participants become substance abusers due to boredom and as tools for recreation. The researchers have seen important data among the participants about the common cause of women becoming substance abusers in their lifestyle, which led to depression and other mental health issues. Nevertheless, sometimes curiosity is also a significant factor in dealing with this phenomenon. Also, the researchers found out that substance abuse has no status in our society and that everyone is in danger of getting involved in this situation.

Two studies supported the result of this theme. A study published in the journal *Substance Use & Misuse* in 2021 found that boredom was a common trigger for substance use among young adults. The study found that individuals who reported higher levels of boredom were more likely to use substances to cope (Brands et al., 2021). Another study published in the journal *Addictive Behaviors* in 2020 found that individuals who experience high levels of stimulation seeking are more likely to engage in substance use. The study found that individuals with higher levels of stimulation-seeking were more likely to engage in risky behaviors, including substance use (Friedberg et al., 2020).

Theme 2: Shame and guilt associated with substance abuse and secrecy towards family members.

This theme explains the impact of being a substance abuser and secretly using the substance on their family, mainly being ashamed about themselves and having guilt about what they are doing.

Theme 2 Coding Matrix			
Participants	Significant Statement	Initial Coding	Themes

<p>R1</p>	<p><i>“Ang benipisyo na forever akong di maaapektohan alam kong panget eh di ako maaapektohan sa pagiging busy ko gusto ko sya kase yun nga uhm hindi ako nag da dull moment pero syempre ang epekto non na malaman ng pamilya yung maging negative kaya nga tinago ko sya eh so yun yung sikreto ko epekto non na alam ko na hindi ka tanggap at laging mali.</i></p>	<p>Being secretive to the family</p>	<p>Shame and guilt associated with substance abuse and secrecy towards family members.</p>
<p>R2</p>	<p><i>“Syempre oo naka apekto naman medyo napabayaan ko yung mga anak ko ganon. mga nanay ko mga kapatid ko natakot sila kaya nag desisyon sila tinanong nila ako " payag kaba mag pa rehab?" sabe ko "sige" yun nag pa rehab nako.”</i></p>	<p>Neglect on family members</p>	
<p>R3</p>	<p><i>“Oo before nag aalaga, inaasikaso ko yung mga anak ko so yun naubusan ako ng time sa kanila.”</i></p>	<p>Neglect on family members</p>	

Table 2 presents the coding matrix: "Shame and guilt associated with substance abuse and secrecy towards family members." The participants stated that they have the experience of neglecting their family members, which led to shame and guilt with their actions. Secretly using the substance is also an essential factor in explaining this theme.

An interpretative phenomenological analysis by Bhana & Groenewald (2016) revealed that adolescent substance abuse produced several stressful life events, such as adolescent misconduct, family conflict, and financial burdens that provoked feelings of hopelessness, guilt, self-blame, worry, shame, anger, and signs of depression.

Based on the respondents' answers in the interview, the researchers showed that substance abuse dramatically affects their lives as humans and women. It hinders them from doing their responsibility as a parent to their children and as a daughter to their parents. Being family dependent on whatever they have been doing, there are always people to accept and attend to their needs. As a mother, it is their responsibility to raise their children to their full potential. However, with substance abuse, they tend to neglect their children because of their vice. Traumatic experiences among children at a young age may also lead to rebellion, depression, mental health disorders, and substance abuse.

Theme 3: Lived experiences of women while in the Rehabilitation and Treatment Center or Facilities

This theme discusses women's experiences in the rehabilitation and treatment center or facility, specifically the transformation of their individuality from physical, emotional, social, and spiritual aspects.

Theme 3 Coding Matrix			
Participants	Significant Statement	Initial Coding	Themes

<p>R1</p>	<p><i>yung naranasan talaga yung hirap kasi uhm araw araw mag rereflect ka araw araw may groupings araw araw sinisita ka nila araw araw pina paalam nila na mali yung nagawa mo na merong mga ibang paraan, pina pagod ka nila sa ibang paraan para ma realize mo yung worth mo na marami kang bagay na pwede pang patunayan sa buhay mo hindi mo kailangan ilugmok sarili mo na parang mag self-fetish ka na makita yung worth mo lahat ng hirap ultimo pag punas ng table pag ligpit ng table pag laba pag linis ng CR parang pag reflect mo yun sa sarili mo eh na ito ba yung gusto mong gawin kasi sooner or later makukulong ka ito yung gagawen mo sa kulungan are you willing to give up the good life or continue ka pag labas mo dito</i></p> <p><i>tinuro nila samen yung tama pano ulit mabuhay ng normal kahit na dati kang addict kase hindi naman porket naging addict ka eh</i></p>	<p>Doing daily chores with self-reflection</p>	<p>Lived experiences of women while in the Rehabilitation and Treatment Center or Facilities</p>
<p>R2</p>	<p><i>wala ka ng second chance binigyan nya ulit kame ng lakas ng loob hindi lang naman ako marami kaming natulungan</i></p>	<p>Giving second chances to nomalize their lives to those people who undergone the</p>	

<p>R3</p>	<p><i>mahirap kase ano syempre malayo ka sa family ayun malayo ka sa family tapos anu ka parang kulong masyadong limited yung lahat ng bagay yung movements yung pagsasalita everything ayun.</i></p> <p><i>Physical antaba ko ngayun syempre di ba payat ako no</i></p>	<p>treatment</p> <p>Limited actions and being away from the family while inside the rehabilitation and treatment center</p> <p>Regaining their physical attribute and being healthy</p>	
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This table analyzes the participants' answers with a theme of women's lived experiences while in the rehabilitation and treatment center or facilities. The participants experienced living inside the rehabilitation and treatment center as a factor in redeeming themselves from substance abuse. Specifically, they do tasks and activities, including forums, programs, and mass services, that will keep them busy. The rehabilitation process has changed them holistically - physically, emotionally, socially, and spiritually.

In the Philippines, specifically in Tagaytay, Change and Recovery Rehabilitation Treatment Center or C.A.R.E.

It is a private facility for substance, alcohol, and other forms of addiction. They have in-house psychologists, neurologists, nurses, and counselors to meet their needs. People with drug and alcohol addiction, mood disorders, anxiety disorders, panic attacks, violence and aggression, severe depression, bipolar disorder, schizophrenia, obstinate and disrespectful children, gambling addiction, and other addictions are treated and cured there.

Furthermore, their mission is to detoxify alcoholism and drug abuse, complete abstinence from all mood-altering chemicals, and significantly improve the quality of a recovery program. They offer mass services, talk about life and coping with their families, develop self-esteem, and give hope to those who got lost along their journey. Different activities also took place for them to get busy and physically active.

The researchers noticed among the participants' answers that C.A.R.E. helped them redeem themselves from substance abuse. The facility was a significant factor in overcoming the dark path they crossed. After getting the treatment and regaining themselves, they find jobs that will help them to change their perspective on life, reconcile with their loved ones, especially their children, and be ready to face the world with better versions of themselves.

As stated by Antonio (2019), Rehabilitation for persons who use drugs in the Philippines is premised on a multidisciplinary team approach to treatment, where physicians and rehabilitation practitioners collaboratively deliver services. In 2013, a government-academe-civil society collaborative developed a customized training program for nurses, psychologists, social workers, and other personnel involved in rehabilitation work.

According to An Act Instituting the Comprehensive Dangerous Drug Act of 2002, Republic Act 9165, Article VIII of Program of Treatment and Rehabilitation of Drug Dependents

Section 55. Exemption from the Criminal Liability Under the Voluntary Submission Program. A drug dependent under the voluntary submission program, who is finally discharged from confinement, shall be exempt from the criminal liability under Section 15 of this act subject to the following conditions:

(1) He/she has complied with the rules and regulations of the center, the applicable rules and regulations of the Board, including the after-care and follow-up program for at least eighteen (18) months following temporary discharge from confinement in the Center or, in the case of a dependent placed under the care of the DOH-accredited physician, the after-care program and follow-up schedule formulated by the DSWD and approved by the Board: Provided, That capability-building of local government social workers shall be undertaken by the DSWD;

(2) He/she has never been charged or convicted of any offense punishable under this Act, the Dangerous Drugs Act of 1972 or Republic Act No. 6425, as amended; the Revised Penal Code, as amended; or any special penal laws;

(3) He/she has no record of escape from a Center: Provided, that had he/she escaped, he/she surrendered by himself/herself or through his/her parent, spouse, guardian or relative within the fourth degree of consanguinity or affinity, within one (1) week from the date of the said escape; and

(4) He/she poses no serious danger to himself/herself, his/her family or the community by his/her exemption from criminal liability.

It stated that the following conditions must be met in order for a drug abuser participating in the voluntary submission program to be excluded from criminal culpability under Section 15 of this act:

1. He or she has complied with all Center rules and regulations, applicable Board rules and regulations, and the after-care and follow-up program for at least eighteen (18) months after temporary release from confinement in the Center, or, in the case of a dependent placed under the care of the DOH-accredited physician, the after-care program and follow-up schedule developed by the DSWD and approved by the Board: Provided, that capability-building activities are undertaken.

2. He or she has never been accused of, or found guilty of, a crime punishable under this Act, the Dangerous Drugs Act of 1972, Republic Act No. 6425, as amended, the Revised Penal Code, as amended, or any other unique penal legislation;

3. He or she has never escaped from a center, but if they or had, they or would have turned themselves in within a week of the escape date, either directly or through a parent, spouse, guardian, or another relative in the fourth degree of consanguinity or affinity; and

4. Despite being immune from criminal responsibility, he or she does not pose a severe risk to the community, family, or themselves.

Theme 4: Opportunities and Self-Development after the Treatment

Theme 4 explains the changes the women substance abusers underwent after being charged from the rehabilitation and treatment center or facility and what opportunities they have entered.

Theme 4 Coding Matrix			
Participants	Significant Statement	Initial Coding	Themes

<p>R1</p>	<p><i>ngayun mas more on mas maging anu ka payapa yung alam sa sarili mo na wala kang ginagawang mali alam mong lahat ng ginagawa mo eh nasasang-ayon sa gusto ng dyos</i></p>	<p>Having peace of mind</p>	<p>Opportunities and Self-Development after the treatment</p>
<p>R2</p>	<p><i>ngayon maayos nako nag tatrabaho nako sa barangay bilang brangay nutritionist scholar tapos dito ako sa barangay nagtatrabaho</i></p>	<p>Substance abusers after the treatment change their lives by having a job</p>	
<p>R3</p>	<p><i>mas productive nako today tapos stronger ganun, uhm hindi na siguro ako apektado ng galit although ayun mas controlled ko emotions ko ngayon compared before.</i></p>	<p>Can control their emotions more</p>	

Opportunities and self-development after the treatment, as the central theme of Table 4, reiterates the participants' responses by having jobs in their community and continuously renewing their lives with peaceful minds and emotional control.

