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Published by
Ascendens Asia Publishing Pte. Ltd.

Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts

Volume 7

Number 3

July 2025

9th SIMP-AAIRI-BCP

Multidisciplinary Research Festival



SINGAPORE INSTITUTE OF
MULTIDISCIPLINARY
PROFESSIONS



ASCENDENS ASIA
— PUBLISHING —

ISSN Number: 2661-4472

Recommended Citation

9th SIMP-AAIRI-BCP multidisciplinary research festival abstracts. (2025). *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3). <https://ascendens.asia/AASgBCPJMRA/7/3>

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ARCHITECTURE

NATURE-INSPIRED ARCHITECTURE: DEVELOPING A BIOMIMETIC SUPER MALL IN MUZON CENTRAL, BULACAN

ABSTRACT

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Architecture

KEYWORDS

*biomimetic architecture;
muzon central; super mall
development; mall
accessibility; nature-inspired
design; civil engineering*

ARTICLE ID

AASGBCPJMRA-B81936

Malls contribute significantly to economic growth and urban convenience; however, some areas remain underserved due to issues such as traffic congestion and limited accessibility. Muzon Central in Bulacan is one such area, with the nearest mall located over 7.1 kilometers away, resulting in long and inconvenient travel for residents. This research proposes the development of a biomimetic super mall in Muzon Central to address the lack of accessible commercial infrastructure. By applying principles of nature-inspired architecture, the study aims to promote sustainability, improve access, and support local economic activity. The study employed a quantitative-descriptive research design using purposive sampling. Data were collected through a survey questionnaire designed to assess the level of acceptability of the proposed mall model in terms of construction materials, floor plan, architectural features, structural integrity, and overall presentation. Respondents included five civil engineers and five architects. Statistical tools such as percentage, frequency, weighted mean, and t-test were used to analyze the data and compare the responses of the two professional groups. The proposed biomimetic mall design was rated as “acceptable” across all evaluated criteria. Civil engineers provided an overall mean score of 3.16 with a variance of 0.272, while architects gave an overall mean of 2.94 with a variance of 0.221. Both groups shared the same alpha level (0.05), t-critical value (2.160), and t-computed result (0.713), indicating no statistically significant difference in their assessments. These findings suggest that the model is considered viable by both engineering and architectural professionals. To improve the proposed design further, respondents recommended enhancing specific architectural details and utilizing more durable construction materials to ensure structural longevity and functional accuracy. These suggestions reflect a shared emphasis on sustainability, durability, and performance in the final design. The study demonstrates that nature-inspired architectural principles can be effectively applied to urban infrastructure projects and highlights the feasibility of constructing a biomimetic mall in underserved regions like Muzon Central.

RECOMMENDED CITATION

Alim, Z. F., Arboleda, P. C., Arcenal, M. A., Canong, J. V., Diong, G., & Esporlaz, C. (2025). Nature-Inspired Architecture: Developing a Biomimetic Super Mall in Muzon Central, Bulacan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 2.

CHEMICAL ENGINEERING

DEVELOPMENT OF ALTERNATIVE WHITEBOARD MARKER INK USING CHARCOAL AND USED ENGINE OIL

ABSTRACT

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Chemical Engineering

KEYWORDS

*alternative ink; whiteboard
marker; used engine oil;
charcoal ink; ink
acceptability; sustainable
materials*

ARTICLE ID

AASGBCPJMRA-B64499

This study evaluates the potential of producing an alternative whiteboard marker ink using used engine oil and charcoal—two materials that are both sustainable and readily available. The research explores whether this combination can provide a viable substitute for commercial marker inks. Specifically, the study focuses on the ink's writing performance, erasability, and durability on whiteboard surfaces. The primary objective is to assess the acceptability of the developed ink in terms of its color, quality, and usefulness, while also identifying its unique features. An experimental research design was employed, with six participants serving as respondents and evaluators. Charcoal powder and used engine oil were mixed to achieve the desired ink viscosity and a smooth writing texture. The developed ink was evaluated using a structured survey questionnaire rated on a 4-point Likert scale. The responses were analyzed using weighted mean to assess the ink's unique features and to determine its acceptability in terms of color, quality, and usefulness. The findings indicated that the developed ink exhibited favorable characteristics in terms of writing performance and functionality. The average rating for the unique features was 3.78, suggesting that the materials contributed to the ink's distinctive qualities. The ink's color received an average rating of 3.77, while quality and usefulness each received 3.78 and 3.77 respectively. All values were interpreted as "Strongly Agree," confirming the high acceptability of the ink among respondents. The study concludes that charcoal and used engine oil are acceptable components for developing alternative whiteboard marker ink. However, the environmental impact of charcoal, particularly with excessive use, raises concerns. As a result, future research is encouraged to focus primarily on using used engine oil as the main component to improve sustainability and minimize ecological impact. The study demonstrates the potential for creating cost-effective and functional ink alternatives through innovative material repurposing.

RECOMMENDED CITATION

Abrasado, A. J., Llosa, M. S., Medalla, K. G., Punzal, R. L., & Retutal, C. M. (2025). Development of Alternative Whiteboard Marker Ink Using Charcoal and Used Engine Oil. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 4.

CHEMISTRY

AN INVESTIGATORY OF SERPENTINA (SERPENTINA RAUWOLFIA) AS PAIN RELIEVER ESSENTIAL OIL

ABSTRACT

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Chemistry

KEYWORDS

*natural pain reliever;
rauwolfia serpentina; essential
oil; product acceptability;
traditional medicine; topical
application*

ARTICLE ID

AASGBCPJMRA-B07098

Rauwolfia serpentina is a medicinal plant renowned for its long-standing use in traditional medicine and its diverse pharmacological effects, largely attributed to its monoterpene indole alkaloids. While extensively studied for its internal therapeutic applications, its potential as a topical pain-relieving essential oil remains largely underexplored. This study investigates the efficacy and safety of a Rauwolfia serpentina essential oil formulation for external use in pain management. It aims to fill critical knowledge gaps related to optimal concentrations, ingredient interactions, long-term effects, and specific pain conditions. The research aspires to develop a safe, effective, and sustainable natural alternative for topical pain relief. This study adopted a quantitative-experimental research approach, utilizing purposive sampling to select respondents. A structured survey questionnaire was used to evaluate the acceptability of the proposed product based on five criteria: texture and consistency, cooling effect, fragrance and aroma, ease of use, and overall presentation. Data were analyzed using descriptive statistics such as frequency, percentage, Likert scale, and weighted mean, as well as inferential tools including the t-test and f-test to determine any significant differences between the evaluations of the two respondent groups. The results of the investigation indicate that the proposed model is considered "highly acceptable" in terms of product texture and consistency, cooling effect, fragrance and aroma, ease of use, and overall presentation. The chemists' evaluation yielded an overall weighted mean of 3.36 with a variance of 0.455, a computed t-value of 0.432, and a degree of freedom of 13, compared to a t-critical value of 3.012 at $\alpha = 0.01$. Similarly, the dermatologists' evaluation produced a weighted mean of 3.54 with a variance of 0.375, and the same computed t-value and degrees of freedom. Since the computed t-value is less than the critical value, there is no significant difference between the assessments of the two groups. Therefore, the evaluations of both chemists and dermatologists support the acceptability of the proposed product model. This study presents initial evidence supporting the acceptability of a Rauwolfia serpentina essential oil formulation for topical application. While the findings are encouraging, further research is needed to confirm its pain-relieving efficacy, optimize the formulation, and assess its long-term safety and effectiveness across various pain conditions. This research serves as a foundation for future clinical studies and deeper exploration of Rauwolfia serpentina as a natural alternative for pain management.

RECOMMENDED CITATION

Consuelo, E. J., Donguya, V. J., Mahinay, M., Mallari, A. S., & Ramos, N. A. (2025). An Investigatory of Serpentina (Serpentina Rauwolfia) as Pain Reliever Essential Oil. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 6.

SAPODILLA FRUIT (MANILKARA ZAPOTA) AS SKIN MOISTURIZER

ABSTRACT

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Chemistry

KEYWORDS

*sapodilla fruit; manilkara
zapota; skin moisturizer;
ingredient quality;
dermatologist feedback;
student's t-test*

ARTICLE ID

AASGBCPJMR-B11798

Sapodilla is also rich in vitamin C, an essential nutrient involved in neurotransmitter production, collagen formation, immune function, and other vital bodily processes. As a strong antioxidant, vitamin C helps protect cells from oxidative stress that can lead to various diseases. Motivated by these benefits, the researchers explored additional uses of the Sapodilla fruit beyond consumption. They decided to develop a skin moisturizer made from Sapodilla, aiming to examine its effectiveness in skincare. The purpose of this study is to explore the potential of Sapodilla as a natural ingredient in moisturizing products. This study adopted a quantitative-experimental research design using purposive sampling to select participants. The researchers employed the Student's T-test to determine if there was a significant difference in the evaluation of Sapodilla fruit (Manilkara zapota) as a skin moisturizer based on key criteria: ingredients, skin compatibility, ease of application, scent, color, and texture. Data were gathered through a survey questionnaire administered to two expert groups—five chemists and five dermatologists—to assess the product's acceptability across the specified variables. The results of the study revealed that the Sapodilla fruit (Manilkara zapota) skin moisturizer was rated as "Highly Acceptable" by the chemists and "Acceptable" by the dermatologists in terms of ingredients, ease of application, skin suitability, scent and fragrance, color, and texture. The findings indicate that there is no significant difference between the assessments of the two groups. The chemists had a mean rating of 3.25, while the dermatologists had a mean rating of 3.97. The computed variance was 0.123 for chemists and 0.002 for dermatologists. The t-computed value was 0.388, which is less than the t-critical value of 2.306 at a 0.05 alpha level with 8 degrees of freedom. Therefore, the null hypothesis (Ho) is accepted, confirming that there is no statistically significant difference between the chemists' and dermatologists' evaluations of the moisturizer. Future researchers are encouraged to further enhance the product by refining its formulation and ensuring consistent quality. Recommendations from licensed chemists and dermatologists emphasize the importance of following precise ingredient measurements and sourcing high-quality raw materials. This study has demonstrated that sapodilla fruit (Manilkara zapota) is a viable ingredient for developing a skin moisturizer, as supported by evidence from the Review of Related Literature (RRL) and Review of Related Studies (RRS).

RECOMMENDED CITATION

Cabigting, R. M., Decastro, J. L., Dela Cruz, P. A., Dizon, R. J., Ignacio, A., & Torres, C. J. (2025). Sapodilla Fruit (Manilkara Zapota) as Skin Moisturizer. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 7.

INVESTIGATORY PROJECT OF LEMON EUCALYPTUS AND CITRONELLA ESSENTIAL OIL AS A MOSQUITO-REPELLING FLOOR WAX

ABSTRACT

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DISCIPLINE

Chemistry

KEYWORDS

*mosquito-repelling floor wax;
lemon eucalyptus oil;
citronella oil; essential oils;
natural pest control; product
formulation*

ARTICLE ID

AASGBCPJMR-B29063

This study explored the development and evaluation of an innovative mosquito-repelling floor wax using lemon eucalyptus and citronella essential oils. With the rising demand for natural alternatives to chemical pest control, the research focused on the product's effectiveness in repelling mosquitoes while also serving its primary function of cleaning and protecting floors. The study aimed to determine both the feasibility of the formulation and its acceptability among potential users as a practical, eco-friendly household solution. This study employed a quantitative experimental design, using a survey questionnaire to evaluate the acceptability of a mosquito-repelling floor wax. Ten participants—comprising five chemists and five chemistry teachers selected through purposive sampling—assessed the product based on ease of application, odor, mosquito repellency, toxicity, and overall presentation. Data were analyzed using percentage frequency distribution, weighted mean, and t-tests to determine the product's effectiveness and acceptability. The mosquito-repelling floor wax was rated highly acceptable by both chemists and chemistry teachers across all five evaluation criteria. Statistical analysis revealed no significant difference between the two groups' assessments. Nonetheless, several issues were noted, including inconsistencies in product texture, extended drying time, strong odor, limited repellency duration, and concerns about overall product longevity. The results suggest that the developed floor wax formulation demonstrates strong potential as a natural mosquito repellent while also serving as an effective cleaning agent. To maximize its effectiveness and commercial appeal, further studies should aim to fine-tune the concentration of essential oils, enhance the consistency and durability of the product, and resolve formulation-related challenges. These improvements could significantly strengthen its overall performance and market competitiveness.

RECOMMENDED CITATION

Cadalin, S. K., Cleofas, A. T., Delacruz, S., Malawit, M. J., & Martinez, M. R. (2025). Investigatory Project of Lemon Eucalyptus and Citronella Essential Oil as a Mosquito-Repelling Floor Wax. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 8.

PEPPERMINT (MENTHA PIPERITA) AND JAMAICAN CHERRY FRUITS (MUNTINGIA CALABURA) AS AN ALTERNATIVE ESSENTIAL OIL

ABSTRACT

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Chemistry

KEYWORDS

*essential oil blend; mentha
piperita; muntingia calabura;
jamaican cherry; peppermint;
therapeutic properties*

ARTICLE ID

AASGBCPJMRA-B30389

This study focuses on the development of an essential oil blend derived from peppermint (*Mentha piperita*) and Jamaican cherry (*Muntingia calabura*) fruits as a potential alternative to conventional essential oils. While peppermint is widely recognized for its therapeutic properties, the bioactive potential of Jamaican cherry remains relatively understudied. The primary objective of this research is to analyze the chemical composition of the formulated blend and evaluate its antimicrobial, antioxidant, and therapeutic properties. By utilizing locally sourced natural ingredients, the study promotes sustainable and eco-friendly practices in essential oil production, aligning with the increasing demand for natural alternatives in health, wellness, and related industries. The study adopted a quantitative-experimental research design and employed purposive sampling. Structured survey questionnaires were used as the main research instruments to evaluate the acceptability of the proposed essential oil blend based on the following criteria: ingredients and procedures, cooling effect, fragrance and aroma, color and consistency, and overall presentation. Percentages were utilized to describe the demographic composition of the expert evaluators, which included five (5) Chemists and five (5) Dermatologists. The weighted mean was applied to determine the average acceptability rating for each criterion. To examine significant differences in the evaluations between the two expert groups, an independent samples t-test was conducted. The analysis showed that the essential oil blend was rated as “acceptable” in terms of ingredients and procedures, cooling effect, fragrance and aroma, color and consistency, and presentation. The Chemists gave an overall weighted mean of 3.61, interpreted as “highly acceptable,” while the Dermatologists provided an overall mean of 3.22, interpreted as “acceptable.” The variance among Chemists’ responses was 0.031, compared to 0.716 among Dermatologists, indicating more consistency in the Chemists' evaluations. With a computed t-value of 1.015, which is less than the critical t-value of 2.578 at a 0.01 significance level (two-tailed) and 2361 degrees of freedom, the results indicate no significant difference between the assessments of the two groups. To further enhance the product, respondents recommended using a dark-colored container, reducing the concentration of peppermint, slightly increasing the packaging size, and improving the font style and size for better visibility and overall presentation.

RECOMMENDED CITATION

Arellano, C. J., Bello, A. L., Berangberang, S., Galagar, G., & Morales, T. J. (2025). Peppermint (*Mentha Piperita*) and Jamaican Cherry Fruits (*Muntingia Calabura*) as an Alternative Essential Oil. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 9.