In line with Sinakhone et. (2017), the job is crucial for women in substance abuse recovery, not only as a source of income but also as a principal focus in their lives. The findings show how recovery is impacted by scheduling strategies used by employers, low-level jobs, and a lack of employment assistance. The results shed light on the necessity of job support services, such as flexible policies and employer education for women in recovery.

V. DISCUSSION

This study aimed to learn about women's experiences in substance abuse treatment. This study has shown that this phenomenon starts with their personal life history, maybe not all, but with the cases of the three (3) respondents. Common causes are boredom, curiosity, joblessness, and lifestyle. These causes significantly affect their lives and their womanhood as substance abusers. Lack of support among family members and neglecting their children are some effects of abusing substances, precisely drugs and alcohol. However, with the help of their family members, they entered a facility that shows a light in every dark situation—accepting that they have sinned and correcting their mistakes not only for themselves but for their family as well. Different opportunities, either for employment or with their individual development, are opened after they have graduated from the facility.

This study can also reference other researchers in understanding this phenomenon. Other facilities will develop solutions and programs to lessen the number of women who have undergone substance abuse, to lawmakers in making related policies and laws to stop or hinder the increasing rate of women using substances, particularly drugs, and alcohol.

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Status, Challenges Encountered by Cavite Satellite Forensic Unit During COVID 19 Pandemic

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I. ABSTRACT

Collaboration is often the only way to overcome challenges. The Forensic Community has a crucial role in addressing the crisis at the national and international levels when it comes to infectious disease outbreaks such as COVID-19. Much has been written and published on protocols for investigating deaths, infection control, risk mitigation, and management of the dead. This study addresses the extent to which a novel coronavirus, namely COVID-19) affects the Philippines and is mainly concerned with managing death and problems encountered by public health services. The COVID-19 pandemic is a disaster for the world in unforeseen ways, leaving no one prepared. Hostages feel the effect in several countries on all continents. The challenges of COVID-19 and the opportunity to implement preventive and control measures are exacerbated by the difficulties in performing forensic procedures, which continue to be a problem in many countries worldwide. The World Health Organization (WHO) announced in 2019 that the SARS-CoV-2 virus causes Coronavirus Illness (COVID-19), an infectious disease swiftly spreading globally, with over 3 million confirmed cases.

Keywords: *forensic community, coronavirus disease, coronavirus illness, pandemic, world health organization, forensic procedures, investigation, novel coronavirus*

II. INTRODUCTION

Keeping communities safe and limiting the spread of the coronavirus (COVID-19) pandemic while putting their physical and mental health in danger is a challenging responsibility for police officers during the coronavirus (COVID-19) pandemic. According to new research, officers' stress levels during the COVID-19 outbreak were high. Police officers face unprecedented obstacles due to the epidemic, with cases now exceeding 174 million and close to four million deaths worldwide, as well as strict lockdown measures. In addition to preparing for temporary or permanent loss of human resources, this article advises that police departments reinforce their resources by putting in place proper emergency planning for future public health disasters. Solid training strategies must be put in place after a pandemic to allow officers to provide better service.

Forensic science's application in criminal justice and the legal system is a helpful tool. Forensic science is like a missing piece in a criminal investigation puzzle that cannot be solved without it. There are currently 5 NCR District Crime Laboratory Offices, 16 Regional Crime Laboratory Offices, and 101 Provincial Crime Laboratory Offices in the Philippines, all of which provide autopsy, DNA examination, drug test, examination of altered/erased documents, counterfeit bills, fingerprinting services, handwriting identification, pathological examination, macro-etching examination, polygraph examination, semen determination, serology examination, and other services. This study is intended to learn more about the current situation of the Cavite Satellite Forensic Unit. As well as to determine the needs, status, challenges, and problems encountered by the participants so that the researchers can utilize the appropriate findings on the above mentioned circumstances. The review of related literature discusses the different statuses, challenges, and problems that can affect the participants. Through this study, the researchers may use the strategies mentioned for their challenges and problems encountered. However, the cited

studies contain a wide variety of statuses, challenges and problems, and strategies for the participants and future researchers can rely on.

III. METHODOLOGY

The researchers have conducted qualitative research for the study's purpose. According to Bhandari (2021), Qualitative research seeks the concepts, opinions, or experiences through the collection and analysis of numeric and qualitative data such as words, pictures, and audio. This can be used to find more information about a given issue or generate new research ideas. It is also a way of understanding people's experiences with the world.

Table 1

Participants of the Study

Participants	Frequency	Percentage
Male	6	60%
Female	2	40%
Total	8	100%

The researchers have employed the Purposive Sampling Method, which qualitative scientists use to recruit participants who will provide detailed information about phenomena under investigation, known as selecting sampling, purposive sampling.

To help this institution develop its institutional program to achieve a much more integrated and advanced set of practices that will assist it in dealing with these challenges and improve its

position, the researchers chose Cavite Satellite Forensic Unit Tagaytay. In order to examine the situation and opportunities within the Cavite Satellite Forensic Unit in Tagaytay, researchers use an unstructured interview question. After approval of the study, the researchers asked the permission of the Dean and the Department Head to allow them to conduct the study.

The researchers wrote a letter to Cavite Satellite Forensic Unit, requesting permission to conduct a face-to-face interview/ focused group discussion of all target participants in the office. After collecting the necessary information, semi-structured interview questions were used and distributed to the study participants. Before interpreting data, researchers shall process and examine the information to arrive at an appropriate conclusion.

The researchers employed semi-structured interview questions to explore the status challenges and opportunities in Tagaytay's Cavite Satellite Forensic Unit. Creswell (2013) lists six processes taken while analyzing qualitative data. The first step of the research process calls for the organization and preparation of the data for analysis through the transcription of interviews, efficient material scanning, and categorization of all visual materials, among other activities.

Reading or reviewing all the data, according to Creswell (2013), is the next stage. This step aims to get a general understanding of the data and to have the chance to consider its overall significance. Coding the data is the third stage of qualitative data analysis. In this instance, a researcher classifies the text and photos into different groups before giving each category a moniker. The fourth stage uses the coding process to describe the participants, environment, or categories/themes for analysis. The action is crucial because it aids in creating comprehensive descriptions for various research endeavors. The researcher must refine how themes and descriptions will be portrayed in the qualitative narrative in the previous step. For instance, a researcher can provide the analysis findings as a narrative passage. Interpreting the data or

conclusions is the last but not the most minor phase. The phase demands that a researcher reflects on the knowledge acquired.

IV. RESULT

To capture the participant’s lived experiences, the participant identified four themes. These are (1) Drastic Changes in the Landscape of Forensic Unit During the COVID-19 Pandemic (2) Protocol Violators, Delayed Timeline, and Remake Work Environment as a Stumbling Block during the COVID-19 Pandemic (3) Coordination, Strict Health Protocol, Implementation, and Virtual Meeting as Mitigation of the Forensic Unit (4) Government Initiatives and Rapport in Strengthening the Forensic Unit.

Theme 1: Drastic Change in the Landscape of Forensic Unit During COVID-19 Pandemic

Status refers to the current affairs of the Cavite Satellite Forensic Unit. The results are the standard operating protocol and its changes during the COVID-19 Pandemic.

Participants	Significant Statement	Code
P1	<i>Those minimum health protocols had a big impact, it changed a lot of things here in our office.</i>	Big Changes in the office
P2	<i>It changed how we approach them. they should have a certification first from the Department of Health.</i>	Strict implementation on Health Protocol

P3	<i>It changed how we should properly take the precautionary measures, proper disinfection and the health protocol of our office.</i>	Strict Health Protocol
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The result of the table above shows the Cavite Satellite Forensic Unit was relatively unaffected by the implementation of COVID restrictions. There are some slight changes, like how they approach them, that the cadaver should first have a certification from the DOH.

The rise in infected or COVID-19-related fatalities among police officers is problematic. In many countries, police officers have been infected or died from contracting coronavirus while in the line of duty (Philippine National Police 2021).

Theme 2: Protocol Violators, Delayed Timeline, and Remake Work Environment as a Stumbling Block during COVID-19 Pandemic

This Challenges an objection or query about the truth of something, often with an implicit demand for proof. Cavite Satellite Forensic Unit encounters challenges in how to face the pandemic.

Participants	Significant Statement	Code
P5	<i>During the pandemic, we had a hard time making the people follow the health protocols.</i>	Hard Time of Implementing Health Protocols

P3	<i>Court hearings were always delayed and rescheduled.</i>	Delayed Timeline of Work-Related Schedule
P6	<i>Conferences and Staff Meetings became virtual because mass gatherings were highly prohibited during that time.</i>	Realignment of Work Environment

The table above shows the challenges the Cavite Satellite Forensic Unit Officials encountered in Tagaytay City to avoid the further spread of COVID-19 Disease in their excellent office. Those Challenges are 1) Hard Time Implementing Health Protocols, 2) Delayed Timeline of Work-Related Schedule, and 3) Realignment of Work Environment. The challenges mentioned above were seen as distracting and distressing in the Forensic Unit.

Repeated exposure to these stressors is a cause for concern—challenges such as these place added pressure on officers. Moreover, policing is even more difficult due to the lack of clear directives and inconsistent governmental measures (Frenkel et al. 2020; Sager & Mavrot 2020).

Theme 3: Coordination, Strict Health Protocol, Implementation, and Virtual Meeting as Mitigation of the Forensic Unit.

Participants	Significant Statement	Code
P8	<i>Whenever our Station had a problem, we negotiated with The National Operational Unit of PNP to help us solve the problems we encountered.</i>	Coordination in the higher offices.

P5	<i>Continues to follow the Health Protocols to ensure our safety and the safety of the people that we will encounter.</i>	Strict Health Protocol
P4	<i>During the peak of the Pandemic where cases are high, and our meeting became virtual we must think of the fastest way on how to make sure that the cases will not increase.</i>	Virtual Meetings

According to the participants, those challenges became an eye opener because they not only let them realize how important health is but also to be innovative on available resources to continue serving people.

Worldwide vaccination programs have been implemented. However, the effectiveness of such measures varies across countries. More recently, lockdowns, travel bans, and strict social distancing measures have been implemented to curb the spread of the virus in many countries, with such controls being enforced by the police (Laufs & Waseem, 2020).

Themes 4: Government Initiatives and Rapport in Strengthening the Forensic Unit

A probability or chance for future success, as based on present work. The institutional goals that have been given to the forensic officials of Cavite Satellite Forensic Unit in Tagaytay.

Participants	Significant Statement	Code
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P2	<i>The Department of Health gives us guidance and support for the sake of the safety of our employees as well as the people.</i>	Initiatives from the government
P7	<i>We have received support from the Local Government Unit of Tagaytay City.</i>	Support from the Local Government Unit
P6	<i>The Local Government Unit, National Headquarters, and The National Police Operational Unit of PNP are tandem in providing us safety kits.</i>	Teaming Up of the Institutions

It can be gleaned that; the Forensic Unit was always joined in battling the pandemic. With the help of other institutions, they can get by and succeed in the battle between the Pandemic, Safety, and Service. According to the Participants, those partner institutions who helped them to get by during COVID-19 Pandemic are the 1) National Headquarters, 2) the National Police Operational Unit of PNP, and 3) the Local Government Unit of Tagaytay City.