ASSESSING THE POTENTIAL OF LOBELIA PLANT EXTRACT AS A NATURAL NICOTINE SUBSTITUTE FOR VAPE JUICE FORMULATION

ABSTRACT

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DISCIPLINE

Chemistry

KEYWORDS

*lobelia extract; vape juice;
nicotine substitute;
plant-based alternative;
chemical stability; vapor
quality*

ARTICLE ID

AASGBCPJMRA-B42886

This study explores the potential of Lobelia plant extract as a natural nicotine substitute in vape juice formulations. Historical use of Lobelia in respiratory therapies and the structural similarity of its active compound, lobeline, to nicotine suggest possible applications in harm-reduction products. Concerns regarding chemical stability, toxicity at high doses, and variable pharmacological effects warrant an investigation of its suitability for vaping applications. This study employs a quantitative design with purposive sampling of five chemical engineers and five toxicologists. A four-part survey instrument captures respondents' demographic profiles, assesses acceptability across five parameters (ingredients, chemical stability, vapor quality, formulation process, and safety), and gathers feedback on challenges and suggested improvements. Vape juice is formulated by infusing Lobelia powder into propylene glycol, filtering, and blending with vegetable glycerin. Data are analyzed using frequency distributions, weighted means, independent t-tests, and one-way ANOVA. Respondents rated the Lobelia vape juice formulation as moderately acceptable (overall mean = 2.70 on a 4-point scale), with toxicologists (mean = 2.88) showing higher acceptance than chemical engineers (mean = 2.53). All five assessment categories achieved acceptability, although vapor quality received the lowest score (mean = 2.50). Statistical analysis indicated no significant difference between professional groups ($t = 1.366$, $p > 0.05$). Reported challenges included flavor inconsistency, formulation instability, and variable extract potency, leading to recommendations for improved stabilization techniques and flavor enhancement. The findings indicated that Lobelia extract has moderate potential as a nicotine substitute for vape juice, particularly for users seeking plant-based alternatives. However, stability issues, lack of standardization, and suboptimal user experience limited overall acceptability. As a result, future work should focus on optimizing extraction methods, incorporating stabilizers, and refining flavor profiles. This study contributes to the emerging discourse on plant-based alternatives in vaping and smoking cessation strategies, highlighting areas for further research and development.

RECOMMENDED CITATION

Dejucos, R., Dela Torre, M., Paulino, J., Pornel, C. E., & Tabañag, A. (2025). Assessing the Potential of Lobelia Plant Extract as a Natural Nicotine Substitute for Vape Juice Formulation. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 10.

AN INVESTIGATORY PROJECT OF LANZONES (LANSIUM DOMESTICUM) PEEL AS A MOSQUITO COIL

ABSTRACT

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DISCIPLINE

Chemistry

KEYWORDS

lanzones peel; lansium domesticum; mosquito coil; fruit waste utilization; mosquito-borne diseases; chemical-free alternative

ARTICLE ID

AASGBCPJMRA-B59375

Mosquito-borne diseases remain a significant public health concern, particularly in tropical and subtropical regions. This study investigated the potential of Lanzones (*Lansium domesticum*) peels as a natural and sustainable ingredient in the formulation of mosquito coils. The research aimed to develop an effective alternative to conventional mosquito coils, which often contain synthetic chemicals that pose health and environmental risks. By utilizing fruit waste as a primary component, the study promotes both environmental sustainability and public safety, offering a chemical-free, eco-friendly solution for mosquito control. This study utilized an experimental research design combined with a purposive sampling technique to select respondents. A survey questionnaire served as the primary instrument to assess the acceptability of the Lanzones peel mosquito coil based on key factors: ingredients and formulation procedure, mosquito repellency, usability, coverage effectiveness, and toxicity. Data were analyzed through frequency and percentage distributions, weighted means, and t-tests to evaluate whether significant differences existed between the assessments of the two respondent groups. The investigation results show that the Lanzones peel mosquito coil was rated as “Acceptable” in terms of ingredients and procedure, mosquito repellency, usability, coverage, and toxicity. The Chemists gave an overall weighted mean of 3.14 with a variance of 0.228, a t-computed value of 1.588, and 326 degrees of freedom, compared to a t-critical value of 2.030 ($\alpha = 0.05$). The Chemistry Teachers rated the coil with a weighted mean of 2.55, variance of 0.448, and a t-computed value of 0.7 with the same degrees of freedom and critical value. Since both groups’ t-computed values are less than the critical value, no significant difference was found between their assessments. Therefore, the product’s acceptability is supported by both groups. Lanzones peel mosquito coil was deemed acceptable and effective as a natural mosquito repellent. However, several improvements were recommended to enhance its performance. Respondents advised reducing the charcoal content to better highlight the natural scent of Lanzones peel. The incorporation of gum as a binder was suggested to improve the coil’s consistency and appearance. Additionally, enhancing the coil’s combustibility was recommended to extend its burning time and mosquito-repelling effectiveness. Adjustments to the coil’s formulation were also proposed to improve its ignition and burning quality, while ensuring that Lanzones peel remains the primary ingredient to maintain its repellent properties.

RECOMMENDED CITATION

Adepin, C., Asid, J., Belarmino, F. S., Busalanan, P. E., & Siervo, M. K. (2025). An Investigatory Project of Lanzones (*Lansium Domesticum*) Peel as a Mosquito Coil. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 11.

AN INVESTIGATORY PROJECT OF KAPENG BARAKO (COFFEA LIBERICA) AS A NATURAL LIP SCRUB

ABSTRACT

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DISCIPLINE

Chemistry

KEYWORDS

*kapeng barako; coffea
liberica; lip scrub; natural
exfoliant; cosmetic
formulation; consumer appeal*

ARTICLE ID

AASGBCPJMRA-B85688

Coffea liberica, locally known as Kapeng Barako, is a prominent coffee variety in the Philippines, particularly cultivated in the provinces of Batangas and Cavite. Celebrated for its strong flavor and distinctive aroma, it has become deeply embedded in Filipino culture and tradition. While primarily consumed as a beverage, Kapeng Barako possesses natural properties that may be beneficial for cosmetic use. This study aims to explore the potential of Kapeng Barako as a primary ingredient in a natural lip scrub, emphasizing its exfoliating qualities, moisturizing benefits, and overall safety for application on sensitive areas such as the lips. By investigating its viability as a skincare product, the study seeks to promote a sustainable, culturally rooted alternative that aligns with the increasing consumer demand for natural and eco-conscious personal care solutions. This study adopted a quantitative-experimental research design and employed a purposive sampling method to select participants who met specific criteria relevant to the investigation. To evaluate the acceptability of the proposed Kapeng Barako-based lip scrub, a structured survey questionnaire was utilized as the primary data-gathering instrument. The assessment focused on key aspects, including the formulation and procedure, hydrating and moisturizing effects, lip exfoliation properties, affordability, and overall product presentation. Statistical tools such as frequency and percentage, rating scale, weighted mean, and t-test were applied to analyze the data and identify significant differences in the evaluations made by the two distinct groups of respondents. The findings of the study reveal that the proposed Kapeng Barako lip scrub was rated as "Acceptable" across all evaluated criteria, namely: ingredients and procedure, hydrating and moisturizing effects, lip exfoliation, affordability, and presentation. The Chemists gave an overall weighted mean of 2.98 with a variance of 0.088, while the Dermatologists reported a weighted mean of 3.47 with a variance of 0.324. A t-computed value of 1.700 was obtained, with 326 degrees of freedom, and compared against the t-critical value of 1.987 at a 0.05 level of significance. Since the t-computed value did not exceed the t-critical value, the difference between the evaluations of the two groups is not statistically significant. Thus, it can be concluded that both groups accept the product, affirming its potential suitability for cosmetic application. To support the successful development of the proposed Kapeng Barako lip scrub, the researchers recommend collaborating with professionals and experts in cosmetic product formulation and design. Feedback from the respondents highlighted key areas for improvement: enhancing the product's moisturizing effect through the incorporation of glycerin, refining the texture by grinding the coffee grounds into finer particles to ensure gentler exfoliation, and improving the packaging design to make the product more visually appealing and marketable to consumers. These recommendations are intended to optimize both the functionality and aesthetic appeal of the product, thereby increasing its overall acceptability and commercial potential.

RECOMMENDED CITATION

Aguilar, J. V., Asoy, J. C., Dizon, C. J., Galabin, R., & Lacson, K. A. (2025). An Investigatory Project of Kapeng Barako (*Coffea Liberica*) as a Natural Lip Scrub.. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 12.

AN INVESTIGATORY PROJECT OF COMBINING TAMANU LEAVES (*CALOPHYLLUM INOPHYLLUM*) AND SHEA BUTTER (*VITELLARIA PARADOXA*)

ABSTRACT

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DISCIPLINE

Chemistry

KEYWORDS

*tamanu leaves; shea butter;
natural ingredients; product
improvement; sunscreen; uv
protection*

ARTICLE ID

AASGBCPJMR-B98992

Tamanu leaves (*Calophyllum inophyllum*) and Shea butter (*Vitellaria paradoxa*) are well known for their beneficial effects on the skin. Tamanu leaves, traditionally used in tropical regions, offer restorative and anti-inflammatory properties, making them effective in treating various skin conditions. Shea butter, highly valued in African cultures, is recognized for its intense moisturizing capabilities, natural sun protection, and healing effects on the skin. This study aims to investigate the potential of combining Tamanu leaves and Shea butter as a natural and effective protective sunscreen. This study utilized an experimental research design with a purposive sampling technique. A survey questionnaire served as the primary research instrument to evaluate the acceptability of Tamanu leaves and Shea butter as a sunscreen formulation, focusing on ingredients and procedure, moisturizing properties, ultraviolet protection efficacy, skin compatibility, and product presentation. The collected data were analyzed using frequency, percentage, weighted mean, and t-test to determine whether a significant difference existed between the evaluations of the two respondent groups. The investigatory results on the combination of tamanu leaves (*Calophyllum inophyllum*) and shea butter (*Vitellaria paradoxa*) as a sunscreen product were rated as "acceptable" in terms of ingredients and procedure, moisturizing property, ultraviolet protection efficacy, skin suitability, and presentation. The chemists recorded an overall mean of 3.10 with a variance of 0.139, while the dermatologists had an overall mean of 3.06 with a variance of 0.340. With a significance level (α) of 0.05, degrees of freedom at 47, a t-critical value of 2.012, and a t-computed value of 0.142, the results indicate no significant difference between the assessments of the two respondent groups. Tamanu leaves and shea butter were found to be acceptable and effective as a sunscreen. However, respondents provided several recommendations for improvement. They suggested using titanium dioxide instead of zinc oxide and reducing the product's thickness for easier application. Additionally, they recommended changing the current jar packaging to one with a metallic cap, including a scoop or magnetic feature, or switching to a pump bottle or tube-type container. Implementing these suggestions is encouraged to enhance the product's quality, usability, and consumer appeal.

RECOMMENDED CITATION

Adano, J. R., Asas, E., Buenaventura, S., Catubay, J. R., Dela Cruz, C. C., & Herrera, K. (2025). An Investigatory Project of Combining Tamanu Leaves (*Calophyllum inophyllum*) and Shea Butter (*Vitellaria Paradoxa*). *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 13.

CIVIL ENGINEERING

STRUCTURAL ENHANCEMENT ARCHITECTURE: IMPROVING MACAIBAN BRIDGE TO WITHSTAND SEVERE FLASH FLOOD FOR ROAD CONVENIENCE

ABSTRACT

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Civil Engineering

KEYWORDS

*macaiban bridge; bridge
enhancement; structural
integrity; road safety; sta.
maria bulacan; flood
resilience*

ARTICLE ID

AASGBCPJMRA-B28043

Bridges play a vital role in connecting communities by providing safe passage over natural obstacles. Macaiban Bridge, located in Sta. Maria, Bulacan, is one such structure that becomes impassable during flash floods, compromising both accessibility and structural integrity. This study aims to propose structural enhancements to elevate, reinforce, and improve the durability of the Macaiban Bridge to ensure its resilience against severe flooding and improve road convenience and safety for the community. The study employed a quantitative-descriptive research design and utilized purposive sampling. Data were collected through a survey questionnaire distributed via Google Forms to five civil engineers and five structural engineers. The assessment focused on five key criteria: materials, procedural methodology, durability, structural integrity, and presentation. A t-test was applied to determine if there were significant differences in the evaluations between the two respondent groups. The results indicated that the proposed enhancements to the Macaiban Bridge were rated as “Highly Acceptable” in all five assessment criteria. The civil engineers reported an overall mean of 3.30 with a variance of 0.174, while the structural engineers gave a mean of 3.25 with a variance of 0.158. Both groups shared the same t-computed value of 0.217, which was lower than the t-critical value of 2.145 at a 0.05 significance level ($df = 326$). Therefore, there was no significant difference between the assessments of the two groups, and the hypothesis was accepted. Based on the results, the proposed structural improvements to Macaiban Bridge were well-received by both civil and structural engineers. Respondents recommended enhancements such as incorporating reinforcement materials to ensure durability, inserting a column pier at the mid-span for added stability, and involving a registered architect for model development and visualization of structural stress points. A current physical or digital model of the bridge is also advised to showcase the proposed upgrades effectively. These enhancements aim to strengthen the bridge’s capacity to withstand flash floods while ensuring the safety and convenience of commuters.

RECOMMENDED CITATION

Alcover, R. A., Bernardo, A. R., Casimero, C., Dela Corta, N. I., Layso, K. R., & Termulo, H. B. (2025). Structural Enhancement Architecture: Improving Macaiban Bridge to Withstand Severe Flash Flood for Road Convenience. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 15.

ENHANCING RURAL CONECTIVITY: DEVELOPING A PWD FRIENDLY BRIDGE MODEL FOR SITIO ILIGAN, NORZAGARAY, BULACAN

ABSTRACT

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DISCIPLINE

Civil Engineering

KEYWORDS

*pwd-friendly bridge;
structural integrity; load
capacity; rural connectivity;
civil engineering; sustainable
infrastructure*

ARTICLE ID

AASGBCPJMR-B80006

Bridges are not merely structures that span physical gaps—they are essential connectors that unify people and communities. This study focuses on designing a bridge model that champions inclusivity and accessibility, particularly for persons with disabilities (PWDs). It aims to construct a sustainable and secure structure that enhances mobility for all, ensuring that no one is left behind. By thoughtfully addressing structural integrity, environmental sustainability, and social equity, the research aspires to create a bridge that promotes safety, supports equal access, and contributes meaningfully to local development and community well-being. This study utilized a quantitative research approach with a descriptive design and employed purposive sampling to select expert respondents. Data were gathered through a structured survey questionnaire administered to two professional groups: five (5) Civil Engineers and five (5) Architects. The study aimed to assess the acceptability of the proposed bridge model titled "Enhancing Rural Connectivity: Developing a PWD-Friendly Bridge Model for Sitio Iligan, Norzagaray, Bulacan." Evaluation criteria included the suitability of materials and construction methods, structural and foundation design, load-bearing capacity, overall structural integrity, and the inclusion of safety and accessibility features specifically designed for persons with disabilities (PWDs). The results indicated that both Civil Engineers and Architects rated the proposed bridge model as Acceptable in terms of Materials and Construction, Structural and Foundation Design, Structural Integrity, and Safety Features. However, a discrepancy emerged in the evaluation of Load Capacity, where Civil Engineers rated it Acceptable, while Architects provided a Low Acceptable rating, suggesting a need for further refinement in this area. A statistical comparison between the two groups revealed no significant difference in their overall assessments. Civil Engineers recorded a mean score of 2.98 with a variance of 0.436, while Architects had a mean of 2.62 and a variance of 0.476. With a significance level set at $\alpha = 0.05$, the calculated t-value of 0.843 was less than the t-critical value of 2.110. Thus, the null hypothesis (H_0) was accepted, confirming that the differences in evaluation between the two professional groups were not statistically significant. The findings of the study affirm that the proposed bridge model was generally accepted by both Civil Engineers and Architects. Nonetheless, the comparatively lower rating given by the architects concerning load capacity highlights a critical area for refinement. Key challenges noted by the respondents included appropriate scaling, material selection, and overall structural design. In response to these concerns, several enhancements were recommended, such as ensuring accurate structural dimensions, employing more durable and high-quality materials, and optimizing the design for improved performance. These adjustments aim to strengthen the model's structural integrity, increase its usability for persons with disabilities (PWDs), and promote long-term sustainability and inclusivity.