Evidence is emerging on officers' stress experiences during COVID-19 (Frenkel et al. 2020; Grover et al. 2020; Mehdizadeh & Kamkar 2020). A mixed-method study by Frenkel et al. (2020) of officers from five European countries investigated police strain over three months following the lockdown. Risk of infection, inadequate leadership, and communication emerged as the main stressors in this study. There were slight decreases in strain over time, with officers seemingly tolerating the pandemic. The findings obtained during Frenkel's study may have implications for understanding governmental, organizational, and individual coping strategies during pandemics.

Case study Report

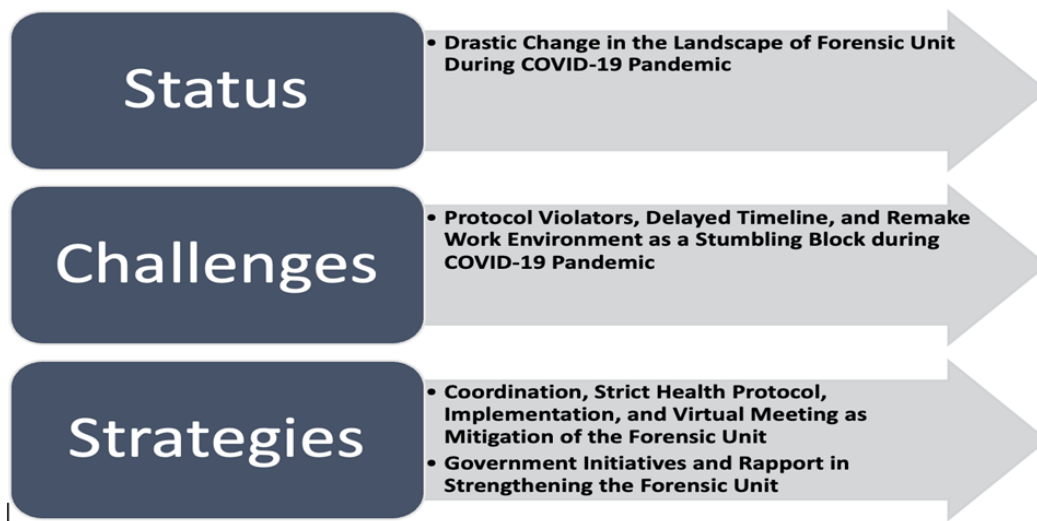


Figure 1. Status, Challenges Encountered by Cavite Satellite Forensic Unit During Covid 19 Pandemic

The COVID-19 pandemic has had far-reaching impacts across various sectors, and the forensic units tasked with investigating and solving crimes have not been exempt. This case study delves into the drastic changes witnessed in the landscape of forensic units in Cavite during the pandemic, highlighting challenges such as protocol violators, delayed timelines, and a remodeled work environment. It also explores the mitigation strategies employed, including coordination, strict health protocols, implementation of virtual meetings, and the crucial role of government initiatives and rapport in strengthening the forensic unit's resilience.

The emergence of the COVID-19 pandemic forced forensic units under study to confront unprecedented challenges. Suddenly, crime scenes became potential contagion hotspots, necessitating the introduction of strict health protocols to safeguard personnel and evidence. The lockdowns and travel restrictions also posed hurdles in conducting investigations and collecting

crucial data. These obstacles led to a drastic change in how forensic units operated, requiring innovative approaches and adaptability.

Unfortunately, the implementation of strict protocols did not come without challenges. Instances of protocol violators among civilians and forensic personnel emerged, endangering the integrity of investigations and potentially compromising the safety of the workforce. Moreover, the delays in obtaining test results and forensic reports due to limited testing capacity and overwhelmed laboratories could have helped the timely resolution of cases. Furthermore, the sudden shift to remote work and the remodeling of physical workspaces disrupted the collaborative dynamics and strained productivity within forensic units.

Forensic units adopted several mitigation strategies to address the stumbling blocks faced during the pandemic. Enhanced coordination among law enforcement agencies, forensic laboratories, and healthcare professionals became imperative to ensure efficient collaboration and information sharing. Strict health protocols were implemented, including providing personal protective equipment (PPE) and regular forensic personnel testing to minimize the transmission risk. Additionally, integrating virtual meetings and remote work tools allowed for continued communication and collaboration, mitigating the effects of physical distancing measures.

Recognizing the critical role of forensic units in upholding justice and maintaining societal order, governments worldwide initiated various measures to strengthen these units during the pandemic. Increased funding and resource allocation were directed towards forensic laboratories, ensuring adequate testing capabilities and reducing backlogs. Forensic personnel were offered training programs and professional development opportunities to enhance their adaptability and proficiency in remote work environments. Furthermore, establishing task forces and interagency

collaborations fostered rapport among critical stakeholders, streamlining coordination efforts and knowledge sharing.

The COVID-19 pandemic brought about significant challenges for forensic units, necessitating rapid adaptation and resilience. Despite the stumbling blocks presented by protocol violators, delayed timelines, and a remodeled work environment, forensic units implemented mitigation strategies such as coordination, strict health protocols, and virtual meetings to sustain their operations. Government initiatives played a vital role in strengthening forensic units by providing necessary resources, training and fostering rapport among stakeholders. As the pandemic continues to evolve, the lessons learned from this case study can guide future preparedness efforts to ensure the uninterrupted functioning of forensic units during times of crisis.

V. DISCUSSION

The researchers conclude that there was a profound change in the Forensic Unit. However, earlier research did not generally focus on the actual experiences of the participant during the pandemic. The researchers will present new insights into the life of the participants as Forensic Examiners during the COVID-19 Pandemic and how they vanquish the hindrance they encountered in Cavite Satellite Forensic Unit in this study.

The results will contribute to preventing and controlling infectious diseases that affect these participants in the Cavite Satellite Forensic Unit. The researcher found that by studying local and international literature from both the countryside and cities, how COVID-19 influences the perception of Forensic Examiners.

The objectives of this study were to find out where the Cavite Satellite Forensic Unit is located in Tagaytay and what kind of problems it faces. The study has revealed that most participants have encountered challenges during a pandemic. They experienced that the hearings

could not go on. Sometimes the courtroom could not be used because infected people attended the hearing. Sometimes because it was a gathering of prominent people, they postponed it. The researchers used the technique of choosing samples, known as Purposive Sampling, a sample method that quantitative researchers employ to recruit participants capable of providing in-depth information about phenomena under investigation. This allows the researcher to collect appropriate responses leading to a more complete understanding and accurate study findings.

Given that the researcher has data from the most appropriate individuals, it is essential to note that these findings are relevant to the study. The research tool used was the interview questions, voice recorder, consent form, yellow pad, and pen. The study consisted of six respondents. They are the Forensic Experts from the Cavite Satellite Forensic Unit at Tagaytay.

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The Lived Experience of Volunteer Probation Assistants through Restorative Justice

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I. ABSTRACT

This phenomenological study aimed to explore restorative justice through volunteerism: through the lens of volunteer probation assistants. Moustakas' Transcendental phenomenology was employed as the research approach, with five participants selected through purposive sampling. Face-to-face interviews were conducted until data saturation was achieved, and Moustakas phenomenological research methods were used for data analysis. The findings revealed themes related to the journey of Volunteer Probation Assistants such that their voluntary obligations do not interfere with their ability to go about their daily lives. Along the way, they may encounter tussles, but since they all discovered happiness and fulfillment in helping, they still stay for how many years. They do not have material benefits or compensation. However, it became a passion as time went by. After analyzing the respondents' answers, the researchers deduced that community involvement plays a significant role in reforming offenders by accepting them despite their mistakes. The first theme, "Experiences Full of Ups and Downs," highlighted that most participants had at least one problem behind their happiness in helping the probationers through volunteering. They usually feel joy, especially when a client graduates, but they sometimes experience different challenges during offender reformation. The second theme, "Restorative Justice," showed that they plant hope into probationers' hearts that they can return to being good people through restorative justice. The importance of information about the program was emphasized in the theme "Publicizing Volunteerism Program." Based on the findings, the study recommended launching a series of information drives to disseminate knowledge about the journey of volunteer probation assistants and how to be part of it. In addition, the government should have funds for volunteers' daily allowances to lessen their financial difficulties.

Keywords: *Volunteer probation assistants, volunteers*

II. INTRODUCTION

Volunteerism is giving someone else your time and effort without compensation. According to Schroeder and Graziano (2015), volunteering is a type of prosocial action that entails voluntarily choosing to devote a prolonged amount of time and effort to aiding another person, group, or cause, generally through a nonprofit organization. However, according to (Stukas et al., 2014; Wilson, 2012), it is an effective method of community engagement that has advantages for volunteers, the people who benefit from their services, the organizations they work for, and the community.

Volunteer Probation Assistants are citizens in good standing who volunteer to assist parole and probation officers in supervising several probationers, parolees, and pardonees in their communities. They can facilitate the reformation and rehabilitation of clients because they live in the same community. As stated in Presidential Decree No. 968, Sec. 28, permitting the employment of Volunteer Probation Assistants (VPA) to assist the Provincial or City Probation Officers in the supervision of probationers, the Probation Administrator may appoint citizens of good repute and probity to act as probation assistants. Probation Assistants shall not receive any regular compensation for services except for reasonable travel allowance.

Probation is a privilege the court grants to a person convicted of a criminal offense to remain in the community instead of going to prison/jail. The Parole and Probation Administration in the Philippines defines it as a right the court gives an individual found guilty of a crime to remain in the community rather than go to prison or jail. It is a more typical method of criminal justice supervision than jail, according to Phelps' (2018) research. In the United States of America, there were 3 492 900 probationers in 2019. (Kaeble et al., 2019).

This study will delve into other aspects of Volunteer Probation Assistants' experiences, specifically how they perceive restorative justice through volunteerism. The difference between

this study and previous studies is that previous studies focused solely on VPA motivation, whereas this study aimed to broaden the scope. It includes the journey, experiences, qualifications, reasons why they are still working without compensation, and the struggles of the Volunteer Probation Assistants in Cavite Province.

The researchers used the interview to learn about each respondent's life and experiences as a Volunteer Probation Assistant. Furthermore, for future researchers, this study can serve as a foundation or source of information to supplement studies on the lived experiences of VPAs.

III. METHODS

This is a Qualitative type of research. Qualitative research primarily explores research, contributing insights into existing or emerging concepts that may help or explain human social behavior. Research can be an instance for developing new concepts (Yin, 2011). Transcendental phenomenology by Moustakas was selected as the appropriate research methodology because we wanted to grasp the significance of these participants' experiences. This study helps describe the lived experiences of Volunteer Probation Assistants, specifically their struggles, motivations, and personal feelings.

In this research, the researchers used Purposive Sampling, a technique known as judgmental, selective, or subjective sampling. It was a form of non-probability sampling in which researchers relied on their judgment when choosing the population's members to participate in their study. A small number among the list of Volunteer Probation Assistants (VPA) provided by the Parole and Probation Office of Imus, Cavite. The researchers were responsible for the polite approach to the respondents during the entire study.

Moreover, the researchers must secure the participant's privacy and ensure the confidentiality of the data. Individuals may be completely willing to contribute personal information for research purposes if they are assured that the information will not be disclosed outside of the research setting or to unauthorized individuals.

IV. RESULTS

This transcendental phenomenology aimed to grasp the significance of these respondents' experiences of being Volunteer Probation Assistants. According to Moustakas (1994), "phenomenology is concerned with wholeness, with examining entities from many sides, angles, and perspectives until a unified vision of the essences of a phenomenon or experience is achieved." (p. 58); the phenomenologist focus is on what participants have in common as they experience a phenomenon—capturing the essence of how volunteer probation assistants narrate their journey before being a volunteer and during their service.

The first step in the phenomenological reduction process presented by Moustakas (1994) is horizontalization. According to Moustakas, horizontalization is the "recognition that every statement has equal value" (p. 125). He explains that "a new horizon arises each time that one recedes" (p. 95). These significant statements were gleaned from the transcripts and provided in a table so that a reader could identify the range of perspectives about the phenomenon (Moustakas, 1994). The result is presented in Table 1 as represented by selected significant statements.

Table 1.

Selected Significant Statements

<i>His co-pastors recommended him to this program. –Participant 1</i>
<i>The only qualifications needed are willingness and availability. –Participant 2</i>
<i>The volunteers need to attend seminars and programs on proper approaches to offenders. –Participant 3</i>
<i>She was a businesswoman before, and there were no changes in her lifestyle. –Participant 1</i>
<i>There were no changes in his lifestyle, and he is still a pastor. –Participant 2</i>
<i>She was just a housewife. –Participant 3</i>
<i>He was a businesswoman. –Participant 4</i>
<i>She was just a housewife. –Participant 5</i>
<i>Seventeen years of service. –Participant 1</i>
<i>Volunteerism is very helpful in enhancing knowledge and in giving happiness. –Participant 2</i>
<i>Volunteer work is challenging, but she ended up enjoying it. –Participant 3</i>
<i>Volunteers were committed because they found happiness in what they did. –Participant 4</i>
<i>The benefit of being a volunteer is the happiness it brings by helping hopeless offenders. –Participant 5</i>
<i>The Volunteers had a hard time locating the address of clients, because even if the offender was in that location, they denied it. –Participant 1</i>
<i>Most people are financially unstable, which is why they choose a job with a salary over volunteering. –Participant 2</i>
<i>The offenders feel uplifted whenever they feel or see the community’s trust in them. Though Volunteer Probation Assistants may be a small group, they can help their clients boost their confidence and give them hope that there’s still a chance. –Participant 1</i>
<i>Volunteers are effective in the way that they let the offenders feel valued despite their offense. Advice was one of their motivations to relinquish their immoral behavior. –Participant 2</i>

<i>The community's acceptance towards offenders despite what they did was a big hope for the clients' reformation process. For they feel that they still belong in the community, and there is no discrimination. –Participant 3</i>
<i>Showing love is a big thing for probationers. -Participant 1</i>
<i>Volunteers can help clients in a spiritual way. –Participant 2</i>
<i>The reports made by Volunteer Probation Assistants serve as a deterrent for the probationers to act properly. Also by counseling once the probationers have done something wrong. – Participant 3</i>
<i>Volunteers can help probationers by talking to them through counseling. –Participant 4</i>
<i>Besides the therapeutic community, probationers are helped by volunteers through extra supervision. –Participant 5</i>
<i>Conduct a seminar to recognize this program. –Participant 1</i>
<i>Spreading information about the Volunteer Probation Assistants through social media. – Participant 2</i>
<i>The information drive will give people an idea about Probation. –Participant 3</i>
<i>Give a lecture about this program and have an open forum afterwards. –Participant 4</i>
<i>Recruitment and spreading information about Volunteer Probation Assistants by means of flyers and social media. –Participant 5</i>

The result showed twenty-eight (28) significant statements shared by participants. These statements were extracted from the interview transcripts of Volunteer Probation Assistants. No attempt was made to group them into categories or put them in a specific sequence. The volunteers' narratives of their experiences prior to and during their service as Volunteer Probation Assistants were the only thing the researchers offered. The horizontalization procedure gave them some initial insights into what the participants thought the study was interesting. As Moustakas (1994, p. 95)

described, the horizon is "the grounding or condition of the phenomenon that gives it a distinct character."

As every significant statement was initially treated with equal value, this next phase deleted those statements irrelevant to the topic and others that were repeated or overlapping. The researcher carefully examined the identified significant statements, then clustered the statements into themes or meaning units (Moustakas, 1994). These themes may be particular to each participant, but they are frequently employed as a framework for comprehending the experiences of all participants. The themes were comprehensively identified by carefully examining the participants' statements during the interviews, transcribing them while preparing the horizons and invariant elements, and assessing this data. The result is presented in Table 2.

Table 2: *Themes and Evidence*

Themes/Meaning Units	Participant's Pseudonym	Evidence
THEME 1		
1.1 Key Ingredients to be a Volunteer Probation Assistant	Participant 1	<i>His co-pastors recommended him to this program.</i>
	Participant 2	<i>The only qualifications needed are willingness and availability.</i>
	Participant 3	<i>The volunteers need to attend seminars and programs on proper approaches to offenders.</i>
1.2 Juggling Volunteering and Personal Life	Participant 1	<i>She was a businesswoman before, and there were no changes in her lifestyle.</i>
	Participant 2	<i>There were no changes in his lifestyle, and he is still a pastor.</i>

	Participant 3	<i>She was just a housewife.</i>
	Participant 4	<i>He was a businesswoman.</i>
	Participant 5	<i>She was just a housewife.</i>
1.3 Feast of Reasons Constant Service for	Participant 1	<i>Seventeen years of service.</i>
	Participant 2	<i>Volunteerism is very helpful in enhancing knowledge and in giving happiness</i>
	Participant 3	<i>Volunteer work is challenging, but she ended up enjoying it.</i>
	Participant 4	<i>Volunteers were committed because they found happiness in what they did.</i>
	Participant 5	<i>The benefit of being a volunteer is the happiness it brings by helping hopeless offenders.</i>
1.4 Stumbling Blocks	Participant 1	<i>The Volunteers had a hard time locating the address of clients, because even if the offender was in that location, they denied it.</i>
	Participant 2	<i>Most people are financially unstable, which why they choose a job with a salary over volunteering</i>
THEME 2		
2.1 Acceptance from Community: Efficacious in Offender's Reformation	Participant 1	<i>The offenders feel uplifted whenever they feel or see the community's trust in them. Though Volunteer Probation Assistants may be a small group, they can help their clients boost their confidence and give them hope that there's still a chance.</i>
	Participant 2	<i>Volunteers are effective in the way that</i>

		<i>they let the offenders feel valued despite their offense. Advice was one of their motivations to relinquish their immoral behavior.</i>
	Participant 3	<i>The community’s acceptance towards offenders despite what they did was a big hope for the clients’ reformation process. For they feel that they still belong in the community, and there is no discrimination.</i>
2.2 Meeting of Minds Address Dilemmas	Participant 1	<i>Showing love is a big thing for probationers.</i>
	Participant 2	<i>Volunteers can help clients in a spiritual way</i>
	Participant 3	<i>The reports made by Volunteer Probation Assistants serve as a deterrent for the probationers to act properly. Also by counseling once the probationers have done something wrong.</i>
	Participant 4	<i>Volunteers can help probationers by talking to them through counseling</i>
	Participant 5	<i>Besides the therapeutic community, probationers are helped by volunteers through extra supervision</i>
THEME 3		
3. Publicizing Volunteerism Program	Participant 1	<i>Conduct a seminar to recognize this program.</i>
	Participant 2	<i>Spreading information about the Volunteer Probation Assistants through social media.</i>
	Participant 3	<i>The information drive will give people an</i>

	<i>idea about Probation</i>
Participant 4	<i>Give a lecture about this program and have an open forum afterwards</i>
Participant 5	<i>Recruitment and spreading information about Volunteer Probation Assistants by means of flyers and social media.</i>

The result showed three (3) primary themes with six (6) sub-themes from the analysis. These central themes arise from volunteers' experience before and during their service, such as: 1.) experiences full of ups and downs, 2.) restorative justice, and 3.) publicizing volunteerism programs. Upon analyzing the major themes, the following sub-themes arise: 1.) key ingredients to be a Volunteer Probation Assistant, 2.) juggling volunteering and personal life, 3.) feast of reasons for continuous service, 4.) stumbling blocks, 5.) acceptance from the community: efficacious in offender's reformation, 6.) meeting of minds to address dilemmas. This section briefly examined the themes and sub-themes most notable to each respondent.

Experiences Full of Ups and Downs. In their journey as Volunteer Probation Assistants, most participants had at least one problem behind the happiness they felt helping the probationers through volunteering. They usually feel joy, especially when a client graduates, but sometimes experience different challenges during offender reformation.

During the recruitment process and training, the volunteers had to go the extra mile regarding time management because of an additional role or responsibility in life. In support of this, a participant stated:

"Kung may naging problema man, yun ay ang time. Medyo nahirapan ako pagsabayin o ihandle yung oras ko lalo na't meron ngang negosyo at may inaalagaan."

In their long run as Volunteer Probation Assistants, some of them also struggled in terms of money. Since they were doing volunteer work, they didn't receive any salary.

"Isa din sa naging problema ko yung pamasaha. May 50 pesos na natatanggap pero kulang pa din sa pamasaha namin", one of the participants said.

Despite those challenges, the Volunteer Probation Assistants still find the benefit of happiness through helping the offenders.

Restorative Justice. An approach to justice that aimed to repair the harm done by offenders by providing an opportunity for them offered by the community. Most participants stated that they play a significant role in restoring justice in ways that help them relinquish their immoral or criminal behavior. Through this, they plant hope into probationers' hearts that they can return to being good people.

The offenders feel uplifted whenever they see the community's trust in them. Though Volunteer Probation Assistants may be a small group, they can help their clients boost their confidence and give them hope that there is still a chance.

Upon interpreting the central theme, researchers came up with the following sub-themes:

1. Acceptance from the community: efficacious in offender's reformation.

Probationers long for assistance as much as they long for their freedom. Volunteer Probation Assistants are the first to accept them as equals once released from jail. Acceptance refers to acknowledging and allowing the present experience and regarding our acceptance and the acceptance of those around us. Community involvement plays a significant role in the reformation of offenders utilizing acceptance—accepting the mistake they made but still welcoming them back into society after serving the punishment. Respondent 1 narrated how the community's acceptance is effective:

Despite what they did, the community's acceptance of offenders was a big hope for the clients' reformation process, for they feel that they still belong in the community and that there is no discrimination.