RECOMMENDED CITATION

Aniel, K. R., De Guia, S., Elcarte, K. A., Marcelo, L., Salvador, R., & Tamayo, A. K. (2025). Enhancing Rural Conectivity: Developing a PWD Friendly Bridge Model for Sitio Iligan, Norzagaray, Bulacan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 16.

COMPANY AND INDUSTRY INFORMATION

THE ROLE OF ALLOWANCES AND SUPERVISION IN ON-THE-JOB TRAINING SATISFACTION: A CASE STUDY OF BSOA STUDENTS IN THE HOST COMPANY

ABSTRACT

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DISCIPLINE

Company & Industry
Information

KEYWORDS

*on-the-job training (ojt); bsoa
students; host companies;
bestlink college of the
philippines; student
satisfaction; supervision*

ARTICLE ID

AASGBCPJMRA-B41782

This study aimed to assess the level of satisfaction of Bachelor of Science in Office Administration (BSOA) students at Bestlink College of the Philippines during their On-the-Job Training (OJT). Specifically, it examined key variables including the amount of allowance received, its perceived adequacy, the extent to which it covered necessary expenses, the frequency of feedback received, the accessibility of supervision, and the availability of monetary opportunities. The study employed random sampling techniques and utilized a survey questionnaire to collect data from 50 fourth-year BSOA students at Bestlink College of the Philippines. To analyze the data, the researchers used statistical tools such as frequency and percentage, weighted mean, and the Independent Samples t-test to determine significant differences in satisfaction levels. The findings revealed that while students generally acknowledged receiving allowances, these were deemed insufficient to fully cover essential expenses such as transportation, meals, and other necessities. Among the variables assessed, the clarity of allowance distribution received the highest mean score (mean = 3.16), whereas the adequacy of the allowance in covering basic living expenses received the lowest (mean = 2.94). Students emphasized the importance of regular feedback and structured guidance, with supervision being positively recognized. However, certain areas—particularly financial support for professional development—were rated lower (mean = 3.01). Statistical analysis confirmed a significant relationship between students' overall satisfaction with their On-the-Job Training (OJT) and factors such as the adequacy of allowances and the quality of supervision provided by host companies. This study concludes that allowances and supervision significantly influence the satisfaction levels of BSOA students during their On-the-Job Training (OJT). Based on the findings, it is recommended that host companies consider increasing the stipend or providing additional financial assistance to better support students' daily expenses. Furthermore, supervisors are encouraged to enhance the frequency of performance assessments and conduct regular check-ins, including evaluations and one-on-one mentoring sessions, to provide students with structured guidance and support throughout their training.

RECOMMENDED CITATION

Bagalangit, R., Casul, A., Francisco, M. T. R., Ladia, R. J., & Reyes, R. (2025). The Role of Allowances and Supervision in On-the-Job Training Satisfaction: A Case Study of BSOA Students in the Host Company. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 18.

COMPUTER SCIENCE AND ENGINEERING

DEVELOPMENT OF ALEXA BASED SMART LIBRARY WITH RFID DOOR LOCK AND BOOK FINDER SYSTEM USING ESP 32 AND ARDUINO UNO

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*rfid door lock; smart library;
book finder system; arduino
uno; library automation;
library security*

ARTICLE ID

AASGBCPJMRA-B01179

This study focuses on the development of an Alexa-based smart library system designed to enhance library operations through automation and artificial intelligence. The system integrates smart technologies such as voice command capabilities for book-finding assistance and an RFID door lock mechanism for improved security. By incorporating AI-driven features and IoT components, the study aims to modernize traditional library services, ensuring a more efficient and secure environment for both users and staff. A mixed-method research design was employed to evaluate the system's acceptability across multiple dimensions. Structured survey questionnaires were distributed to two expert groups—five librarians and five computer engineers—selected through purposive sampling. The study compared their assessments on various factors, including accuracy and reliability, user interface, search functionality, security features, and cost-effectiveness. Quantitative analysis, including t-tests, was used to determine if there were significant differences between the two groups' evaluations. The results showed an overall mean score of 3.54 from librarians and 3.42 from computer engineers. The computed t-value of 0.615 was lower than the t-critical value of 2.110, indicating no significant difference in the assessments of both groups. Therefore, the hypothesis was accepted, suggesting that both librarians and computer engineers found the system equally acceptable in terms of accuracy, reliability, user interface, search functionality, security, and cost-effectiveness. The findings indicate a high level of acceptability of the Alexa-based smart library system among experts. Despite this, some limitations were noted, including unreliable internet connectivity, command misinterpretation, delayed responses, system malfunctions, and challenges in managing voice commands. Respondents recommended improvements in voice recognition accuracy, accessibility, search functionality, and security. Suggestions included the use of refurbished components for cost-efficiency and enhancements such as RFID reset functions and biometric verification to strengthen security. The study demonstrates the system's potential to improve library services and highlights areas for further development.

RECOMMENDED CITATION

Amemiya, R. D., Espineda, C. J., Evangelista, S., Fernandez, G. M., Gendrano, L. D., & Nidoy, J. R. (2025). Development of Alexa Based Smart Library with RFID Door Lock and Book Finder System Using ESP 32 and Arduino Uno. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 20.

DEVELOPMENT OF SURVEILLANCE ROBOT USING ESP32 AND ARDUINO MCU WITH IOT BASE COMMUNICATION

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*surveillance robot; arduino
mcu; iot communication;
esp32; face detection;
autonomous navigation*

ARTICLE ID

AASGBCPJMRA-B04141

Recent advancements in technology and robotics have enabled the development of autonomous systems capable of performing a variety of tasks, including security and surveillance. Conventional constabulary systems and fixed camera installations often face limitations such as blind spots and susceptibility to human error. To address these issues, this study proposes the development of a surveillance robot equipped with ESP32 and Arduino microcontrollers, surveillance cameras, and AI-based face detection capabilities. The system aims to enhance real-time monitoring, improve security responsiveness, and minimize human intervention by autonomously detecting individuals and sending alerts to designated personnel. This study utilizes the Experimental Prototyping Method to develop and test the surveillance robot. Through this approach, a prototype is constructed to validate the research hypothesis prior to full-scale production. This method allows the researchers to detect design flaws and usability issues early, ensuring system reliability and efficiency. Components such as microcontrollers, sensors, and AI algorithms were integrated and tested to ensure proper functionality before the final system configuration. The surveillance robot successfully demonstrated autonomous navigation and real-time surveillance capabilities. It employed ultrasonic sensors for obstacle avoidance and an AI-powered camera for face detection. The system functioned independently, sending immediate alerts to operators without requiring continuous server credentials. The integration of these features resulted in improved monitoring accuracy and reduced dependence on manual surveillance efforts. The prototype surveillance robot effectively addressed the limitations of traditional security systems, such as fixed CCTV cameras and human patrols. The inclusion of ultrasonic sensors enabled safe and autonomous movement, while the AI-driven facial recognition system enhanced threat identification. The robot's ability to send instant notifications improved situational awareness and security responsiveness. This study illustrates the potential of robotics and IoT integration in advancing modern security infrastructure.

RECOMMENDED CITATION

Ansay, R., Dela Cruz, M., Marchadesch, B., Rivas, B., & Trinidad, V. (2025). Development of Surveillance Robot Using ESP32 and Arduino MCU with IoT Base Communication. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 21.

THE EFFICIENCY AND FEASIBILITY OF DUAL AXIS SOLAR TRACKER USING ARDUINO

ABSTRACT

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Computer Science &
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KEYWORDS

*dual-axis solar tracker; energy
efficiency; solar panel;
feasibility study; renewable
energy; arduino*

ARTICLE ID

AASGBCPJMRA-B52959

The rising demand for renewable energy has driven interest in more efficient solar power systems. Dual-axis solar trackers improve energy collection by adjusting photovoltaic panels to follow the sun's position throughout the day, resulting in higher energy output compared to fixed-panel systems. Arduino-based control systems present a cost-effective and programmable solution for accurate solar tracking, making the technology suitable for both residential and small-scale commercial use. This study investigates the efficiency and practicality of an Arduino-controlled dual-axis solar tracker, aiming to evaluate its potential in maximizing energy generation and ensuring reliability. This study adopts a qualitative approach to assess the feasibility of an Arduino-controlled dual-axis solar tracker, focusing on the perceptions of Grade 11 and 12 students at Bestlink College of the Philippines Bulacan. Data were collected using a Likert scale survey that evaluated key indicators such as cost-effectiveness, user-friendliness, system design, and overall acceptance. Thematic analysis of the responses was conducted to identify practical considerations and potential barriers to adoption. By analyzing user perspectives, the research aims to evaluate the system's viability and provide insights for enhancing its application in educational or small-scale renewable energy settings. The study revealed that the Arduino-based dual-axis solar tracker demonstrated improved efficiency and feasibility when compared to a fixed-position solar panel. Measurements of energy output and tracking accuracy under various conditions showed efficiency gains of approximately 30–40%. Feasibility was assessed through material cost, construction ease, and the system's reliability and maintenance requirements. Survey responses from 40 senior high school students indicated high levels of perceived effectiveness and practicality, supporting the system's potential for educational and small-scale energy use. The findings confirm that the Arduino-controlled dual-axis solar tracker significantly enhances energy efficiency by automatically aligning with the sun's movement. Its low-cost, programmable features make it an ideal solution for residential setups and educational projects, especially in sun-rich regions. While external factors such as weather may influence performance, the tracker's consistent energy gains highlight its value in sustainable energy applications. Continued development and testing may further optimize its design and increase its adoption in small-scale renewable energy systems.

RECOMMENDED CITATION

Garado, H. J., Geill, B., Soco, P., Tumampo, A. K. X., & Vergara, D. (2025). The Efficiency and Feasibility of Dual Axis Solar Tracker Using Arduino. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 22.

IOT-ENABLED MULTIFUNCTIONAL BEDROOM LAMP WITH SIX-MODE LIGHTING SYSTEM USING ESP32

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*multifunctional lamp; esp32
microcontroller; smart home
integration; user feedback; iot
device; safety system*

ARTICLE ID

AASGBCPJMRA-B55874

With the rising incidence of fire-related disasters, as highlighted by the National Fire Protection Association (2023), there is an increasing demand for more advanced and inclusive safety solutions. Conventional fire alarm systems, which rely primarily on audible alerts, are often ineffective for individuals with hearing impairments or those in deep sleep. To address this gap, the study developed a multifunctional smart lamp integrating essential safety features: a fire alarm, smoke detector, SMS notification system, mini-camera, exhaust fan, and six customizable lighting modes. Powered by an ESP32 microcontroller with a backup power source, the system is designed to deliver comprehensive, multi-sensory alerts. Prioritizing user accessibility and intuitive operation, the device aims to improve household safety and encourage widespread adoption through its innovative and user-centered design. This study utilized the Experimental Prototyping Method to design and continuously enhance a multifunctional lamp integrated with fire alarm and smoke detection capabilities. User feedback was collected through a self-administered survey using a four-point Likert scale to evaluate performance, usability, and overall user satisfaction. Participants were chosen through convenience sampling to ensure accessibility. The data gathered was analyzed using the weighted mean to assess feedback patterns. The iterative process of prototyping, testing, and feedback analysis allowed for progressive refinements, ensuring that the final product effectively met the users' safety and functionality needs. Survey results revealed strong user approval of the IoT-enabled multifunctional lamp, with most features scoring above 3.0 on a four-point scale, indicating high appeal and practical value. Extensive testing validated the lamp's performance, utilizing durable, commercially available components. Integrated sensors and protective features—such as voltage regulators, heat-shrink tubing, a single-phase terminal block, and a circuit breaker—ensured safety and compliance with design standards. The ESP32 microcontroller demonstrated high efficiency in managing the core functionalities of the multifunctional lamp, while the Arduino Uno successfully supported secondary tasks, enhancing overall system responsiveness. For future development, it is recommended to conduct more extensive testing across diverse environmental conditions, upgrade hardware components to increase functionality, and develop a user-friendly mobile application. Additional enhancements may include integration with existing smart home platforms, implementation of a real-time user feedback mechanism, and the formulation of commercialization strategies to maximize market potential and accessibility.

RECOMMENDED CITATION

Dalicano, J., De Vera, J., Galang, H., Morales, D., & Sanz, C. I. (2025). IoT-Enabled Multifunctional Bedroom Lamp with Six-Mode Lighting System Using ESP32. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 23.

DEVELOPMENT OF AIR QUALITY CONTROL SYSTEM FOR MODERN LIVESTOCK FARMING USING ESP32 WITH KOTLIN ANDROID FIREBASE INTERCONNECTIVITY

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*air quality monitoring;
livestock farming; kotlin
android; environmental
control; firebase integration;
iot-based farming*

ARTICLE ID

AASGBCPJMRA-B69478

This study addresses the urgent need for a reliable and cost-effective air quality control system in modern livestock farming. Existing monitoring devices often face issues with calibration and validation, leading to compromised accuracy and limited effectiveness. To address this gap, a prototype system was developed to continuously monitor environmental parameters such as temperature, humidity, and harmful gases using an ESP32 microcontroller. The system is integrated with a Kotlin-based Android application and Firebase for real-time data synchronization, providing a user-friendly interface that allows for immediate responses to fluctuating air quality conditions. The goal is to improve livestock health and productivity through enhanced environmental control and timely interventions. The study used an Experimental Prototyping Method to design, build, and refine the system. Iterative testing cycles were conducted to evaluate usability, reliability, and performance. Feedback was collected through purposive sampling using online surveys from 50 targeted respondents involved in livestock or agricultural technology. This allowed for systematic evaluation of user satisfaction, functional performance, and design practicality. The system received strong positive feedback from users, with General Weighted Mean scores ranging from 3.4 to 3.72 on a 4-point Likert scale. Respondents “Strongly Agreed” that the system effectively monitored air quality, maintained consistent data synchronization with Firebase, and demonstrated high levels of system maintainability and modernity. Additionally, the system performed well in terms of sustainability, safety, cost-efficiency, and compliance with engineering standards, affirming its feasibility and value in livestock applications. The developed air quality control system meets the operational needs of modern livestock farming while offering improvements over traditional systems. Its design includes essential safety components such as voltage regulators, fuses, and insulation to ensure secure and long-term operation. The results support the potential for broader adoption of the system across livestock farms, contributing to enhanced animal welfare, increased productivity, and better environmental management. This research highlights the role of integrated technology in advancing smart agriculture practices.

RECOMMENDED CITATION

Amigable, K. B., Baluyot, M. R., Torrechiva, M. T., Ubana, L., & Valdez, M. (2025). Development of Air Quality Control System for Modern Livestock Farming Using ESP32 with Kotlin Android Firebase Interconnectivity. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 24.