Some offenders appreciated the corrective measures much better when there was community involvement rather than serving in prison, for they felt they still belonged in the community.

2. Meeting of minds to address dilemmas

During counseling, people have the chance to pinpoint the sources of their problems and effectively address their psychological, behavioral, interpersonal, and situational causes. Before the VPAs undertake volunteer activities, they first need to acquire a deep understanding of their roles in the rehabilitation process. Counseling, whether individual or group, intends to assist the clients in trying to sort out their problems, identify solutions, reconcile conflicts, and help resolve them. It is a talking therapy wherein VPA listens and helps them find ways to deal with emotional issues. In addition, aside from counseling, one way to help clients in their rehabilitation process is by showing them love. As the respondent expressed: *“Volunteers can help probationers by talking to them through counseling.”*

Publicizing Volunteerism Program. Most people have no idea about Volunteer Probation Assistants. This implies that the government needs to take action to make the volunteerism program in probation widely known.

To be widely recognized in the volunteerism program, participants stated their suggestions:

Conduct a seminar to recognize this program, spread information about the Volunteer Probation Assistants through social media, should disseminate an information drive, give a lecture

about this program and have an open forum afterward, and lastly, should have recruitment and spread information about Volunteer Probation Assistants utilizing flyers and social media.

INDIVIDUAL TEXTURAL DESCRIPTION

Another significant step in phenomenological analysis that must be noticed is the textural description of each research participant. The individual textural description narrates a participant's insight into a particular phenomenon. This text is a brief shared experience from the respondent's transcript, a description of co-researcher experiences, and an overview of all thoughts from their interview without reading the whole transcript. A narrative approach enabled the participant's experiences to be understood clearly. An integration, descriptively, of the invariant textural constituents and themes of each research, as stated by Moustakas (1994).

As a result, the researchers created a textural description for each person consisting of the individual's experiences and included quotations from the interview for this chapter.

PARTICIPANT 1

Before enlisting in the VPA, Respondent 1 had her own challenging experiences but ended up enjoying them. She was a businesswoman, and there were no changes in her lifestyle before her sister recruited her to be one of the volunteer probation assistants. She has been working in this program for almost ten to twelve years. Most significantly, she finds it to be fulfilling, which is why she continues to volunteer. As she stated, although VPA may be a small organization, it can give clients optimism and confidence-boosting support. In her journey as a VPA, to be qualified as a VPA, she must be a good citizen and undergo leadership training. Primarily there is no benefit besides the happiness of helping probationers. Whenever the offenders feel or see the community's trust in them, they feel uplifted, and showing love to the probationers is a big thing

for their reformation, as is having one person who believes they can change. She believes there are so few probation assistants available nowadays because most people are struggling financially and would instead work a job paying a salary than volunteer. She further suggests that, for this program to be recognized, a seminar must be held.

PARTICIPANT 2

Participant 2 was a pastor before and after he became a volunteer. He is a pastor, so his primary source of income is being a pastor. There were no changes in his lifestyle after being part of this program, but some adjustments over time happened. He came across this program through the information shared by his co-pastor. He shared his journey as a volunteer probation assistant. All of them were divided into groups, and tasks were given to them and the place where they were assigned. The clients reported to them once a month. As a volunteer, you will supervise them, look after them, remind them to obey always and give them advice. The qualifications to be a volunteer probation assistant are time, a willingness to help others, and availability at all times. He sees no benefit in volunteering, but it will become a passion as time passes. Seminars are conducted as training to educate them about this program. He said that assisting probationers is a big help to the community. He thought he was helping the probationers reform through guidance and counseling. Participant 2 has been in service for a long time; he started in 2009, stopped in 2013, and will return as a volunteer probation assistant in 2022. As a volunteer probation assistant, he was proud to be a volunteer since they are helping the community, not just the community. However, they play a considerable role in reforming the offenders too.

PARTICIPANT 3

The job and lifestyle of Participant 3, before she became a Volunteer Probation Assistant, is the same as that Participant 5 interviewed. Participant 3 is a housewife. The reason why she became a VPA is that the former president of their organization recruited her. According to Participant 3, to be qualified as a Volunteer Probation Assistant, you should have patience and knowledge about this program. There is no benefit related to money. The only advantage of volunteering is having additional knowledge about laws and socializing with offenders without fear. In addition, basic orientation is given as training. In terms of locating the clients, knowing their exact location has been a challenge for her. On the other hand, in terms of community involvement effectiveness in correcting the offender, it is effective in the way that the offender feels accepted in the community, and there is no discrimination despite what they did. It was a big help for their reformation process.

Volunteer Probation Assistants have different ways or techniques to help probationers reform. For Participant 3, the reports made by Volunteer Probation Assistants serve as a deterrent for the probationers to act appropriately, also by counseling once the probationers have done something wrong. Aside from that, one factor that makes the probationers believe that they are capable of changing is when there is someone who believes that they can still do something.

She has been a Volunteer Probation Assistant for almost 14 years. She finds her service helpful in enhancing her knowledge, and at the same time, it gives her happiness. One of the reasons why she stays in her job even though there is no compensation is that she is committed and is happy to help people. In some cities, there are only a few VPAs. Luckily, there are many Volunteer Probation Assistants in their locality, unlike in other areas. For Participant 3, only some individuals want to be part of their organization or the program because of the difficulty of recruiting people to a job without a salary. In fact, due to financial problems, they look for a job

that they think will help them and their family—moreover, lack of interest in this program. As a result, she suggested a promotional campaign so that volunteer probation assistants will be widely recognized as an information drive; she believes that it will give individuals an idea about probation.

PARTICIPANT 4

Participant Four's experiences were almost similar to those of the other participants.

Participant 4 was still a businessman before and after he became a volunteer. He owns a rental space, which is his primary source of income. There were no changes in his lifestyle after being part of this program, but some adjustments over time happened. He came across this program through the information shared by his neighborhood, eventually became part of it, and likes what he does. He shared his journey as a Volunteer Probation Assistant. All of them were divided into groups, and tasks were given to them and the place where they were assigned. The clients reported to them once a month. As a volunteer, you will supervise them, look after them, remind them to obey always and give them advice.

"Lagi mo i remind sa kanila na may care ka sa kanila. Hindi sila itatrato as nakakulong, itrato mo sila as brother and as a sister."

He said that the qualifications to be a Volunteer Probation Assistant are time, talent, and treasure. He sees no benefit in volunteering, but it will become a passion as time passes. Before, they were given an allowance of 50 pesos per client, but now they have nothing. Seminars are conducted as training to educate them about this program. He said that assisting probationers is a big help to the community. He thought he was helping the probationers reform through guidance and counseling. Offenders were afraid to be sent to jail because they knew that life inside prisons

and jails was hard. That fear became a motivation to push themselves and prove to themselves that they were capable of changing. Participant 4 has been in service for a long time; he started in 2010 and will be 13 years in April. As a Volunteer Probation Assistant, he was proud to be a volunteer since they are helping the community and playing a considerable role in reforming the offenders. Then, as a whole, volunteering brings enjoyment to him while it lasts. Participant Four only has one reason for staying in this service: the happiness they get when helping others. For him, there are only a few participants nowadays because people prefer to stay in a job with a salary than to volunteer and because of time management.

PARTICIPANT 5

Participant 5 is an old lady who was once a housewife and lived a regular citizen's life before she became a Volunteer Probation Assistant. It all started when the CPPO recruited her. Since she was a housewife, her availability was a sure thing. She was also willing to help and socialize with offenders, so she became a Volunteer Probation Assistant. According to her, they were trained through lectures about the five pillars of the Philippine Criminal Justice System, and they were also given leadership training. They were also taught how the Therapeutic Community (TC) for probationers works. In her 17 years as a Volunteer Probation Assistant, she got to know different types of people and learned how to deal with the good and the bad. Throughout her journey, the only struggle she experienced was locating clients.

"Nahirapan kami kasi minsan yung iba hindi yun yung address or kung nandoon na, hindi pa rin tinuturo na andyan siya."

As a Volunteer Probation Assistant, she has to report monthly about what she has observed from her client. In terms of her opinion about community involvement in correcting the offenders,

she believes that acceptance from the offender's family, neighbors, and community is influential because it gives them hope that they can still return to being good people. She also said that encouraging the probationers to engage in community activities such as sports and job hunting helps them feel like they belong in society. Participant 5 finds fulfillment in her job as a Volunteer Probation Assistant.

"Walang regrets kasi nakatulong ka sa kapwa mo, merong fulfillment."

Because of her age, she is not so active nowadays. On the other hand, she still stays in this job because of the bond she made with other volunteers and her commitment to this job. In her opinion, there are only a few Volunteer Probation Assistants nowadays due to the difficulty in recruiting people willing to be volunteers to help people at their own expense.

INDIVIDUAL STRUCTURAL DESCRIPTIONS

Another significant step in phenomenological research is the individual structural description of each research participant. Constructed individual structural descriptions, researchers used their interpretation of the interview and how it was experienced in structural descriptions and merged quotations to support textural meaning. Moustakas (1994) states that each participant integrates the structural qualities and themes into an individual structural description. Structural descriptions enabled the researcher to comprehend the participant's experiences in the context of the phenomenon they studied. For each participant, integrated the structural descriptions into a group or universal structural description of the experience, as mentioned by Moustakas (1994).

As a result, the researchers made and brought out individual structural descriptions from structural qualities and emerged themes of each individual's interview transcript.

PARTICIPANT 1

Through the interview with Participant 1, juggling volunteering and personal life was the most prevalent theme. Balancing its responsibilities as a Volunteer and personal life as a family member. Participant 1 was still a businesswoman, having a water business while being a Volunteer Probation Assistant.

"Still the same kung nasan ako 12 yrs ago, nasa water business at iba pa."

She was a businesswoman before, and her lifestyle had no changes. Since responsibilities were added, she manages her time appropriately to fulfill her duties.

"Sa lifestyle ko, walang changes. may naadd lang na responsibility."

The other theme that emerged was acceptance from community: efficacious in offender's reformation. The offenders feel uplifted whenever they feel or see the community's trust in them. For they feel that they still belong in the community, and there is no discrimination.

"Sa tuwing nararamdaman o nakikita nilang napapagkatiwalaan sila ng kumonidad, uplifting yon."

Though Volunteer Probation Assistants may be a small group, they can help their clients boost their confidence and give them hope that there's still a chance.

"Kahit na maliit na grupo lang itong VPA, alam ko na nakakapagbigay ito ng liwanag, natutulungan sila na magkaroon pa ng kumpyansa sa sarili, na may chance pa."