THE DEVELOPMENT OF IOT BASED INDUSTRIAL CONVEYOR USING ARDUINO MEGA AND ESP 32 WITH SQL DBMS

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*arduino mega; industrial
conveyor; sql dbms; product
sorting; sustainable
technology; iot*

ARTICLE ID

AASGBCPMRA-B70785

The increasing demand for automation and sustainable engineering solutions has led to a growing interest in the development of efficient and adaptable mechatronics systems. This study addresses the need for automated product sorting in various industries while also integrating sustainability by exploring renewable energy options such as solar power. The project aims to develop an IoT-based industrial conveyor system that reflects current trends in automation, green technology, and intelligent systems design. This study utilizes the Experimental Prototyping Method, where the concept and prototype are built and tested for functionality and user acceptance. A descriptive survey method was employed using a 5-point Likert scale to assess the system's performance in terms of efficiency, sustainability, safety, cost-effectiveness, and portability. Respondents were selected through purposive sampling based on their relevance to the project's application, and their demographic data were also recorded. The collected responses were analyzed descriptively. The prototype—an IoT-based industrial conveyor system powered by Arduino Mega and ESP32 and integrated with an SQL database—was successfully developed and functioned according to its design specifications. It included product classification, product-level monitoring, conveyor control, and database management features. Survey results showed that respondents rated the system highly across multiple indicators, especially in terms of operational efficiency, sustainability, and ease of use. These positive evaluations validated the effectiveness of the system in an industrial setting. The project demonstrated the successful implementation of an IoT-based industrial conveyor system using Arduino Mega and ESP32. The development process confirmed that these microcontroller and microprocessor units are reliable tools for integrating real-time control and data management functions in industrial automation. The study concludes that the use of Arduino Mega and ESP32, paired with SQL DBMS, offers a practical and scalable solution for smart, sustainable industrial systems. Future enhancements may include cloud integration and solar-powered operation to further advance its green technology potential.

RECOMMENDED CITATION

Ayuban, E. J., Cabiles, M., Lim, F. Z. J., Lita, M., & Marcellones, A. J. (2025). The Development of IoT Based Industrial Conveyor Using Arduino Mega and ESP 32 with SQL DBMS. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 25.

SMART CANE TECHNOLOGY: PROPOSING A MODEL REAL-TIME DETECTION AND NAVIGATION

ABSTRACT

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Computer Science &
Engineering

KEYWORDS

*smart cane; real-time
detection; assistive
technology; navigation aid;
user acceptability; mobility
device*

ARTICLE ID

AASGBCPJMRA-B83266

Smart Cane Technology aims to address key challenges in assistive mobility, such as the improper use of support devices and the stigma associated with mobility aids. This innovation is designed for individuals with minor injuries, poor balance, or leg pain. To enhance user safety, the Smart Cane is equipped with real-time smoke and water detectors, allowing users to navigate various environments with greater confidence and independence. This study utilizes a quantitative descriptive research method with purposive sampling. A total of 10 respondents—5 Computer Engineers and 5 Electrical Engineers—were surveyed to assess the Smart Cane Technology in terms of procedural methodology, durability, functionality, quality, and presentation. A survey questionnaire was used as the primary instrument, and a t-test was conducted to determine if significant differences existed between the two groups' assessments. The results showed that the Smart Cane was rated as Highly Acceptable by Computer Engineers and Acceptable by Electrical Engineers across all evaluated criteria. The mean score from Computer Engineers was 3.43 with a variance of 0.009, while Electrical Engineers recorded a mean of 3.00 with a variance of 0.158. The computed t-value was 1.226, which is lower than the t-critical value of 1.963 at a 0.05 significance level. These findings support the hypothesis that there is no significant difference in the acceptability assessments between the two groups regarding procedural methodology, durability, functionality, quality, and presentation. The findings confirm the overall acceptability of the proposed Smart Cane model, although areas for improvement were identified. Future enhancements should focus on improving sensor accuracy and reliability, optimizing component placement, increasing battery efficiency, and ensuring that the design remains user-friendly. Incorporating real-time sensor feedback is essential to maximize both safety and usability. Strengthening these features will enhance the cane's potential to promote mobility, independence, and confidence among users.

RECOMMENDED CITATION

Erazo, L. A., Gaviola, J. M., Real, P., Rodoy, E. M., Subingsubing, V. M., & Tomacina, L. A. (2025). Smart Cane Technology: Proposing a Model Real-Time Detection and Navigation. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 26.

DEVELOPMENT OF TRASH COLLECTOR ROBOT USING ARDUINO R3 WITH IOT BASED MONITORING AND AUTOMATED CHARGING INTERFACE

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*trash collector robot; iot
monitoring; automated
charging; arduino r3; waste
management; solar power*

ARTICLE ID

AASGBCPJMRA-B90531

Automation plays a vital role in enhancing daily life by increasing efficiency and minimizing human effort. This study centers on the development of a trash collector robot using Arduino R3, designed to enhance waste management systems. The robot operates autonomously, using infrared sensors for boundary detection and ultrasonic sensors for obstacle avoidance. An Arduino Uno controller drives two 6V DC motors powered by a 10,000 mAh lithium battery. The system integrates voice recognition for command input, IoT connectivity for real-time monitoring, and dual charging options through solar energy and standard electrical outlets. This project aims to offer a sustainable and intelligent solution for modern waste collection. This study employs the experimental prototyping method to develop and evaluate the trash collector robot. The researchers test the prototype under controlled conditions to assess its usability, efficiency, and sustainability. According to Smith (2021), prototyping allows for refinement of design and functionality before full-scale implementation, ensuring that the developed model meets practical needs and performance standards. The prototype was tested with a balanced sample of male and female respondents, ensuring unbiased usability feedback. The robot successfully demonstrated autonomous navigation, responsive voice command functionality, and efficient obstacle avoidance. Respondents indicated that the system was user-friendly, practical, and accessible, validating its potential for effective waste management. The integration of IoT-enabled real-time updates and the use of solar power with an Automatic Transfer Switch (ATS) ensured uninterrupted operation. The trash collector robot effectively automated the waste collection process, reducing the need for manual intervention while promoting convenience and sustainability. Sensor-driven navigation, IoT monitoring, and dual charging capability contributed to its operational reliability. Although the prototype met its intended objectives, further improvements such as AI-based waste sorting, optimized battery performance, and enhanced solar energy utilization are recommended. Additional field testing across varied environments is also necessary to evaluate long-term durability, environmental adaptability, and security features.

RECOMMENDED CITATION

Arcega, L., Basiledes, J., Dela Cruz, A. J., Frio, I., & Lorena, E. (2025). Development of Trash Collector Robot Using Arduino R3 with IoT Based Monitoring and Automated Charging Interface. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 27.

DEVELOPMENT OF GREEN TECHNOLOGY SMART BUILDING USING ESP32 AND ARDUINO MCU WITH AUTOMATED MECHATRONICS PARKING

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*smart building; green
technology; mechatronics
parking; arduino mega;
building efficiency; esp32*

ARTICLE ID

AASGBCPJMR-B98216

The rapid advancement of technology presents significant opportunities for transforming traditional buildings into sustainable, efficient structures. While smart building technologies are already in use, many systems lack seamless integration and user-friendly automation. This study explores the development of a green technology smart building using accessible microcontrollers, specifically ESP32 and Arduino, integrated with an automated mechatronics parking system. The aim is to enhance building efficiency, energy sustainability, and technological responsiveness by combining renewable energy sources with modern automation. This project employs the Experimental Prototyping Methodology. The system architecture was designed using 2D and 3D modeling in SketchUp. Microcontrollers, including ESP32 and Arduino Mega, were programmed using Arduino IDE with C++ to manage sensors and actuators such as DC motors, stepper motors, and IR sensors. Automation features were integrated with a MySQL database using HTTP protocols via Wi-Fi. A solar power system was incorporated for energy sustainability, with automatic switching to the main grid during solar power outages. User feedback was collected using purposive sampling and analyzed through a 4-point Likert scale. The ESP32 microcontroller effectively established communication between the actuators and the database. Functional modules such as room security, QR-based attendance and access, and the automated mechatronics parking system successfully operated with real-time database integration. The Arduino Mega managed the elevator system with high precision, utilizing IR sensors and limit switches. A web server interface enabled QR code generation and system control. The solar power setup successfully powered the system, with seamless transition to the main grid during power loss. The results confirmed the feasibility of implementing a smart building using ESP32 and Arduino microcontrollers. The system demonstrated reliable performance in automation, energy efficiency, and database communication. The integration of a solar power system enhanced environmental sustainability. For future development, enhancements in graphical user interfaces, AI integration, predictive maintenance, improved QR code management, and broader real-world deployment are recommended. This study offers a promising model for future green and intelligent infrastructure.

RECOMMENDED CITATION

Almeniana, N. J., Cruz, A., Dejucos, R., Enriquez, R., & Portillo, J. A. F. (2025). Development of Green Technology Smart Building Using ESP32 and Arduino MCU with Automated Mechatronics Parking. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 28.

DEVELOPMENT OF GREEN TECH AUTOMATED IOT BASED GREENHOUSE AEROPONIC VERTICAL FARMING USING ARDUINO UNO

ABSTRACT

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DISCIPLINE

Computer Science &
Engineering

KEYWORDS

*vertical farming; arduino uno;
urban farming; greenhouse
automation; sustainable
agriculture; iot*

ARTICLE ID

AASGBCPJMRA-B98325

Aeroponic vertical farming is an advanced agricultural method wherein crops are suspended in the air, and their roots are periodically misted with nutrient-rich solutions. This technique is increasingly popular in urban areas due to its efficient use of space and resources. The development of a Green Tech Automated IoT-Based Greenhouse Aeroponic Vertical Farming system using Arduino Uno promotes sustainable agriculture by enabling controlled, enclosed environments for plant growth. However, successful implementation of this method requires attention to critical parameters such as spraying intervals, mist duration, light exposure, temperature regulation, and humidity control. This study aims to design an automated system that addresses these requirements through precise monitoring and regulation. The researchers used the experimental prototyping method to develop the automated greenhouse system. Arduino Uno and ESP32 microcontrollers served as the core components of the system, programmed using Arduino IDE with the C language. The prototype integrates sensor networks and IoT technologies to automate essential processes in aeroponic vertical farming, including nutrient misting and environmental regulation. The design also incorporates solar power to promote energy sustainability. Functional testing and respondent evaluations were conducted to assess the system's performance across several indicators. The developed prototype operated successfully, with features that regulate environmental parameters such as temperature, humidity, and nutrient delivery through an automated system. The system's solar-powered design, coupled with real-time monitoring capabilities via sensors, contributed to its high performance. Respondents provided favorable evaluations, indicating high levels of satisfaction in terms of the system's efficiency, sustainability, safety, and cost-effectiveness. The use of Arduino Uno and ESP32 microcontrollers proved effective for this application. The study demonstrated that the integration of green technology, IoT, and microcontroller-based automation offers a promising solution for urban agriculture. The developed aeroponic vertical farming system optimizes limited space, conserves water, and minimizes soil-borne diseases. Its sustainable design and automated functionality make it well-suited for addressing food production challenges in urban settings. Future improvements may focus on scalability, enhanced data analytics, and broader integration with smart agricultural platforms.

RECOMMENDED CITATION

Gaditano, R., Mallen, C. J., Millare, N. J., Sangumay, J. S., & Tupino, E. (2025). Development of Green Tech Automated IoT Based Greenhouse Aeroponic Vertical Farming Using Arduino Uno. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 29.

CRIMINOLOGY

THE EFFECTIVENESS OF JAIL OFFICERS IN REDUCING PRISON VIOLENCE IN QUEZON CITY JAIL MALE DORMITORY IN BARANGAY PAYATAS

ABSTRACT

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DISCIPLINE

Criminology

KEYWORDS

*quezon city jail; jail officers;
prison violence; jail
conditions; mental health
programs; correctional
management*

ARTICLE ID

AASGBCPJMRA-B44331

This study aims to assess the effectiveness of jail officers in reducing prison violence within the Quezon City Jail Male Dormitory (QCJMD) located in Barangay Payatas. Although prison violence cannot be completely eradicated, the Bureau of Jail Management and Penology (BJMP) acknowledges that it can be mitigated through appropriate measures. Common issues include fights, theft, and the creation of contraband items such as improvised weapons and gambling materials. With limited existing research focused on QCJMD, this study provides important insights into the practices and challenges of managing violence in newly developed detention facilities. A descriptive research design was used to evaluate the frequency of prison violence and the effectiveness of jail officers. Simple random sampling was employed to ensure fairness and minimize bias. The respondents included twenty (20) jail officers, fifteen (15) persons deprived of liberty (PDLs), and fifteen (15) PDL visitors, totaling fifty (50) participants. Data were gathered using a researcher-made survey questionnaire and were analyzed through statistical treatment to determine levels of agreement and identify recurring problems. The findings showed that respondents agreed on the effectiveness of jail officers in maintaining the health and well-being of PDLs. Meanwhile, other variables—such as economic support, facility conditions, and logistical resources—received “strongly agree” ratings. The most commonly cited problem was limited funding for PDL support, facility improvement, and personnel. Among the proposed interventions, respondents emphasized the importance of providing mental health awareness programs for PDLs as a preventive approach to reduce violence. The study recommends that the BJMP leadership enhance jail management strategies, update policies, and strengthen officer training to address prison violence effectively. Jail officials must continually evaluate their operational performance, while PDLs should be encouraged to provide feedback to improve safety. Barangay officials are urged to develop more effective PDL rehabilitation and treatment programs. Community involvement is also essential in supporting PDL reintegration, particularly in employment opportunities. Furthermore, students should be educated on jail conditions to foster awareness. Future researchers are encouraged to further investigate jail officer effectiveness, while law enforcement agencies such as the PNP, BUCOR, and NBI should reinforce staffing and collaboration efforts. Finally, the Quezon City Government is urged to enact policy reforms, initiate relevant programs, and allocate adequate funding.

RECOMMENDED CITATION

Carodan, P. M., Eviota, N. M., Guzman, S. M., Julag-ay, R., & Valletero, A. (2025). The Effectiveness of Jail Officers in Reducing Prison Violence in Quezon City Jail Male Dormitory in Barangay Payatas. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 31.

ECOLOGY AND ENVIRONMENTAL SCIENCE

THE DEVELOPMENT OF COGON GRASS (CYLINDRICA IMPERATA) AND ROSE (ROSA RUBIGINOSA) AS A SUBSTITUTE MATERIAL FOR STATIONARY PAPER

ABSTRACT

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DISCIPLINE

Ecology & Environmental
Sciences

KEYWORDS

*cogon grass; imperata
cylindrica; rosa rubiginosa;
biodegradable material;
alternative fiber;
environmental science*

ARTICLE ID

AASGBCPJMRA-B92056

This study aims to explore the potential of cogon grass (*Imperata cylindrica*) as a sustainable alternative fiber source for paper production. The growing environmental impact of wood-based paper manufacturing, particularly deforestation, underscores the need to identify non-wood fiber materials that are both abundant and eco-friendly. Cogon grass, often considered a weed, offers promising characteristics due to its widespread availability and fast growth. By developing stationery paper from cogon grass and rose (*Rosa rubiginosa*), this research seeks to reduce tree consumption, utilize biodegradable materials, and assess whether these alternatives can serve as a temporary substitute in the paper industry. The study employed a quantitative experimental research design with purposive sampling. A structured survey questionnaire was used to evaluate the level of acceptability of stationery paper made from cogon grass and rose, based on criteria such as paper strength, surface texture, thickness and capacity, biodegradability, and overall presentation. Respondents included art teachers and environmentalists. Data analysis involved frequency and percentage, rating scale, weighted mean, and t-test to compare the assessments of the two respondent groups. The experimental paper produced from cogon grass and rose was rated as "acceptable" in terms of strength, texture, thickness, biodegradability, and presentation. Art teachers gave an overall weighted mean of 3.67 (variance = 0.174), while environmentalists gave a mean of 2.62 (variance = 0.158). Both groups' assessments, tested at a 0.05 significance level with a t-critical value of 2.145 and a t-computed value of 4.067, indicated no statistically significant difference. Thus, the product was generally accepted by both groups, with art teachers rating it more favorably. The findings suggest that cogon grass and rose fibers are viable materials for producing environmentally friendly stationery paper. While both groups accepted the paper, feedback emphasized the importance of extended development time, enhanced feasibility studies, and expert involvement to improve production quality. Future efforts should focus on refining the manufacturing process and ensuring environmental sustainability. Continued research and collaboration with professionals may further improve the success rate of this eco-friendly paper alternative.

RECOMMENDED CITATION

Asinas, T., Faustino, D. R., Gabayne, A., Luna, P. A., & Magbitang, C. (2025). The Development of Cogon Grass (*Cylindrica Imperata*) and Rose (*Rosa Rubiginosa*) as a Substitute Material for Stationary Paper. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 33.

FOOD SCIENCE AND ENGINEERING

LEVEL OF ACCEPTABILITY OF USING SWEET POTATO AS NUTRITIOUS ALTERNATIVE FILLING OF DONUTS AMONG RESIDENTS OF BRGY. SAN AGUSTIN, QUEZON CITY

ABSTRACT

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Food Science & Engineering

KEYWORDS

*brgy. san agustin; sweet
potato-filled donuts; product
acceptability; healthy snack
alternative; consumer
satisfaction; texture
preference*

ARTICLE ID

AASGBCPJMRA-B00695

This study examines the potential of sweet potatoes as a nutritious donut filling, offering a healthier alternative to traditional snacks. Packed with essential vitamins, minerals, and fiber, sweet potatoes are assessed for their ability to enhance both the nutritional value and taste of the product. Focusing on residents aged 18 to 34 in Brgy. San Agustin, Philippines, the research evaluates consumer preferences and market viability through surveys and sensory testing. Although sweet potatoes are commonly used in various desserts, their application as a donut filling remains largely untapped. This study aims to determine the product's feasibility and acceptability while encouraging healthier dietary choices. This study employed a descriptive research design to evaluate consumer preferences for sweet potato-filled donuts. A sample of 100 residents from Brgy. San Agustin was selected through cluster sampling to ensure representation across age, gender, and location. Participants assessed the product's texture, taste, and appearance using a Four-Point Likert Scale, and provided additional insights through open-ended responses. The survey instrument was adapted from relevant literature and validated by subject matter experts, including a grammarian and a research advisor. Data collection involved donut preparation, survey administration, and analysis using descriptive statistical methods. The findings were used to determine the overall acceptability of the product. Out of the 100 respondents, most were aged 34 and above (44 respondents), and the majority were female (58 respondents). The donuts were highly rated for their softness and moistness, categorized as "Much Acceptable," while the bread's hardness was noted as an area for improvement. Respondents found the sweetness and saltiness to be well-balanced, and the product's uniqueness was positively received. Recommendations for further improvement included enhancing the texture, adjusting the sweetness, increasing the filling, and improving the overall appearance. These findings offer valuable insights for refining the product's quality and boosting its consumer appeal. The study underscores key factors affecting product acceptability, particularly the significance of soft and moist textures in achieving consumer satisfaction. Bread hardness was identified as a major area for improvement, aligning with local preferences for smoother pastries. While the product's balanced flavor met general taste expectations, suggested improvements in freshness, sweetness, filling quantity, and serving temperature could further enhance its appeal. These findings offer practical insights for food enterprises and entrepreneurs in Brgy. San Agustin is aiming to develop healthier and more innovative snack options.

RECOMMENDED CITATION

Armas, J. A., Atillo, K., Benitez, J. P., Intes, R. M., Mabeza, K., Roman, D. G., & Saluta, R. (2025). Level of Acceptability of Using Sweet Potato as Nutritious Alternative Filling of Donuts Among Residents of Brgy. San Agustin, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 35.

DEVELOPING AMPALAYA AS AN ALTERNATIVE GUMMY CANDIES FOR DIABETIC STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Food Science & Engineering

KEYWORDS

*gummy candies; ampalaya;
bitter gourd; health benefits;
fruit flavoring; diabetic-
friendly snacks*

ARTICLE ID

AASGBCPJMRA-B11045

This study aims to develop ampalaya (bitter gourd) as a healthy alternative gummy candy specifically for diabetic students. Ampalaya gummy candies are designed as a nutritious snack that may help in managing blood sugar levels. These are naturally sweetened with honey and flavored with fruit juices to make them both palatable and safe for diabetic consumption. An experimental research design was employed to investigate the effectiveness of various methods in reducing the bitterness of ampalaya while maintaining its health benefits. The independent variables included techniques such as honey addition, fruit flavoring, and salt soaking, while the dependent variables focused on the candies' acceptability and perceived health benefits among diabetic student respondents. The study involved 10 respondents, mostly aged 16 to 20, with an equal gender distribution. Among the techniques tested, the use of 4 and 5 teaspoons of honey and salt soaking for one hour received "Excellent" ratings (weighted mean = 4.00) in reducing bitterness. Three teaspoons of honey also performed well (mean = 3.90). For fruit flavorings, mango (3.60) and orange (3.70) were rated "Excellent," while grape (3.20) and pineapple (3.30) were rated between "Good" and "Excellent." Respondents identified major challenges such as ingredient formulation (36%), taste acceptance (32%), and customer awareness (32%). They also acknowledged ampalaya's health benefits, citing its richness in vitamins (38.89%), dietary fiber (27.78%), and antioxidants (27.78%). In terms of product acceptability, 70% of participants rated the candies as "acceptable," and 30% rated them as "very acceptable." The results demonstrate that ampalaya-based gummy candies, when sweetened with honey and enhanced with fruit flavors, can serve as a viable healthy snack option for diabetic students. Despite positive feedback, formulation refinement and consumer acceptance remain areas for improvement. Further research is recommended to enhance nutritional value, scale up production, and raise consumer awareness. These findings may inform food manufacturers and health professionals in developing functional snacks tailored to diabetic needs.

RECOMMENDED CITATION

Amante, M. J., Dilao, J., Gacusan, A. J., Marata, S., & Reblando, N. J. (2025). Developing Ampalaya as an Alternative Gummy Candies for Diabetic Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 36.

NUTRITIONAL VALUE OF MANSANAS AND CAMOTE IN CANDY MAKING: AN EXPERIMENTAL STUDY

ABSTRACT

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Food Science & Engineering

KEYWORDS

*candy making; nutritional
value; apple candy; camote;
mansanas; food innovation*

ARTICLE ID

AASGBCPJMRA-B47382

This study aims to develop a nutritious candy using mansanas (apples) and camote (sweet potatoes) as natural and healthier alternatives to traditional candy ingredients. The research emphasizes the nutritional value and natural sweetness of these ingredients while supporting innovation in food preparation aligned with health and quality standards. The goal is to produce a candy that is not only flavorful but also beneficial to both children and adults. This study also highlights how technical and vocational education can contribute to the creation of healthier food options through creative experimentation. An experimental research design was employed to determine the nutritional value of mansanas and camote in candy making. Independent variables were manipulated to observe their effects on the resulting product while controlling for extraneous factors. This method allowed for a systematic investigation into how these natural ingredients impact flavor, appearance, health benefits, and overall satisfaction. Data were collected from a group of 20 respondents who evaluated the candy based on multiple factors, such as taste, health perception, and satisfaction. The demographic profile of the respondents showed a fairly even age distribution, with a slight majority of female participants (60%). In terms of food preference, respondents strongly agreed that the candy had a natural flavor (mean = 3.30) and agreed it was healthy (mean = 2.95) and visually appealing (mean = 3.15). The overall level of satisfaction was high, with a mean rating of 3.25, indicating that most respondents were very satisfied with the product. The main challenge identified was profitability (mean = 3.30), while issues such as picky eaters and allergic reactions were not considered major concerns. The findings demonstrate that camote mansanas candy was well-received, particularly for its natural taste, health appeal, and visual presentation. The demographic data showed a broad age range of acceptance, with most respondents expressing high satisfaction. Although profitability was noted as a moderate concern, it did not pose a significant barrier to the product's perceived value. The study concludes that using mansanas and camote in candy making presents a viable path toward healthier and more appealing snack options, especially for younger consumers.

RECOMMENDED CITATION

Nocipeda, L. M., Oirada, J., Paligar, J. J., Peroso, S. P., Polbo, J., & Santiago, V. A. (2025). Nutritional Value of Mansanas and Camote in Candy Making: An Experimental Study. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 37.

ACCEPTABILITY OF CHICKEN PASTIL SHAWARMA WITH CREPE AS WRAPPER AMONG HOME ECONOMICS STUDENTS AT BESTLINK COLLEGE THE PHILIPPINES

ABSTRACT

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Food Science & Engineering

KEYWORDS

home economics students;
chicken pastil; crepe wrapper;
sensory acceptability;
shawarma; acceptability
chicken

ARTICLE ID

AASGBCPJMRA-B64859

Shawarma, traditionally made with spiced meat, vegetables, and sauces wrapped in pita, has gained popularity in the Philippines. To create a uniquely Filipino variation, this study evaluates the acceptability of chicken pastil—a rice and shredded chicken dish—as a shawarma filling and crepe as an alternative wrapper. The aim is to determine whether this novel combination appeals to Home Economics students at Bestlink College of the Philippines. A descriptive qualitative design is employed using a structured questionnaire to assess sensory attributes and overall acceptability. Cluster sampling identifies 50 Grade 11 and 12 Home Economics students as respondents. Demographic information and ratings of appearance, flavor, and packaging are collected and analyzed using frequency distributions. Most respondents (74 percent) were aged 17 to 18, with equal representation of males and females. The sections HECF 1202, HECF 1201 and HEHRS 1201 each contributed 20 percent of the sample. Chicken pastil shawarma wrapped in crepe was rated “eye-catching” for appearance, “acceptable” for flavor, and “complimentary” for packaging. The most frequent recommendation (72 percent) was to adjust spiciness. Additional suggestions included promoting the product among students, enhancing fillings with complementary ingredients, consulting written resources on product development, and encouraging further innovation. The findings indicated high acceptability of chicken pastil shawarma with a crepe wrapper among Home Economics students. Positive ratings for visual appeal, flavor, and packaging support its potential as a novel snack. Recommendations for spiciness adjustment and ingredient refinement will guide product optimization. Integrating promotional activities and gathering additional consumer feedback are suggested to enhance market readiness and inform future culinary research.

RECOMMENDED CITATION

Adlawan, D., Dacanay, C. J., Francisco, K. H., Orongan, R., Rodriguez, E., & Soliveres, J. J. (2025). Acceptability of Chicken Pastil Shawarma with Crepe as Wrapper Among Home Economics Students at Bestlink College the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 38.

INNOVATION OF YOGURT SMOOTHIE WITH SAPODILLA AND POMEGRANATE AMONG GRADE 11 STEM STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Food Science & Engineering

KEYWORDS

*senior high school students;
yogurt smoothie; beverage
innovation; sapodilla;
pomegranate; product
acceptance*

ARTICLE ID

AASGBCPJMRA-B88989

Yogurt smoothie made with sapodilla and pomegranate is an innovative dairy-based beverage that blends creamy texture with natural sweetness and nutritional value. The smooth, malty flavor of sapodilla complements the tangy notes of pomegranate, creating a distinctive and enjoyable drink. As health-conscious consumers increasingly seek nutritious yet satisfying alternatives, this study explores how senior high school students perceive and accept this unique dessert smoothie. By assessing its market appeal and overall feasibility, the research aims to contribute to the growing trend of healthy, flavorful, and convenient beverage options within the food and drink industry. This study involved senior high school students from Bestlink College of the Philippines as participants. A descriptive research design was utilized to assess their level of acceptance of the yogurt smoothie infused with sapodilla and pomegranate. To ensure appropriate representation, a quota sampling method was applied, allowing the selection of participants based on predefined criteria that reflect specific characteristics of the target population. Data collection was conducted using a checklist, which served as the primary tool for evaluating the respondents' acceptance of the product. This study evaluated the yogurt smoothie with sapodilla and pomegranate as a refreshing beverage, focusing on participants' perceptions of its appearance, taste, texture, and aroma. The majority of respondents agreed that the flavor combination was harmonious and enjoyable. They described the product's appearance as attractive and visually appealing. In terms of taste, most participants expressed satisfaction with the well-balanced flavor of the sapodilla, noting that it complemented the overall profile of the drink and contributed to a pleasant sensory experience. The analysis of data, conclusions, and participant feedback revealed that the yogurt smoothie with sapodilla and pomegranate received consistently high ratings for its presentation, taste, texture, and aroma. The product earned weighted mean scores of 3.16 for presentation, 3.26 for taste, and 3.66 for texture, indicating strong consumer approval. Respondents found the beverage to be enjoyable, highlighting its smooth texture and well-balanced flavoring. Overall, the yogurt smoothie was perceived as refreshing, satisfying, and a well-accepted innovative drink option.

RECOMMENDED CITATION

Brojan, J. B., Chan, M. C., Hernan, J. D., Macabalitao, N. J., & Riobuya, F. M. (2025). Innovation of Yogurt Smoothie with Sapodilla and Pomegranate Among Grade 11 STEM Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 39.

HEALTH AND SCIENCE

EVALUATION OF TELEMEDICINE SERVICE ON THE PATIENT SATISFACTION ON THE SELECTED MEDICAL CENTER ALONG QUEZON

ABSTRACT

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Health And Science

KEYWORDS

*patient satisfaction; health
service delivery; quezon city;
telemedicine; healthcare
access; mobile technology*

ARTICLE ID

AASGBCPJMRA-B94576

This study evaluates the effect of telemedicine services on patient satisfaction in selected medical centers in Quezon City. It aims to determine the demographic factors influencing satisfaction and identify barriers to effective telemedicine use. The study emphasizes how mobile technology, particularly telemedicine, has transformed healthcare delivery by improving accessibility, efficiency, and cost-effectiveness. Despite these advantages, telemedicine implementation presents challenges that must be addressed, including infrastructural limitations, the need for provider training, and the assurance of patient data security. The study adopts a quantitative approach and utilizes a descriptive research design to gather data from thirty (30) purposively selected patients who have experienced telemedicine consultations. A survey questionnaire served as the primary data collection tool, focusing on factors influencing patient satisfaction and identifying recurring challenges in the use of telemedicine services. The findings revealed that most respondents were male and belonged to the lower-middle-income class. Overall, patient satisfaction levels were high, although differences were observed based on age, sex, location, and socio-economic status. Health status influenced only the perceived usefulness of the service. The most reported issue was poor internet connectivity, which negatively impacted the telemedicine experience. Despite these challenges, telemedicine was recognized as a viable solution to improve healthcare access and service satisfaction. The results underscore the potential of telemedicine to enhance healthcare delivery and patient satisfaction in the Philippines. However, recurring challenges such as connectivity problems, technical malfunctions, and concerns regarding privacy must be addressed for wider adoption. The study recommends customized training for healthcare providers and infrastructure development to support telemedicine services. Future longitudinal studies are suggested to assess the long-term impact of telemedicine on patient outcomes and satisfaction. These findings offer practical insights into optimizing telemedicine in local healthcare systems.

RECOMMENDED CITATION

Acuña, M. A., Belangel, J., Decena, M. L., Gomez, F. J., & Mejia, M. C. (2025). Evaluation of Telemedicine Service on the Patient Satisfaction on the Selected Medical Center Along Quezon. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 41.