Being accepted in the community helps the offender in the reformation process.

PARTICIPANT 2

The theme that stood out the most during the interview with Participant 2 was Juggling Volunteering and Personal Life. Volunteers have had to balance their time between volunteering and their personal lives since they entered the service. Just like other Volunteer Probation Assistants, Participant 3 sometimes struggles with time management since he is a pastor, he has a family, and at the same time, he must supervise and guide his clients.

*"Isa na po akong pastor at hanggang sa kasalukuyan ay pastor pa rin ako,"
he stated.*

*"Syempre mahirap by means of schedule kasi may family ka din tapos may
duty ka rin para sa sarili mong profession", he stated.*

Because of the roles he has to perform in his life, he needs to set boundaries between work, personal life, and volunteering, make necessary adjustments, and, most of all, have efficient time management to fulfill each of his duties. In his years of serving the community members as a Volunteer Probation Assistant since 2009, he has applied his wisdom as a pastor in guiding his clients, so it almost looks like he has been doing his job as a pastor while being able to help the offenders.

PARTICIPANT 3

The theme that stood up the most during the interview with Participant 3 is Feast of Reasons for Constant Service. Volunteers were committed because they found happiness in what they did. Like the other Volunteer Probation Assistants, Participant 3 is happy when she helps individuals reform. Even though she knows that this job has no salary, she still stays. Her reason for staying in the volunteer service is that

“Siguro pangako ko na rin siya, 'yung committed ako. Nangako kasi ako na as VPA, may pangako kami na bilang volunteer ay hindi kami aalis dito sa grupo na 'to bagkus ay 'yung tulong namin sa office, sa kliyente ay ipagpapatuloy lang namin.”

There is just a person like Participant 3 who, even though she knows that there is no return or benefits that will get into the program, just chooses to stay because she loves what she does and it makes her happy. As what she said,

“Masaya kasi ako e, na habang ginagampanan ko ang volunteer dito sa VPA, nakakataba sa puso ko. 'Yun bang parang tipo na kahit wala kang sahod, pero mayroon kang maliit na bagay kahit hindi sa pera, may nagawa kang tulong sa kapwa mo.”

She treats her clients as her family in her fourteen years of service. She became a tool and strength for the offenders. She became their guide. It may be challenging to be with the offenders, but as long as she can help, she will help in any way.

“Malaking bagay sa kanila e, iyong magbigay ka ng inspirational words, sa kabila ng ako ay babae ay hindi ako takot na humarap sa kanila. Challenge diba? At the same time nakakatulong ako.”

PARTICIPANT 4

The theme that has been the main highlight of Participant 4's answer is the Feast of Reasons for Constant Service. Volunteers dedicate their time and efforts to other people without compensation, specifically in terms of money or salary. Since they do not receive a salary for the service they provide, it may be implied that they have their reasons for being engaged in volunteering. This can be reflected in the answers provided by Participant 3:

"Kahit na wala kaming sahod, kung na-try mo na at naging volunteer ka, mapapamahal ka na sa pagvovolunteer", "Masaya naman ako sa experience kasi nagtagal nga ako e. Kung hindi naman ako masaya, hindi sana ako nagtagal" and "Yung nakakatulong ka, maligaya na kami doon".

Volunteers like Participant 4 gain happiness in exchange for helping the offenders in their reformation. This must be why they keep working as Volunteer Probation Assistants even though they are not paid for it. They spend their resources and time attending to their client's needs because volunteering brings them joy.

PARTICIPANT 5

The main theme that emerged from participant 5's interview was stammering blocks. A situation known as "stumbling blocks" makes life tough for a person. Participant 5 encountered difficulty in finding or tracking the client's residence and also experienced the denial of people that even the person *they are looking for is there, as she stated,*

"Nahirapan din kami. Nahirapan kami kasi minsan yung iba hindi yun yung address or kung nandoon na, hindi pa rin tinuturo na andyan siya".

According to her, the reason why it is difficult to recruit others to join this volunteer probation assistant program is that everyone has his own reason:

"Kumokonti kasi matanda na. Mahirap kasi mag-recruit ng taong hindi willing maging volunteer at yung mga pupuntahang probationer e malayo tapos yung gastos sarili."

COMPOSITE TEXTURAL-STRUCTURAL DESCRIPTION

The last step of the phenomenological analysis was combining the individual textural and structural descriptions into a composite textural-structural description. Moustakas (1994) states, "The final stage in the phenomenological research process is the intuitive integration of the fundamental textural and structural descriptions into a coherent statement of the essences of the phenomenological experience." Moreover, phenomenology allows the reader to discuss lived experience, which gives meaning to each person's perception of a phenomenon and therefore presents to the individual what is true or accurate in his or her life.

There were three main themes identified in this study Journey of Volunteer Probation Assistants, Restorative Justice, and Publicizing Volunteerism Program with six sub-themes: Key Ingredients to be a Volunteer Probation Assistant, Juggling Volunteering and Personal Life, Feast of Reasons for Constant Service, Stumbling Blocks, Acceptance from Community: Efficacious in Offender's Reformation, and Meeting of Minds to Address Dilemmas.

Key Ingredients to Be a Volunteer Probation Assistant

Respondents followed several steps and processes before joining the Volunteering program. These participants started when someone recruited them for this service, then underwent qualifications; after being qualified, they were instructed to attend orientation and training first. These participants have learned that a job exists, such as a Volunteer Probation Assistant. Their connections allowed them to help people in need, specifically the probationers. They were recruited by people they knew from their organizations and their community. In the case of Participant 3, she was recruited by the president of the organization she was in. Since the volunteers will be working for the Parole and Probation Administration, some people think there are high

qualifications for one to be a Volunteer Probation Assistant causing their number to be low. However, the current Volunteer Probation Assistants say otherwise. According to Participant 2,

"Ang mahalaga ay ikaw ay willing sa ganitong trabaho, available ka sa oras na may programs."

In addition, Participant 5 stated:

"Di naman sila mahigpit sa kwalipikasyon basta as long as willing ka magtrabaho, may interes, willing ka makitungo at makisalamuha sa mga nagkasala."

Participant 2 mentioned,

"Nagkaroon ng mga programs and seminars kung paano namin maihandle ng ayos yong mga taong hinahandle namin". Moreover, "Sa training, dumaan ako ng formation, basic orientation."

This is for the Volunteer Probation Assistants to be informed of their duties and responsibilities and to function effectively as helpers of the probationers for their reformation. They are given seminars and training before guiding their clients to know the dos and don'ts in supervising the probationers.

Juggling Volunteering and Personal Life

Most of the Volunteer Probation Assistants once lived an average citizen's life before they became volunteers. Most of them are homemakers, some are running small businesses, while others are already helping other people in their little ways, such as by sharing the words of God.

"Bago pa ako mapunta sa ganitong trabaho ay isa na po akong pastor at hanggang sa kasalukuyan ay pastor pa rin ako,"

As stated by Participant 2 when asked what his job was before he became a Volunteer Probation Assistant. Although the probationers were once just ordinary citizens, they found a way to help others through volunteering without sacrificing their happiness.

Feast of Reasons for Constant Service

The journey of every volunteer explains why they still choose to stay in this service without being paid. Anyone would only be able to continue volunteering if they found it worthwhile. These Volunteer Probation Assistants showed how much they loved what they did, so they served for so many years, *"since 2009, about 14 years."* Some participants started it just for fun, but as the years passed, they realized that they were doing it for some reason and learned to love it.

"I think 10 to 12 years na ako dito sa gantong serbisyo. Nung una barubal lang pero natutunan kong magmahal."

One respondent said she almost started in 2005 but was still in the service *"2005 pa ako, 17 years na."* They eventually fell in love with what they do, their co-volunteers, and those offenders they wanted to help too. The majority of respondents stated that their work is challenging in various ways, but even though it's difficult, and there are times when they want to give up due to conflicts between their time with their family and helping their clients and having financial problem, if you love what you do and you know you can be a tool to help people, you'll always find a way.

"Syempre mahirap by means of schedule kasi may family ka din tapos may duty ka rin para sa sarili mong profession." but " Walang regrets kasi nakatulong ka sa kapwa mo, merong fulfillment. Minsan nawawalan ako ng gana pero maiisip ko volunteer nga ako, gusto ko makatulong."

Volunteers found a good reason to stay in order to be an instrument for probationers to change

"Dahil nakita ko na may talent naman sila pero kulang sila sa kakayanan o tools kaya kami ang magiging tools para makatulong sa kanila".

Stumbling Blocks

Volunteer Probation Assistants encountered challenges in their service as volunteers. Most of them found it difficult to locate some clients when assigned to a particular area or an unfamiliar place. They are having a hard time locating the address, and they saw it as a challenge in their journey as Volunteer Probation Assistants,

"nahihirapan kami kasi minsan yung iba hindi yun yung address, or kung nandoon na, hindi pa rin tinuturo na andyan siya."

Volunteers were assigned to different places to handle clients, and probationers were instructed to report to them at least once a month.

"Halimbawa sa area na 'to GMA, may tanong nandoon at mayron sila probation, ikaw ang nahawakan non."

They were also given a case study about probationers and instructed to be at a particular location. There were instances where nobody assisted them or guided them,

"kasi based sa experience ha, somewhere in Imus nandoon na kami sa lugar di na kami inintindi."

Though it is challenging for volunteers to know the exact location of the client, an accurate address given to them somehow helps them.

"Challenging sa akin kasi hindi ko alam yung place pero dahil sa address, natunton ko."

The volunteers also gave their insights about the problem of having few Volunteer Probation Assistants in the country. The reason why there are only a few Volunteer Probation Assistants is,

"Siguro financial. Tutulong ka sa kapwa, e ikaw mismo hindi ka financially stable kaya siguro mas gusto ng iba na dun na lang magtrabaho sa may sweldo. Una po ay kulang sa information, pangalawa po ay syempre natatakot sila dahil galing kulungan ang haharapin naming mga tao, pangatlo po ay siguro di nila alam kung paano nila gagawin ang ganitong profession dahil kulang sila sa edukasyon sa ganitong profession", "mahirap magrecruit kasi ang unang tanong, "May sahod ba?", "Unang una, yung iba naghahanap ng allowance. 'Yung iba naman, may conflict sa schedule. Pangatlo, medyo malayo ang lugar." and "Kumukunti kasi matanda na".

These situations led them to realize that it is really hard to engage in that kind of job if you are financially unstable and have no idea about probation.

Acceptance from Community: Efficacious in offender's reformation

Acceptance refers to acknowledging and allowing the present experience. Regarding not only our own acceptance, but also the acceptance of those around us. Community involvement plays a big role in the reformation of offenders by means of acceptance—accepting the mistake they made but still welcoming them back into society after serving the punishment.

"Kahit maliit na grupo lang etong VPA, alam ko na makakapagbigay ito ng liwanag, natutulungan sila na magkaroon pa ng kumpyansa sa sarili."