INDIGEOUS STUDIES

PRESERVING INDIGENOUS CULTURE (AETA) IN TARLAC; A COMPREHENSIVE STUDY ON SUSTAINABLE MANAGEMENT AND CONSERVATION OF CULTURAL ASPECT

ABSTRACT

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Indigenous Studies

KEYWORDS

*aeta community; indigenous
knowledge; sustainable
practices; cultural
preservation; traditional
hunting; plant gathering*

ARTICLE ID

AASGBCPJMRA-B30096

The Aeta, among the Philippines' earliest indigenous groups, possess a vibrant cultural heritage characterized by traditional skills in hunting, gathering, farming, and handicraft-making. These practices are integral to their identity and community life. However, the forces of modernization, land displacement, and continued marginalization pose serious threats to the survival of these cultural traditions. This research seeks to identify sustainable strategies for preserving and revitalizing Aeta heritage while also examining the barriers that hinder the intergenerational transmission of their traditional knowledge and practices. A mixed-methods research design was adopted to provide a well-rounded analysis of the issue, integrating both quantitative and qualitative data. The quantitative component involved structured surveys, while the qualitative aspect consisted of in-depth interviews to gather detailed insights. A total of 35 participants from the Aeta community in Sitio Gayaman, Tarlac City, were purposively selected for their direct experience and cultural knowledge relevant to the study's objectives. This study examines the traditional knowledge and cultural practices of the Aeta community in Tarlac, focusing on hunting, gathering, farming methods, and handicraft-making, as well as the challenges affecting their preservation. Demographic data indicate that most participants are between 36 and 45 years old (34%), with 75% identifying as female. Regarding educational attainment, 63% have completed at least some level of junior or senior high school. Findings show that traditional knowledge in hunting and gathering remains actively practiced, with high mean scores for plant collection techniques used for food and medicine (3.51), and hunting skills (3.34). Despite this, the Aeta community faces significant threats to cultural continuity, including urban migration (noted by 35 respondents), the loss of ancestral lands, and insufficient government policies supporting indigenous heritage. The findings of the study highlight the Aeta community's strong proficiency in traditional practices. Notably, their ability to determine the appropriate time and location for hunting received a weighted mean of 3.34, while their use of traditional methods for gathering plants used for food and medicine ranked highest with a weighted mean of 3.51. These results underscore the community's deep-rooted knowledge of sustainable resource use and commitment to preserving ancestral wisdom. However, lower-ranked responses reveal critical challenges, particularly the increasing migration to urban areas, which disrupts traditional lifestyles and hampers the intergenerational transmission of cultural knowledge.

RECOMMENDED CITATION

Derilo, P., Fortin, K. C., Lebios, G., Villaluz, F., & Yacapin, M. E. (2025). Preserving Indigenous Culture (Aeta) in Tarlac; A Comprehensive Study on Sustainable Management and Conservation of Cultural Aspect. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 43.

INDUSTRIAL DESIGN

DEVELOPING A DIGITAL UNIFORM FOR PROFESSIONAL CIVIL ENGINEERS: A STUDENTS PERCEPTION

ABSTRACT

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Industrial Design

KEYWORDS

*digital uniform; civil
engineering; professional
image; student perception;
safety; engineering design*

ARTICLE ID

AASGBCPJMRA-B24646

This study explores student perceptions of a digitally designed uniform for professional civil engineers, with a focus on its safety, originality, and practicality. As the field of engineering evolves in the digital age, there is growing interest in innovations that can enhance both function and professional image, including the integration of digital features into uniforms. A quantitative descriptive research design was employed to examine the perceptions of both professional and student civil engineers toward the concept of a digital uniform. Data were gathered through structured survey questionnaires distributed to selected respondents. Survey responses from five participants, consisting of seasoned professionals and recent graduates, indicated a generally positive view of the proposed digital uniform. The results showed high ratings for visibility (Grand Mean = 4.28) and modern design (Grand Mean = 4.28), along with favorable impressions of its originality (Grand Mean = 3.84) and overall effectiveness and feasibility (Grand Mean = 4.04). These findings suggest a strong potential for acceptance of the digital uniform within the civil engineering field. The study concludes that digital uniforms can enhance the safety, functionality, and professional appearance of civil engineers. While initial perceptions are positive, further research and design refinement are necessary to achieve broader acceptance and standardization. The findings support the integration of innovation into professional attire, reflecting the evolving role of technology in engineering practice.

RECOMMENDED CITATION

Cardeño, M. J., De Paz, J. R., Gelindon, T. J., Sapungay, T. N., & Toledo, J. C. (2025). Developing a Digital Uniform for Professional Civil Engineers: A Students Perception. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 45.

INFORMATION SYSTEMS

STUDENT MANAGEMENT SYSTEM: DIGITALIZATION OF REGISTRAR DEPARTMENT STUDENT SERVICES AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*student management system;
registrar services; bestlink
college; technology
acceptance model; online
enrollment; grade viewing*

ARTICLE ID

AASGBCPJMRA-B05691

This study examines the effectiveness of digitalizing Registrar Department services at Bestlink College of the Philippines through the implementation of a Student Management System (SMS). Anchored on the Technology Acceptance Model 3 (TAM3), the system aims to streamline essential administrative tasks, including online enrollment, account issuance, class scheduling, and grade viewing for over 50,000 students during the 2024–2025 academic year. Despite these goals, the system has faced challenges such as technical downtimes, slow response times, inflexible scheduling, and restricted grade access for students with unpaid balances. A mixed-methods research design was employed. A total of 381 purposively stratified student respondents across various programs participated in the study. Data were gathered using documentary analysis and a researcher-made survey questionnaire. Statistical tools such as weighted mean and ranking were used to evaluate the SMS's features and identify persistent challenges experienced by users. Findings indicated that the online enrollment feature was considered "effective" (mean = 2.77). However, other components—account issuance (mean = 2.45), class scheduling (mean = 2.26), and grade viewing (mean = 2.47)—were rated as "ineffective," resulting in an overall weighted mean of 2.48. Respondents reported system downtimes during peak hours, complicated enrollment procedures, and delayed grade releases as recurring issues. Based on these results, an action plan was formulated to address technical limitations and enhance system usability. To improve the effectiveness of the SMS, recommendations include upgrading system infrastructure to enhance performance, automating account and grade update processes, integrating flexible scheduling features, and providing real-time notifications to improve communication. Revisions to institutional policies—particularly those affecting access to academic records—and stronger technical support mechanisms were also suggested. The study concludes that while the SMS has introduced significant digital services, its current implementation falls short in delivering a fully efficient and accessible system. Ongoing system evaluation, iterative improvements, and policy alignment are essential to meet the dynamic needs of the student body and ensure sustainable digital service delivery at Bestlink College of the Philippines.

RECOMMENDED CITATION

Angelo, M., Bantillo, A., Comboy, N. M., Salingsing, V., & Tañacao, J. L. (2025). Student Management System: Digitalization of Registrar Department Student Services at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 47.

EXPLORING STUDENT MANAGEMENT SYSTEM THROUGH STUDENT SATISFACTION AS PERCEIVED BY GRADE 12 HUMANITIES AND SOCIAL SCIENCE AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*bestlink college of the
philippines; student
management system; student
satisfaction; data-driven
insights; educational
technology; communication*

ARTICLE ID

AASGBCPJMRA-B06534

This study explores the Student Management System (SMS) and its role in influencing student satisfaction among Grade 12 Humanities and Social Sciences (HUMSS) students at Bestlink College of the Philippines. The SMS is a vital digital tool used by educational institutions to streamline processes such as accessibility, communication, tracking academic progress, and generating data-driven insights. This research aims to assess how students perceive the SMS in terms of these key functions and how these perceptions contribute to overall student satisfaction. The study utilizes an exploratory-descriptive research design. A total of 212 Grade 12 HUMSS students enrolled for the academic year 2024–2025 were selected using cluster sampling. A validated survey questionnaire, reviewed by an adviser, grammarian, and statistician, served as the primary data-gathering tool. Respondents' perceptions were measured using a Likert scale, and the data were analyzed using statistical tools such as frequency, percentage, ranking, and weighted mean. The findings revealed that the SMS was perceived to be effective in supporting various aspects of student satisfaction. The communication indicator received the highest weighted mean of 3.43, interpreted as "Strongly Agree," followed by accessibility (3.35), data-driven insights (3.34), and tracking process (3.33), all also rated as "Strongly Agree." These results reflect the students' overall positive perception of the SMS across different functional dimensions. The study highlights the significance of evaluating students' perspectives on educational technologies like the SMS to enhance user satisfaction. To improve the system further, the study recommends enhancing system reliability to reduce technical issues and broadening communication tools to foster more interactive learning. An action plan is suggested to refine data accuracy and strengthen the SMS framework based on student feedback. These insights aim to contribute to ongoing efforts to improve the functionality and responsiveness of student management systems in educational institutions.

RECOMMENDED CITATION

Barrera, J. M., Espaldon, J., Fernandez, B. C., Ordinario, M. A., & Valdez, A. S. (2025). Exploring Student Management System Through Student Satisfaction as Perceived by Grade 12 Humanities and Social Science at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 48.

MICROFINANCE MANAGEMENT SYSTEM: HUMAN RESOURCES II (TIME AND ATTENDANCE, LEAVE MANAGEMENT, PERFORMANCE MANAGEMENT, SOCIAL RECOGNITION WITH FACIAL RECOGNITION AND ANOMALY DETECTION IN PERFORMANCE)

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*human resource management;
time and attendance; leave
management; facial
recognition; social
recognition; anomaly
detection*

ARTICLE ID

AASGBCPJMRA-B09157

The Microfinance Management System: Human Resource II is a web-based platform designed to manage key HR functions, including time and attendance, leave management, performance evaluation, and social recognition. Microfinance institutions (MFIs) have long faced challenges due to manual data collection and inefficient HR processes, resulting in decreased productivity and data inaccuracy. To address these concerns, this project aimed to automate evaluations and streamline workflows, enhancing both operational efficiency and organizational decision-making. The system was developed using the Agile Scrum methodology, which emphasizes iterative development and stakeholder collaboration. The web-based platform was designed to support essential HR operations such as real-time tracking of employee attendance through facial recognition, automated leave request processing, performance evaluations with anomaly detection, and social recognition features. This adaptive and accessible approach enabled the delivery of a reliable and user-centered HR solution. The implementation of the Human Resource II module significantly improved HR operations in the partner microfinance institution. The system streamlined attendance tracking using facial recognition, reducing time fraud and manual discrepancies. Leave management became more efficient with automated tracking and requests. Performance data was analyzed in real time to identify both underperformance and high-potential employees, while integrated social recognition tools enhanced morale by publicly acknowledging achievements. The system also generated detailed reports for analyzing attendance trends, absenteeism, and performance patterns, which supported informed HR decisions. The development and deployment of the Human Resource II system contributed valuable enhancements to microfinance HR practices. Facial recognition simplified clock-in/clock-out processes and minimized manual entry errors. Automated report generation enabled HR managers to monitor attendance and evaluate employee performance trends effectively. Social recognition features fostered a positive workplace culture by encouraging transparency and appreciation. These integrated features demonstrate the potential of intelligent HR systems in supporting data-driven workforce management and boosting institutional productivity.

RECOMMENDED CITATION

Aguilor, J. L., Dizo, S., Murillo, R., Torres, R. A., & Ureta, W. (2025). Microfinance Management System: Human Resources Ii (Time and Attendance, Leave Management, Performance Management, Social Recognition with Facial Recognition and Anomaly Detection in Performance). *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 49.

DEVELOPMENT OF AN INFORMATION SYSTEM FOR DOCVAPE

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*information system; inventory
management; report
generation; business
efficiency; vape store system;
sales automation*

ARTICLE ID

AASGBCPMRA-B23017

This study focuses on the development of an information system for DocVape, a vape store established in 2016, to enhance the management of product information, sales, inventory, and transaction reports. The system aims to address the operational challenges currently faced by the business by offering a centralized platform for automating and streamlining customer records, inventory tracking, and report generation. The project followed the Waterfall Model, a structured development methodology consisting of requirements gathering, system design, development, testing, deployment, and maintenance. The system was developed using Java (NetBeans) for application logic, MySQL for database management, and XAMPP as the server environment. This combination ensured system reliability and efficient data handling. Upon completion and deployment, the DocVape information system significantly improved workflow efficiency and accuracy. Key features include automated inventory and sales management, real-time product stock monitoring, and graphical representation of best-selling products. The system also supports CRUD operations, email notifications, and PDF export capabilities for receipts and reports. A built-in print setup facilitated seamless report generation and distribution. A password reset feature with OTP verification via email was also integrated to enhance security. The implementation of the DocVape information system resulted in enhanced data accuracy and operational productivity. The systematic development process and use of robust technologies contributed to a reliable and efficient platform. Automation of tasks such as inventory tracking, report generation, and receipt handling minimized manual data entry and improved overall workflow. Additionally, features like user account management and password recovery improved system accessibility and security. Future enhancements may include integration with external business platforms, advanced data analytics, and interactive dashboard features to support informed decision-making and scalable growth.

RECOMMENDED CITATION

Lagamson, S. M., Lusanta Jr., R., Maglalang, M. L., Romanca, J. K., & Zamora, A. (2025). Development of an Information System for DocVape. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 50.

CRANE AND TRUCKING RENTAL MANAGEMENT SYSTEM: DISPATCH MANAGEMENT, INVENTORY MANAGEMENT, REPORTING AND ANALYTICS WITH MOBILE ACCESS

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*dispatch management;
inventory management;
reporting and analytics;
mobile access; rental
management system; digital
transformation in logistics*

ARTICLE ID

AASGBCPJMRA-B23750

The crane and trucking rental industry plays a vital role in construction and logistics. However, many companies rely on manual processes for dispatching, inventory tracking, and reporting, which leads to inefficiencies, delays, and poor resource visibility. The absence of integrated digital systems tailored for heavy equipment rental operations has created operational bottlenecks, including a lack of real-time scheduling tools, inaccurate inventory updates, and limited mobile access. This study aims to develop a Crane and Trucking Rental Management System that improves dispatch efficiency, ensures accurate inventory monitoring, and provides real-time reporting via web and mobile interfaces. The system is developed using Agile methodology, incorporating iterative sprints and stakeholder feedback. It is built with modern web technologies for the desktop version and Flutter for the mobile application. Development focuses on four core modules: Dispatch Management, Inventory Management, Reporting and Analytics, and Mobile Access. Functional testing and user acceptance testing are conducted with actual rental operations to ensure real-world applicability. Each module is tested against user stories and backlog items outlined in the product documentation. The system demonstrated significant improvements in operational efficiency. Dispatch scheduling was automated with real-time availability checks, reducing scheduling conflicts by 85 percent. Inventory status updates were synced across platforms, minimizing errors caused by double booking or outdated information. The Reporting and Analytics module provided management with data-driven insights, improving decision-making speed and accuracy. Mobile access enabled on-site personnel to update records directly, reducing delays in information flow. The study highlighted how digital transformation can enhance the performance of traditional rental businesses. By automating key workflows and ensuring access to real-time information, the system bridged the gap between administrative offices and field operations. While the system performed well during initial testing, future research may explore integration with GPS tracking, financial management systems, and predictive maintenance analytics. Additionally, scaling the system to support multiple branches or franchises could further increase its commercial viability. This project presented a scalable and practical solution for modernizing crane and trucking rental operations.

RECOMMENDED CITATION

Briñas, I. C., Concan, J. C., Eugenio, M. B., Gumahad, A. L., & Jason, J. (2025). Crane and Trucking Rental Management System: Dispatch Management, Inventory Management, Reporting and Analytics with Mobile Access. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 51.

SCHOOL MANAGEMENT SYSTEM 2: AUTOMATED DEFENSE ROOM SCHEDULING SYSTEM WITH REAL-TIME AVAILABILITY AND CONFIRMATION FOR CENTER FOR RESEARCH AND DEVELOPMENT AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*automated defense room
scheduling system; real-time
room availability; scheduling
management; center for
research and development
(crad); scheduling conflict
reduction; agile scrum
methodology*

ARTICLE ID

AASGBCPJMRA-B41430

The Automated Defense Room Scheduling System was developed to address the challenges faced by the Center for Research and Development (CRAD) at Bestlink College of the Philippines in managing defense room schedules. The current manual scheduling process is inefficient, often leading to scheduling conflicts and difficulties in monitoring reservations. To improve this, the system provides real-time updates on defense room availability, prevents double bookings, and streamlines the scheduling management for the CRAD department. The system was developed using a systematic approach based on the Agile Scrum methodology, enabling iterative development and continuous feedback throughout the process. PHP was used for backend development, MySQL for database management, and HTML and CSS for the frontend interface. The development followed a modular approach, allowing seamless integration of core features such as room scheduling, schedule validation, and data management. Testing included unit testing, integration testing, and real-world usability testing conducted by the Center for Research and Development (CRAD) officers to ensure system reliability and user-friendliness. The solution was deployed on Infinite cloud infrastructure to provide easy access and scalability. The implementation of the system significantly improved the efficiency of the defense room scheduling. It provided real-time room availability, reduced scheduling conflicts, and enhanced record-keeping. The Center for Research and Development (CRAD) officers were able to increase scheduling accuracy and streamline the management of defense schedules. Performance testing demonstrated that the system can handle multiple schedules simultaneously, ensuring smooth operation even during peak periods. The results indicate that automating the defense room scheduling process effectively resolves the inefficiencies associated with manual scheduling. The system improves organization, optimizes resource utilization, and reduces human error. Feedback from the Center for Research and Development (CRAD) officers was instrumental in further refining the system to better meet operational needs. Future enhancements may include features such as report generation and advanced scheduling analysis to support data-driven decision-making.

RECOMMENDED CITATION

Cunanan, R., Del Prado, C., Pastores, J. A., Sanson, A., & Trinidad, M. J. (2025). School Management System 2: Automated Defense Room Scheduling System with Real-Time Availability and Confirmation for Center for Research and Development at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 52.

FACEBOOK PAGE: A TOOL TO EMPOWER LIBRARY USERS AT BESTLINK COLLEGE OF THE PHILIPPINES, BULACAN

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*facebook; library; social
media; digital resources;
academic community; user
engagement*

ARTICLE ID

AASGBCPJMRA-B45804

In the digital age, social media has transformed how information is shared and how communities interact, becoming an essential institutional tool. Among students, Facebook remains one of the most widely used platforms. This study aims to evaluate the effectiveness of a Facebook page created specifically for the library of Bestlink College of the Philippines, Bulacan. It investigates how this page influences student engagement, promotes access to library resources, and fosters a more active library community. This study employs a quantitative research method to collect data on user interactions with the library's Facebook page. The researchers examine the frequency and nature of these interactions, as well as their impact on students' perceptions of the library and their usage of its services. Data were gathered from a sample of 70 students using survey questionnaires. Findings show that the majority of respondents agreed the Facebook page encouraged them to engage with the school library, with weighted mean scores ranging from 3.34 to 3.72. Respondents affirmed the page's role in increasing awareness of available library resources and motivating library visits. The page was also recognized for facilitating connections among users with similar academic interests. A grand weighted mean of 3.90 indicated a positive perception of the Facebook page's potential to enhance library services. Additionally, a grand weighted mean of 3.72 showed approval of its efficiency in delivering useful information and improving overall library experience. The results confirm that the Facebook page positively influenced student engagement with the school library. It not only encouraged frequent use of resources but also helped foster relationships among users. The study supports the continued use and enhancement of social media as a strategic tool in promoting library services and user participation.

RECOMMENDED CITATION

Medes, S., Mediana, J. V. J., Muñoz, M., & Roque, R. (2025). Facebook Page: A Tool to Empower Library Users at Bestlink College of the Philippines, Bulacan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 53.

FREIGHT MANAGEMENT SYSTEM: HUMAN RESOURCE 3: OPTIMIZING PAYROLL AND BENEFITS MANAGEMENT WITH REAL-TIME INTEGRATION AND AI-DRIVEN AUTOMATION

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*employee data management;
hris integration; freight
logistics; hr automation;
payroll system; regulatory
compliance*

ARTICLE ID

AASGBCPJMRA-B51706

Freight management systems are rapidly evolving to meet growing demands for operational efficiency, real-time responsiveness, and accuracy. One critical area in need of transformation is human resource (HR) management, where outdated manual processes often result in delays, inconsistencies, and administrative inefficiencies. This study explores the integration of a Human Resource Information System (HRIS) into the freight management environment to modernize HR functions. The system emphasizes payroll automation, benefits administration, and compliance with labor regulations. Through real-time data integration and automated workflows, it aims to reduce manual workloads, minimize errors, enhance decision-making, and boost workforce productivity. To comprehensively evaluate the impact of Human Resource Information System (HRIS) integration within freight management, a mixed-methods research approach was employed. Quantitative data was gathered through rigorous system testing, capturing key performance indicators such as processing time, error frequency, and compliance adherence before and after implementation. In parallel, qualitative insights were obtained through structured interviews with HR personnel, employees, and organizational leaders to assess user experience, transparency, and overall satisfaction. The system development followed the Agile methodology, emphasizing iterative design, adaptive planning, and continuous stakeholder engagement. This approach ensured that the solution remained flexible, user-centric, and aligned with the evolving operational needs of the organization. The study's findings revealed notable enhancements in payroll efficiency through automated time tracking and real-time tax computation, which significantly reduced processing delays and manual input errors. Employee interviews highlighted improved transparency, fostering greater trust in HR processes, particularly in payroll accuracy and benefits administration. Additionally, the integration of role-based access control and advanced encryption technologies ensured stringent data security and reinforced compliance with regulatory standards governing employee information management. The integration of a Human Resource Information System (HRIS) within freight and logistics operations presents a forward-looking, scalable solution for modernizing HR processes. By automating critical functions—such as payroll, attendance tracking, and benefits administration—the system significantly reduces manual errors, administrative workload, and regulatory risks. Enhanced transparency and data accessibility also contribute to stronger employee engagement and trust. While the initial rollout demands investment in training and organizational adaptation, the long-term outcomes—improved productivity, cost efficiency, and informed decision-making—validate the strategic value of HRIS adoption. These insights serve as a robust foundation for logistics organizations aiming to digitalize their HR functions and remain agile in a competitive, rapidly evolving industry landscape.

RECOMMENDED CITATION

Argomido, A., Barroga, K. K., Castor, J., Garinga, A., & Gustilo, J. C. (2025). Freight Management System: Human Resource 3: Optimizing Payroll and Benefits Management with Real-Time Integration and AI-Driven Automation. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 54.

A PROPOSED INVENTORY MANAGEMENT SYSTEM FOR CARLA HATCHERY

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*hatchery operations; digital
record-keeping; incubation
tracking; real-time
monitoring; operational
efficiency; data accuracy*

ARTICLE ID

AASGBCPJMRA-B71412

Carla Hatchery plays a vital role in the agricultural sector by producing and supplying day-old chicks through artificial incubation. While hatchability rates remain high, chick mortality continues to pose a significant challenge. To address this, the study explores the integration of real-time monitoring and advanced resource management into a unified system. This integrated approach aims to enhance operational efficiency, maximize equipment utilization, and ultimately reduce mortality rates. The study seeks to evaluate how such a system can improve hatchery practices and support sustainable poultry production. This study employs a quantitative research design, using purposive sampling to collect data from the hatchery owner and staff with hands-on experience in manual record-keeping. Participants are selected based on their direct involvement in hatchery operations to ensure relevant expertise. The study aims to assess current manual documentation practices, identify operational challenges, and explore the perceived benefits of digitalization. Data will be gathered through surveys, focusing on hatchability rates, mortality rates, documentation time, and the effectiveness of real-time tracking. The survey revealed that hatchery operations continue to depend on manual record-keeping, resulting in inconsistent data, time-consuming processes, and difficulties in tracking egg incubation periods. These challenges highlight the pressing need for modernization. The findings support the adoption of an integrated digital system to improve data accuracy, streamline operations, and enhance resource accountability across all stages of production through a centralized digital platform. Transitioning from manual to digital record-keeping significantly enhances the accuracy and efficiency of hatchery operations, particularly when managing multiple egg batches. A digital system enables real-time entry of incubation dates, allowing multiple batches to be recorded and tracked simultaneously. A key feature of the system is its smart notification function, which alerts users only when eggs are about to hatch or have already hatched—ensuring timely action without unnecessary interruptions. By streamlining data management and improving monitoring, digitalization has proven to boost overall productivity and operational performance.

RECOMMENDED CITATION

Batoon, C., Francisco, D., Labalan, J. P., Llaneta, M., Matan, A., & Valerio, M. N. (2025). A Proposed Inventory Management System for Carla Hatchery. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 55.

LOCAL GOVERNMENT UNIT 4: CHILDREN AND YOUTH MANAGEMENT SYSTEM WITH AI-DRIVEN EVENT RECOMMENDATION

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*children and youth; residential
care; social services;
personalized programs; ai
recommendation; vulnerable
populations*

ARTICLE ID

AASGBCPJMRA-B72753

Children and youth represent one of the most vulnerable sectors of society, often facing abuse, disconnection from their communities, and poverty—factors that significantly affect their emotional and social development. At this critical stage, both positive and negative experiences play a formative role in shaping their futures. Many rely on community programs and social services for support. This study examines how Artificial Intelligence (AI) can be utilized to enhance support for children and youth, particularly those in residential care, by providing personalized interventions aimed at reducing behavioral issues and improving their overall well-being. The study centers on the Character Building Program initiated by a local government unit as a response to these challenges. The project used the Agile Scrum methodology to allow for flexible and iterative system development. The team—composed of developers, social workers, and project managers—worked in 2–4 week sprints to build an AI-powered management system. Data were collected from caregivers, Sangguniang Kabataan members, behavioral assessments, and environmental factors to generate individual profiles for each child or youth. Machine learning algorithms processed this data to recommend personalized events and interventions. Each sprint focused on key system components such as data integration, algorithm accuracy, and user interface design. Continuous feedback through regular reviews ensured the system adapted to the dynamic needs of children in care. The implementation of the AI-driven system resulted in notable improvements in the management and support of vulnerable children and youth. Social workers and caregivers reported a reduction in behavioral concerns and increased participation in community programs. Personalized recommendations enabled better matching of children to therapeutic activities and events, leading to improved developmental outcomes. Additionally, the system enhanced resource allocation by identifying interventions with the highest impact. Users noted that the AI-generated insights supported informed decision-making and elevated the quality of care. The findings highlight the potential of AI in providing data-driven, personalized support for children and youth in care. The system improved engagement, reduced behavioral issues, and optimized program delivery. However, its effectiveness depended heavily on the accuracy and completeness of input data. While AI can augment support services, it cannot replace the critical human relationships that are essential to child development. Sustained collaboration between developers, caregivers, and community stakeholders remains key to the system's long-term success. AI should serve as a support tool that enhances, rather than replaces, human-centered care.

RECOMMENDED CITATION

Cruz, R. B., Dacara, S. A., Herrera, E. B., Reales, D., & Rosales, J. (2025). Local Government Unit 4: Children and Youth Management System with AI-Driven Event Recommendation. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 56.

SCHOOL MANAGEMENT SYSTEM: EVENT MANAGEMENT SYSTEM WITH BUSINESS INTELLIGENCE POWERED BY A.I VIDEO GENERATOR

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*school management system;
event management; business
intelligence; ai video
generator; event scheduling;
school administration*

ARTICLE ID

AASGBCPJMRA-B77677

Efficient management of school events and access to insightful data analysis are essential for cultivating a dynamic and well-organized academic environment. This study introduces the development and evaluation of an innovative School Management System (SMS) that integrates an Event Management module with Business Intelligence (BI) features, enhanced by an AI-powered Video Generator. The system is designed to streamline event booking and scheduling processes for teachers while equipping administrators with comprehensive oversight, real-time analytics, and a creative communication tool for promoting school events. By leveraging automation and AI, the system aims to enhance operational efficiency, facilitate data-driven decision-making, and foster stakeholder engagement within the academic community. The system was developed using a user-centered design approach, incorporating iterative feedback from prospective teacher and administrator users throughout the development process. The School Management System and its integrated Event Management module were designed to support key functionalities, including event booking, approval workflows, and the historical tracking of past events. Business Intelligence (BI) capabilities were embedded to generate dynamic reports and data visualizations, enabling administrators to gain insights into event trends and usage patterns. Additionally, an AI Video Generator was integrated to automatically produce promotional or summary videos using event-specific details, enhancing communication and engagement. The system's functionality and usability were assessed through structured user testing sessions with teachers and administrators. Evaluation focused on the efficiency and intuitiveness of the event booking process, the clarity and relevance of BI-generated reports, and the perceived usefulness and quality of the AI-generated videos. User testing revealed a notable improvement in the efficiency of event booking and scheduling when compared to traditional, manual processes. Teachers reported faster and more intuitive workflows, while administrators benefited from enhanced oversight through features such as a centralized event calendar, detailed event history, and comprehensive analytics dashboards. The integrated Business Intelligence tools provided actionable insights into event trends and usage, supporting data-driven decision-making. Additionally, the AI Video Generator was well-received, with users highlighting its value in promoting events and enhancing communication within the school community. Overall, the system effectively delivered on its intended functionalities, successfully meeting the needs of both teacher and administrator users, particularly in streamlining event-related tasks. The integrated School Management System, enhanced with Event Management functionality and AI-powered Business Intelligence, presents a promising advancement in the modernization of school event coordination. By streamlining workflows, simplifying event scheduling, and centralizing information access, the system has significantly improved operational efficiency for both teachers and administrators. The inclusion of data analytics features supports evidence-based decision-making, while the AI Video Generator introduces an innovative method for event promotion and stakeholder engagement. These findings suggest that combining automation, analytics, and AI-enhanced communication can offer substantial improvements in administrative processes within educational institutions. Future developments could focus on deeper integration with existing academic and administrative systems, such as learning management platforms or attendance monitoring tools. Additionally, expanding the customization and creative capabilities of the AI Video Generator could further enrich its impact. A longitudinal study is also recommended to evaluate the system's sustained effectiveness, user adoption, and long-term contribution to institutional outcomes.

RECOMMENDED CITATION

Cruz, R. L., Mansueto, J. A., Poserio, D. M., Reboton, C., & Vincecruz, Z. (2025). School Management System: Event Management System with Business Intelligence Powered by A.I Video Generator. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 57.

MANUFACTURING MANAGEMENT SYSTEM: HUMAN RESOURCES 4 (GRIEVANCE MANAGEMENT, EMPLOYEE ENGAGEMENT, EMPLOYEE COMMUNICATION, AND WORKFORCE ANALYTICS) WITH ADAPTIVE LEARNING AND DEVELOPMENT PATHWAY USING TENSORFLOW

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*grievance management;
employee engagement;
workforce analytics; adaptive
learning; employee
communication; human
resource technology*

ARTICLE ID

AASGBCPJMR-B79544

This project presents a human resource management system designed for manufacturing environments, focusing on four core areas: grievance management, employee engagement, communication, and workforce analytics. The system aims to enhance the overall employee experience and organizational performance through data-driven insights. By leveraging TensorFlow, a machine learning framework, the system generates adaptive learning pathways personalized to each employee's needs, facilitating continuous development informed by performance data and feedback. The system was developed using employee surveys, feedback forms, HR records, and performance metrics as data sources. These inputs were used to train machine learning models that forecast employee concerns, recommend communication improvements, and generate personalized development plans. The platform features an intuitive interface for both HR managers and employees. Managers gain access to workforce trends and predictive insights, while employees can monitor their progress and access tailored learning modules. Pilot testing of the system demonstrated significant improvements in several HR functions. The grievance management module facilitated quicker and more effective resolution of employee issues. Employee engagement increased, with more staff participating in organizational initiatives and feedback loops. Communication tools enhanced team interactions, while predictive analytics identified early signs of dissatisfaction or potential attrition, enabling timely interventions. The adaptive learning recommendations were well-received, with employees reporting that the training content aligned with their career goals and skill development needs. The integration of artificial intelligence into HR processes showed strong potential to enhance employee support, organizational responsiveness, and workforce development. While initial results were positive, further refinement and full-scale deployment are necessary to maximize the system's impact. Future enhancements may include voice-based input, advanced visualization tools, and expanded analytics capabilities. Overall, the project underscores the transformative potential of AI-driven HR systems in manufacturing settings.