There were offenders that appreciated the corrective measures much better when there was community involvement rather than serving in prison, for they felt that they still belonged in the community.

"Malaki po ang tulong ng community. Pag po tinanggap nila yung tao na sa kabila ng ganon sila, kahit papaano normal na pagkilos. Kasi wala ang discrimination pag tinanggap ka ng community."

Community involvement is effective because of the trust given by the people to offenders, even if they are hopeless. Accepting that, like all humans, we have strengths and weaknesses and that we are capable of making mistakes and sometimes failing

"Sa tuwing nararamdaman o nakikita nilang pinagkatiwalaan sila ng komunidad, uplifting yon."

Meeting of minds to address dilemmas

Volunteers shared their thoughts on how they were able to help the probationers in their reformation. Counseling relieves mental health, relationship, and situational issues by providing a safe place to vent,

"Parang nasa mediation ka, mine-mediate mo sila."

They saw counseling as talk therapy; offenders receive counseling to help them deal with significant life changes. They were given a chance to converse with probationers to address some issues, provide the tools and insights to manage mental health issues, and give advice.

"Bibigyan mo lang sila ng magandang advice, parang counselor nila."

They serve as saviors in probationers' drowning thoughts, giving them light in the darkest moment of their lives by having someone who will listen without judgment and helps people navigate difficult life situations,

"sa pag coconsult, pinaparangalan, at moni-monitor."

Publicizing Volunteerism Program

To be widely recognized the Volunteer Probation Assistants, participants suggests,

"magandang magkaroon ng seminar halimbawa sa mga barangay nang sa gayon, mas makilala itong programa.", "Pwede ma promote etong programa sa pamamagitan ng paggawa ng facebook page about vpa at mag a upload ng mga vids at picture bilang update sa journey at maipakita yung different activities, maraming magsheshare, at ilalagay sa page na do you want to be one of us ganon. ", "Information Drive.", "Sa amin kasi, hindi kami pwedeng magpatupad ng ganyan. Nasa hepe namin yan. Magbibigay lang kami ng idea. Siguro dapat magbigay ng lecture tapos magkakaroon ng open forum.", "Bukod sa mga seminar, talagang isa dyan ay yung pag rerecruit, pagbibigay ng mga flyers at saka paghikayat through social media."

In that way, it is possible for the people to join that organization.

The Essence of Their Experiences

The findings showed that the participants of this study had an everyday life before and after they became Volunteer Probation Assistants. Two have businesses; one is a pastor, and the other is a housewife. According to them, there are no formal qualifications to become Volunteer Probation Assistants, and anyone is qualified as long as they have the willingness and time to perform the duties. Participants have shared their stories of how they became part of the service. All of the participants were introduced to this program by someone they knew. One participant was close with the former president of the organization, who introduced her to the program. All participants served for more than ten years except Participant 2, who has been in the service for only five years. Several participants volunteered only for fun and did it as a pastime but eventually embraced and loved the job. Everyone said that staying in that job has no material benefits. However, for them, the happiness and fulfillment that volunteering gives are more than enough reasons to keep helping the probationers. Before and during their journey, the participants attended seminars about the Volunteerism program and were trained to supervise the probationers. In their long run as Volunteer Probation Assistants, they have met different clients and gone to different locations where, in some places, they struggled to find the exact location of offenders because people around the neighborhood refused to point out where the client was. After analyzing the respondents' answers, the researchers deduced that community involvement plays a significant role in reforming offenders by accepting them despite their mistakes. Offenders appreciate the corrective measures much better when there is community involvement rather than serving in prison, for they feel they still belong in the community. With the help of Volunteer Probation Assistants who serve as the first people to accept them without looking at their wrong sides, offenders believe they can change their behavior and become good citizens once again.

Moreover, researchers devised several reasons for only a few Volunteer Probation Assistants. First was the need for more information about the program since people were unaware that the Parole and Probation Administration needed volunteers for its Volunteerism program. Then most people are financially unstable, so they choose a job with a salary over volunteering.

V. DISCUSSION

Community involvement plays a significant role in the reformation process of the offenders. Having someone who believes in their ability to change, demonstrating to offenders that there are positive outcomes if they are law-abiding citizens, believing that they can still do something, family and community acceptance, and addressing their issues through counseling are the factors that can help probationers in their reformation process. Most volunteer probation assistants describe their experiences as challenging yet fulfilling. It may be challenging in various ways, but even though there are times when they want to give up due to conflicts between their time with their family and helping their clients and having financial problems, they are happy with what they do, and they find it fulfilling. To be widely recognized, the Volunteer Probation Assistants should conduct seminars in different areas and spread information through social media.

These findings suggest several courses of action; first, conduct a seminar to recognize this program since it has been proven that Volunteer Probation Assistants are a big help in reforming offenders. By doing this, people will know more about the volunteer program, which can help recruit more people who are interested in becoming Volunteer

Probation Assistants. The second is to launch a series of information drives to disseminate knowledge about Volunteer Probation Assistants' journey and how to be part of it. Third, the researchers recommend that the government should have funds for volunteers' daily allowance so

more will be encouraged to join the program and lessen their financial difficulties. Future researchers should conduct competence and awareness assessments regarding the presence of Volunteer Probation Assistants at the Barangay level.

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Phenomenological Study on the Emotional Impact of Sexual Harassment to Generation Z Victims

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I. ABSTRACT

This study aims to analyze the emotional impact of sexual harassment on Generation Z victims in Tagaytay City. Numerous researchers have studied this phenomenon, but this study will focus on the emotional impact of the victims and how sexual harassment has been continuously experienced by Generation Z. This is a qualitative type of study, specifically the interpretative phenomenological research design. According to Given (2008), The approach known as interpretive phenomenology, or hermeneutical phenomenology, operates under the belief that humans fundamentally engage in interpretation in all aspects of their being. This qualitative approach aims to provide detailed examinations of personal lived experiences. The interviews conducted by the researchers resulted in exploring the experiences and effects on the emotional state of Generation Z after experiencing sexual harassment. This research had negative results. Some of the participants experienced different kinds of emotions and trauma. However, despite what happened, despite how hard it is to forget, the victims opted to distract themselves from forgetting everything and starting a new chapter of their lives.

Sexual harassment victims in Generation Z find it difficult to forget their experiences. Sexual harassment victims frequently exhibit emotional and psychological symptoms. To stop sexual harassment, organized awareness-raising and education campaigns, such as information sessions, public service announcements, or bystander intervention training, are recommended.

Keywords: *Sexual Harassment, of Generation Z, Awareness-raising, Education campaigns*

II. INTRODUCTION

Sexual harassment is unwelcome sexual conduct that creates a hostile work environment and interferes with one's job. It can happen as a single incident or multiple incidents over time. It includes a range of behaviors, such as inappropriate touching and sexual comments. It is also considered a chronic stressor because it causes physical and mental stress to the targeted workers during their daily activities. According to Dr. Cullen, experiencing sexual harassment can develop new symptoms of depression and anxiety or worsen pre-existing conditions.

Sexual violence is a threat to both peace and security. It prevents women from engaging in peace and democratic processes, as well as reconstruction and reconciliation after a conflict. It can become a way of life as a weapon of war: once embedded in society's fabric, it endures long after the guns have fallen silent. The experience of rape can result in a range of losses for women, including their physical and mental health, ability to make a living, relationships with spouses and family members, and networks of support. This can lead to a breakdown in the societal norms that uphold communal values, potentially impacting future generations.

According to a study by Parker in 2018, almost half of the women surveyed (49%) believed that sexual harassment is widespread in male-dominated workplaces, while 33% believed it to be prevalent in female-dominated workplaces. The majority of offenders were reported to be male. EEOC's data also shows that a considerable number of sexual harassment cases (7,609) were reported by men in which the offender was typically male. In contrast, According to data from the Department of Social Welfare and Development (DSWD), the Philippine Statistics Authority (PSA) reported that 420 women were trafficked in 2019, a 66.7% increase from the 252 cases reported in 2018. Similarly, the DSWD data revealed that 222 women were sexually exploited in 2019, 55.2% higher than the 143 cases reported in 2018.

The PSA also obtained information from the Philippine National Police (PNP) stating that there were 2,162 reported cases of rape in 2019, which is a 30.6% increase from the 1,656 cases reported in 2018. Additionally, the PSA found a 15.1% increase in cases of physical injuries reported to the PNP in 2019, with 16,251 cases reported compared to 14,116 in 2018.

This study aims to analyze the emotional impact of sexual harassment on Generation Z victims in Tagaytay City. Numerous researchers have studied this phenomenon, but this study will focus on the emotional impact of the victims and how sexual harassment has been continuously experienced by Generation Z. The gap in other studies is that this study enlightens and explain the effects on the emotional state of these individuals after experiencing sexual harassment.

During the interview, the researchers determined how Gen Z victims cope with their incident/experience, how they process the emotions from their experience, if their experience affected their way of socializing, and whether their experience/incident caused changes to their goals/pursuits in life. Researchers aim to provide a reference for every individual to understand and help those who experienced this situation.

III. METHODOLOGY

The researchers adopted a qualitative type of study, specifically the interpretative phenomenological research design. According to Given (2008), The approach known as interpretive phenomenology, or hermeneutical phenomenology, operates under the belief that humans fundamentally engage in interpretation in all aspects of their being. This qualitative approach aims to provide detailed examinations of personal lived experience. Phenomenology studies the universe of existence as people experience it (vanManen, 1997). Instead of treating reality or the universe as something apart from the individual, it focuses more on how a person perceives the world (Valle et al., 1989).

The sampling to be used in this paper is a non-probability sampling technique called volunteer sampling. Statistics Canada (2021) described participants in this technique as screened to fit the criteria for the study. In the context of the paper, discussing sexual harassment is difficult for the victim, so participants who fit the criteria of being (1) an individual belonging to Generation Z and (2) a victim of sexual harassment may volunteer and participate in the study.

The participants of this study will be individuals who are within (1) Generation Z, which means those who were born around years 1997-2012 or who are currently 10-25 years old and must be (2) female. The researchers highlight that the study welcomes those willing to participate since the nature of the study may be too personal and confidential for others. Rest assured that the researchers will gather data that will be kept confidential and for academic purposes only. All participants are from Cavite, and their age range is 10-25 years old.

Since this study is qualitative, the researchers chose to compose their own semi-structured questions for the data-gathering process. The researchers will be constructing an in-depth interview guide questionnaire. This instrument elicits information on the respondents' experiences as victims of sexual harassment. The interview guide questionnaire will help the researcher determine the emotional impact of sexual harassment on victims within Generation Z.

The researchers will conduct a one-on-one interview with five key participants' victims upon their availability and their provision of consent. The researchers constructed a semi-structured questionnaire that was used for the interview proper. The researchers will also brief the participants that the interview process will be recorded for transcription, which will be used solely for academic purposes. Upon the participants' confirmation and provision of consent, the researchers will proceed with the interview properly. After completing the interviews, the

researchers will collect the recordings and begin transcribing the interview, then will proceed to break down the interview results for a comprehensive and in-depth analysis.

IV. RESULT

Theme 1. Trauma and Vulnerability.

Theme 1 entails that respondent shared their experiences regarding traumas in their past experience of sexual harassment. As stated in R.A. 7877, An Act Declaring Sexual Harassment Unlawful in the Employment, Education or Training Environment and for other purposes, was enacted on February 14, 1995, and became effective on March 5, 1995, fifteen days after its publication in the Malaya and Times Journal on February 18, 1995.

Each participant uniquely experiences sexual harassment. They all experience similar fundamental emotions both during and immediately after the incident. Their emotions are a reflection of their traumas and vulnerabilities.

Table 1.
Theme 1 and Evidence

<i>Participants</i>	<i>Significant statement</i>	<i>Codes of Unit Meaning</i>	<i>Themes</i>
<i>Participant 1</i>	<p><i>“I felt so shocked...”</i></p> <p><i>“I felt like I was traumatized, I became uneasy with the surroundings...”</i></p> <p><i>“There's still a part of me that I'm uneasy</i></p>	<p><i>They are scared, vulnerable and they feel helpless</i></p> <p><i>Lingering trauma that</i></p>	

	<p><i>around other people or I'm afraid of other people who approach me."</i></p>	<p><i>makes them more vulnerable</i></p>	
<p><i>Participant 2</i></p>	<p><i>"At the moment I'm really nervous and I really don't know what to do. It's like mixed emotions."</i></p>	<p><i>They are scared, vulnerable and they feel helpless.</i></p>	<p><i>Trauma and Vulnerability</i></p>
<p><i>Participant 3</i></p>	<p><i>I'm emotional and very scared. I don't know what I'm going to do like that and who I'm going to tell."</i></p>	<p><i>They are scared, vulnerable and they feel helpless.</i></p>	
<p><i>Participant 4</i></p>	<p><i>"I was afraid and I was shocked like I can't scream and I can't call for any help."</i></p>	<p><i>They are scared, vulnerable and they feel helpless.</i></p>	
<p><i>Participant 5</i></p>	<p><i>"I was totally shocked after the incidents; I honestly don't know what to feel."</i></p>	<p><i>They are scared, vulnerable and they feel helpless.</i></p>	

The first theme was primary traumas and vulnerability. The significant statements above show how the participants felt during and after the incident. The most notable emotion, as seen above, is that they were shocked, afraid, nervous, and uneasy. It is also familiar with the participants who did not know what to do, which necessitates that they were scared and vulnerable and felt helpless during those situations. Furthermore, they do not know what to do and are incapable of screaming and asking for help is evident. Lastly, it is implied that all participants have lingering trauma that makes them feel and be more vulnerable.

In a study by Ford & Ivancic (2020), women and young professionals are likelier to feel vulnerable to sexual harassment. Moreover, victims of sexual harassment tend to feel more helpless than resilient in workplaces that are more accepting of the practice. Furthermore, organizations should establish and promote various types of social support to combat relational norms that foster sexual harassment cultures and enhance emotions of vulnerability and exhaustion. Most resilient sexual harassment victims used emotional and problem-focused coping. Peer assistance is necessary to meet the emotional requirements of victims. Hence organizations wanting to boost social support may choose to create mentorship programs.

Theme 2. Divert and Overlook

Theme 2 entails that respondent shared their experiences regarding sexual harassment that occupies a victim's mind, and these incidents are not easy to forget and leave behind. Participants opted to distract themselves from the incident, so they did not focus on it as much as possible.

As declared to Republic Act 7610 or an Act Providing Stronger Deterrence and Special Protection of Children against Child Abuse, Exploitation, and Discrimination. It is now declared to be the policy of the State to provide special protection to children from all forms of abuse, neglect, cruelty, exploitation, discrimination, and other conditions prejudicial to their development; provide sanctions for their commission and carry out a program for prevention

and deterrence of and crisis intervention in situations of child abuse, exploitation, and discrimination. The State shall intervene on behalf of the child when the parent, guardian, teacher, or person having care or custody of the child fails or is unable to protect the child against abuse, exploitation, and discrimination or when such acts against the child are committed by the said parent, guardian, teacher or person having care and custody of the same.

Table 2

Theme 2 and Evidence

<i>Participants</i>	<i>Significant statement</i>	<i>Codes of Unit Meaning</i>	<i>Themes</i>
<i>Participant 1</i>	<p>“...I divert my attention to so many things I was busy I made myself busy that I couldn't think about him anymore.”</p> <p>“...going out with my friends, but my attention is diverted and I can't think about what's happening to me.”</p>	<p><i>They keep themselves busy in order to distract themselves effectively</i></p>	
<i>Participant 2</i>	<p>“I'm trying to move forward after the incident. I'm trying my best to forget it as</p>	<p><i>They decide not to think of the incident/s with the aim to forget it</i></p>	Divert and Overlook

	<p>long as I can.”</p> <p>“I do things that distract me from remembering the incident.”</p> <p>“I really want to forget the harassment that I encountered.”</p> <p>“...I focused on my career modeling.”</p> <p>“I just try to forget all of it so I can move on.”</p> <p>“I just sleep because it’s the only thing that keeps me from thinking about the incident.”</p>	<p><i>They keep themselves busy in order to distract themselves effectively</i></p> <p><i>They decide not to think of the incident/s with the aim to forget it</i></p> <p><i>They keep themselves busy in order to distract themselves effectively</i></p> <p><i>They decide not to think of the incident/s with the aim to forget it</i></p> <p><i>They keep themselves busy in order to distract themselves effectively</i></p> <p>.</p>	
<p><i>Participant 4</i></p>			

The second theme was about how the participants divert and overlook; it encompasses significant statements portraying how they cope with what they have experienced. The majority of them acknowledged how they want to forget about the incident/s to get back to their life, like how it was before. Some participants engage in different activities and refocus themselves in hopes of prompting themselves not to think about such unfortunate incidents.

In a study by Akbari et al. (2020), even after a long time has passed, victims are still unable to manage their post-traumatic stress disorder or forget what happened, which has established a schema in their thoughts. However, social and cultural elements could not address the most prevalent symptoms, depression, and hostility.

Theme 3. Reminiscing and Trust Issues

As stated in RA 11313 safe spaces act (Bawal Bastos Law) is An Act Defining Gender-Based Sexual Harassment in Streets, Public Spaces, Online, Workplaces, and Educational or Training Institutions, Providing Protective Measures and Prescribing Penalties. It is the policy of the state to value the dignity of every human person and guarantee full respect for human rights. It is likewise the state's policy to recognize women's role in nation-building and ensure fundamental equality before the law of women and men. The state also recognizes that both men and women must have equality, security, and safety in private and on the streets, in public spaces, online, in workplaces, and educational and training institutions.

Being around many people may not be comforting for sexual harassment victims because of the trauma and fear that may linger in their minds. The way they socialize may have been affected by their encountered incident, which makes them socialize differently after such incident/s and develop skepticism with individuals around them.

Table 3.

Theme 3 and Evidence

<i>Participants</i>	<i>Significant statement</i>	<i>Codes of Unit Meaning</i>	<i>Themes</i>
<i>Participant 1</i>	<p><i>“I’ve been such a sociable person before I used to go out with my friends to parties.”</i></p> <p><i>“After that incident I feel so hard socializing with other people, even with my friends.”</i></p> <p><i>“It’s been so hard to socialize with others because I always think what if that happens again...”</i></p> <p><i>“I don’t trust people as easily like before I used to.”</i></p>	<p><i>They acknowledge how sociable they are as compared to they are now</i></p> <p><i>Expression of their struggles on how to socialize after the incident</i></p> <p><i>They find it difficult to trust other people</i></p>	

<p>Participant 2</p>	<p><i>“I have a lot of trust issues especially with the man after the incident. Even my closest friends, I think bad things about them, I can't help but doubt the people around me.”</i></p> <p><i>“Maybe my mindset is on trusting people and I can say that you don't easily trust people even though it's your relatives.”</i></p> <p><i>“Yes, I am a sociable person when that happens.”</i></p>	<p><i>because of the incident</i></p> <p><i>They find it difficult to trust other people because of the incident</i></p> <p><i>They developed doubts even to their relatives because of the incident</i></p>	<p><i>Reminiscing and Trust Issues</i></p>
<p>Participant 4</p>	<p><i>“After that incident everything has changed in my life, my social aspects and my social life also.”</i></p> <p><i>“I feel like no one is true to me and I can't trust anybody.”</i></p> <p><i>“My trust, it became</i></p>	<p><i>They acknowledge how sociable they are as compared to they are now</i></p> <p><i>They find it difficult to trust other people because of the incident</i></p>	

Participant 5	<i>hard for me to trust someone.”</i>	<i>They find it difficult to trust other people because of the incident</i>	
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The last theme is about the participants' Reminiscing and Trust Issues. Being sexually harassed is not something that passes quickly. It is closely tied to the victim until they grow older, and it even changes how they socialize or interact with others. As seen in the excerpt of the participants' significant statements, they know that a lot has changed since encountering such an unfortunate incident. Moreover, they acknowledge that before the incident, they were much more sociable and tended to talk and be with other people easily. Their feeling of uneasiness and gaining trust issues are all a response to their being sexually harassed, which is then their trauma.

A study conducted by Mostajabian et al. (2019) found that participants with trauma histories expressed that this led to their mistrust of other people and institutions, making it difficult for them to seek help when needed. Early adolescence is a crucial time for social and emotional development, and exposure to exploitation during this time can have long-lasting impacts on a person's sense of safety and capacity to access resources.

V. DISCUSSION

According to the Equal Employment Opportunity Commission (EEOC), sexual harassment includes unwanted sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature in the workplace or learning environment.

The study explores this particular aspect of violence to understand the impact of sexual harassment further. The victims will feel an emotional impact due to the numerous harassment

between generation z and preparation. This should be avoided because it is, first and foremost, illegal. Second, until the offender matures and changes their behavior, the victim will suffer the consequences of sexual harassment. Trauma and anxiety will also impact the person's mental health. Additionally, it may catalyze suicide.

The researchers recommend the following: Fighting sexual harassment should thus be an essential component of well-being policies and policies aimed at creating a gender-friendly work environment or promoting gender equality in academia; When developing policies to address sexual harassment, it is essential to remember that sexual harassment is a process with long-term consequences; Addressing sexual harassment not only as an individual issue but also as a structural issue with gendered power dynamics. Recognizing that prevention and solution should not be limited to the individual subjected to sexual harassment and the perpetrator; Organizing awareness-raising and training activities such as information sessions, advertisements, or bystander-intervention training to prevent sexual harassment and lower the barriers to seeking help for individuals subjected to sexual harassment; Taking special care to avoid a culture of mockery, victim blaming, or disparaging language.

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