RECOMMENDED CITATION

Arellano, A., Canales, M. G., Dela Piedra, J., Icaranom, J. R., & Samillano, J. (2025). Manufacturing Management System: Human Resources 4 (Grievance Management, Employee Engagement, Employee Communication, and Workforce Analytics) with Adaptive Learning and Development Pathway Using TensorFlow. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 58.

MANUFACTURING MANAGEMENT SYSTEM: ADMINISTRATIVE, AUTOMATED QUALITY CONTROL AND INTEGRATED COMMUNICATION TOOLS

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*quality control automation;
manufacturing management
system; administrative
efficiency; internal
communication; document
management; mern stack*

ARTICLE ID

AASGBCPJMR-B80066

The manufacturing industry continues to face challenges in managing administrative tasks, maintaining consistent quality control, and ensuring clear interdepartmental communication. This study introduces the Manufacturing Management System—a comprehensive platform developed using the MERN stack—designed to streamline administrative processes, automate quality assurance, and enhance internal collaboration. The system aims to improve operational efficiency, ensure data accuracy, and support real-time decision-making within manufacturing enterprises. The development of the Manufacturing Management System followed the Agile Scrum methodology, which enabled a flexible, iterative, and user-centered approach. The project was divided into multiple sprints, each dedicated to the design, implementation, and testing of specific system functionalities. Regular sprint planning sessions, daily stand-up meetings, and sprint reviews facilitated ongoing collaboration between the development team and stakeholders, allowing for continuous feedback and system refinement. The system was structured into modular components to support incremental delivery. These modules included Account Management, which handled user registration, authentication, and role-based access; Document Management, which allowed for the uploading, storing, and retrieval of essential records; Legal Management, which managed compliance documentation and internal audit tracking; and Initiating Workflow, which automated internal processes such as approvals and task routing. The system's implementation resulted in significant improvements in operational workflows. Automated quality control reduced manual inspection time by 40%, while centralized documentation and task routing minimized redundancy. User testing revealed high satisfaction levels among administrative personnel and improved coordination between departments. Real-time data visibility and integrated communication tools contributed to more efficient decision-making and overall system usability. The study demonstrates that an integrated management platform tailored for manufacturing operations can enhance productivity, ensure compliance, and improve administrative oversight. Future developments may include integration with machine-generated data and mobile compatibility to support real-time monitoring and greater flexibility. These enhancements are expected to further optimize manufacturing operations and promote data-driven management.

RECOMMENDED CITATION

Abdul, A., Alonzo, R., Dalanan, C., Olanda, K. R., & Redondo, J. A. (2025). Manufacturing Management System: Administrative, Automated Quality Control and Integrated Communication Tools. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 59.

ASSESSMENT OF QUEUING MANAGEMENT SYSTEM OF RELEASING LICENSE CARDS IN GOVERNMENT AGENCY

ABSTRACT

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DISCIPLINE

Information Systems

KEYWORDS

*queue management; service
efficiency; electronic queue
system; online scheduling;
ltms; queuing management*

ARTICLE ID

AASGBCPJMRA-B81915

This study examines the queuing management system at the Land Transportation Office–Novaliches District, focusing on the efficiency of the driver's license issuance process. LTO–Novaliches provides essential public services such as license renewals and traffic law enforcement. However, the office faces challenges including long wait times, overcrowding, and service delays due to manual procedures. This study aims to assess the effectiveness of queuing strategies—such as electronic queue displays and online appointment scheduling—in reducing wait times and improving overall service efficiency. This study employs a descriptive research design to gather detailed data on the queuing process at LTO–Novaliches. Purposive sampling is used to select twenty clients who have experienced the license issuance process. A structured survey questionnaire collects demographic information and client evaluations of the queuing system. Collected data are analyzed using percentage distributions and weighted means to identify patterns, relationships, and areas for improvement. Findings showed that the introduction of the Land Transportation Management System (LTMS) achieved some improvements in the license renewal process. Clients indicated that certain procedures were streamlined and transaction times were reduced. However, reported problems included system outages, slow processing speeds, and difficulties navigating the online platform, all of which contributed to continued service delays. The study found that, despite the positive impact of digital tools like LTMS, significant challenges remained. Technical malfunctions, system downtimes, and inefficiencies in queuing continued to hinder service quality and client satisfaction. As a result, a more robust digital infrastructure is required to ensure reliable operations. The study recommended the adoption of advanced queuing solutions, including online appointment systems and automated ticketing, to further enhance service efficiency and client experience at the LTO–Novaliches District Office.

RECOMMENDED CITATION

Esparza, J. J., Goc-ong, A., Hayahay, S. A., Maulit, E., & Simbajon, A. (2025). Assessment of Queuing Management System of Releasing License Cards in Government Agency. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 60.

LANGUAGES AND LINGUISTICS

FACTORS INFLUENCING THE SECONDARY LANGUAGE SPEAKING SKILLS OF FRESHMEN ENGLISH MAJOR IN BESTLINK COLLEGE OF THE PHILIPPINES: PROPOSED LOCALIZED DIGESTIBLE INFORMATIVE VIDEOS

ABSTRACT

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Languages & Linguistics

KEYWORDS

*digestible informative videos;
freshmen english majors;
speaking skills; english
proficiency; language
instruction; second language
acquisition*

ARTICLE ID

AASGBCPJMRA-B28967

According to a survey conducted by the Social Weather Stations from March 26 to 29, 2023, only 55% of Filipinos can speak English. Although the 2023 EF English Proficiency Index ranked the Philippines 20th globally in English proficiency, it also revealed a decline in proficiency among Filipinos aged 18 to 20—from a score of 582 in 2016 to 533 in 2023. This decline is especially concerning among freshmen English major students, who are expected to demonstrate advanced language skills as future educators. This study aims to identify the factors influencing the secondary language speaking skills of these students and to propose the use of localized Digestible Informative Videos (DIVs) as an instructional intervention. The study utilizes a quantitative posttest-only quasi-experimental research design. A total of 165 freshmen English major students serve as respondents. Data are gathered using structured survey questionnaires. The intervention involves localized Digestible Informative Videos, developed based on Dr. Stephen Krashen's "Optimal Input Hypothesis" in second language acquisition. These instructional materials incorporate culturally relevant content, activities, and popular media to enhance language learning. The study found that secondary language speaking skills are influenced by several variables, including proximal environment, affective filter, individual differences, and linguistic factors. Among these, the most significant sub-variables identified were teacher instruction, learner motivation, perfectionism, and pronunciation. Other contributing sub-variables included peer influence, parental involvement, classroom environment, self-confidence, anxiety, comprehension difficulties, competitiveness, grammar, and vocabulary. The respondents agreed that the use of localized DIVs improved their comprehension, class participation, and pronunciation. Furthermore, students reported a noticeable enhancement in their secondary language speaking skills after exposure to the materials. The findings reveal the key factors that influence oral proficiency in English among freshmen English major students and underscore the importance of integrating engaging and contextually relevant materials into instruction. The use of localized Digestible Informative Videos effectively addressed the learners' language challenges by capturing their attention and supporting skill development. These videos proved to be beneficial instructional tools in modern classrooms, aligning with outcome-based education by enhancing participation, comprehension, and speaking skills. As such, DIVs can serve as a valuable supplementary resource for educators aiming to improve students' language proficiency.

RECOMMENDED CITATION

Almazan, M. J., De Luna, J. A., Gopole, G., Mendoza, M. J., & Velado, M. (2025). Factors Influencing the Secondary Language Speaking Skills of Freshmen English Major in Bestlink College of the Philippines: Proposed Localized Digestible Informative Videos. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 62.

SPEAKING ENGLISH LANGUAGE AND ITS CHALLENGES AMONG GENERAL ACADEMIC STRAND STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Languages & Linguistics

KEYWORDS

*general academic strand;
language challenges; bestlink
college; english
communication; vygotsky's
sociocultural theory; socio-
demographic factors*

ARTICLE ID

AASGBCPMRA-B47452

This study investigates the challenges faced by General Academic Strand (GAS) students at Bestlink College of the Philippines in speaking the English language. It focuses on issues related to fluency, pronunciation, and grammar, often influenced by limited language practice, low confidence, and the complexity of English rules. The study also explores the impact of socio-demographic factors such as prior language exposure, educational background, and socioeconomic status on students' English-speaking proficiency. Guided by Vygotsky's Sociocultural Theory, which emphasizes learning through social interaction, the study aims to support students, teachers, and administrators in developing strategies to enhance English communication skills and boost student confidence. An evaluative-quantitative research design was used to assess English-speaking challenges among 77 GAS students selected through quota sampling. A validated survey questionnaire served as the primary research instrument. The data were analyzed using frequency, percentage, ranking, and mean to evaluate difficulties in fluency, pronunciation, and grammar, as well as the effects of socio-demographic factors. The findings revealed that students experienced consistent challenges in fluency (mean = 3.27), pronunciation (mean = 3.30), and grammar (mean = 3.27), with an overall weighted mean of 3.28, interpreted as "strongly agree." Regarding socio-demographic factors, prior language exposure (mean = 3.23), educational background (mean = 3.25), and socioeconomic status (mean = 3.31) also had a notable influence, with an overall mean of 3.26. Among the identified challenges, personal attitude emerged as the most significant factor, cited by 48 students (62.34%). An action plan was developed to address these challenges and guide the improvement of students' English-speaking abilities. The results emphasize the need for targeted interventions to overcome common barriers in English communication among GAS students. These include focused training on fluency, pronunciation, and grammar, as well as programs to address confidence issues related to personal attitude. The study recommends implementing school-based initiatives, including peer conversation workshops, pronunciation drills, and supportive learning environments that foster language use. These strategies aim to strengthen students' English-speaking skills and promote academic and personal development.

RECOMMENDED CITATION

Diaz, E., Escobal, A. I., Logroño, R., Miranda, H., Placido, V. H. Y., & Sanchez, K. T. (2025). Speaking English Language and Its Challenges Among General Academic Strand Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 63.

FILIPINO DIALECT TRANSLATOR: AN APPLICATION FOR LANGUAGE LEARNING AND REGIONAL CONNECTIVITY

ABSTRACT

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Languages & Linguistics

KEYWORDS

*filipino dialect translator;
language learning; native
speaker input; multilingual
education; user interface;
translation accuracy*

ARTICLE ID

AASGBCPJMRA-B62768

The Philippines is home to over 180 dialects, creating linguistic barriers that hinder education, communication, and cultural integration. While the Mother Tongue-Based Multilingual Education (MTB-MLE) program aims to bridge these gaps, its implementation faces challenges, particularly due to educators' limited fluency in multiple dialects. To address this issue, the study introduces the Filipino Dialect Translator, a web-based application designed to support language learning and promote regional inclusivity. The application integrates speech-to-text, text-to-speech, and AI-powered dialect translation to facilitate more effective and accessible communication across dialects. This research assesses the application's acceptability in terms of user interface design, translation accuracy, ease of use, functionality, and visual presentation. This study adopted a descriptive research design and employed purposive sampling to select ten qualified respondents, comprising five Information Technology (IT) professionals and five Filipino language educators. A validated survey questionnaire was utilized to assess the level of acceptability of the Filipino Dialect Translator application. Data were systematically analyzed using frequency, percentage, and weighted mean to interpret the responses, while an independent samples t-test was conducted to determine whether significant differences existed between the evaluations of the two respondent groups. The Filipino Dialect Translator application was evaluated as "Acceptable," with an overall weighted mean score of 2.65. Ratings from IT experts averaged 2.77, slightly higher than the 2.54 mean score given by Filipino language teachers. Among the five evaluation criteria, the highest rating was recorded for user interface (2.94), followed by ease of use (2.68), translation accuracy (2.66), presentation (2.52), and functionality (2.46). Results from an independent samples t-test revealed no statistically significant difference between the two groups' assessments ($t_{\text{computed}} = 1.297$, $t_{\text{critical}} = 2.306$). While the overall evaluation was positive, respondents cited notable issues, including inaccurate or inconsistent translations, loss of contextual meaning, and challenges in translating specialized or technical terms. Based on these findings, the study recommends: (1) incorporating native speaker contributions to improve linguistic accuracy; (2) enhancing context-aware translation algorithms; (3) refining system functionality; and (4) improving the user interface to ensure a more intuitive and user-friendly experience. The findings reveal that the Filipino Dialect Translator application is generally perceived as acceptable by both IT experts and Filipino language educators, particularly in terms of its user interface and overall usability. Nonetheless, concerns remain regarding the accuracy and contextual relevance of translations, indicating areas that require further development. The consistent evaluations from both groups underscore the application's potential for cross-disciplinary application and educational value. To enhance its functionality and impact on language learning and regional communication, the study recommends the integration of native speaker contributions, optimization of system performance, and the inclusion of culturally sensitive and context-aware translation features.

RECOMMENDED CITATION

Capongcol, N., Guadiz, S., Puchero, D., Singh, G., & Ylanan, L. N. (2025). Filipino Dialect Translator: An Application for Language Learning and Regional Connectivity. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 64.

ASSESSMENT OF ADVANTAGES AND DISADVANTAGES OF NON-VERBAL COMMUNICATION AS PERCEIVED BY SELECTED GRADE 12 HUMANITIES AND SOCIAL SCIENCES AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Languages & Linguistics

KEYWORDS

*non-verbal communication;
communication clarity;
emotional expression;
relationship building;
misinterpretation; advantages
disadvantages*

ARTICLE ID

AASGBCPJMRA-B92422

This study investigates the perceived advantages and disadvantages of non-verbal communication—encompassing body language, facial expressions, gestures, and eye contact—among Grade 12 Humanities and Social Sciences students at Bestlink College of the Philippines. Drawing on Dual Coding Theory, which posits that human information processing involves both verbal and non-verbal systems, this assessment focuses on three forms of non-verbal communication: physical touch, eye contact, and sign language. The study evaluates how these modes contribute to emotional expression, clarity of message, and relationship building, while also considering potential drawbacks such as misinterpretation and cultural variability. A comparative-quantitative research design is employed to measure students' perceptions of non-verbal communication. The sample comprises 200 Grade 12 Humanities and Social Sciences students selected through cluster sampling to ensure representation across class sections. Data are gathered using a structured survey questionnaire, which asks respondents to rate the benefits and limitations of physical touch, eye contact, and sign language in facilitating communication and social interaction. Results showed that students rated non-verbal communication highly for emotional expression, improved clarity, and enhanced interpersonal relationships. Eye contact received the highest scores for conveying sincerity, while physical touch and sign language were valued for reinforcing empathy and inclusion. Conversely, participants identified misinterpretation of gestures and facial expressions as significant disadvantages, with many noting that cultural differences sometimes led to confusion. A sizeable minority expressed concern that reliance on non-verbal cues could obscure the intended meaning when used without verbal support. Findings highlighted a balanced view: non-verbal communication was recognized as a powerful tool for enriching interactions, yet its effectiveness was tempered by the risk of misunderstanding and cultural misalignment. As a result, it was recommended that educational programs incorporate awareness training on non-verbal cues and promote cultural sensitivity to mitigate potential misinterpretations. Emphasizing combined use of verbal and non-verbal strategies was proposed to strengthen overall communication competence among students.

RECOMMENDED CITATION

Banila, R., Crisostomo, G., Hernandez, J. D., Segarra, S., & Vidal, C. V. (2025). Assessment of Advantages and Disadvantages of Non-Verbal Communication as Perceived by Selected Grade 12 Humanities and Social Sciences at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 65.

MANAGEMENT AND GENERAL MANAGEMENT

ASSESSMENT OF INVENTORY MANAGEMENT ON STOCK-FLOW AT CORY'S GROCERY STORE

ABSTRACT

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DISCIPLINE

Management & General
Management

KEYWORDS

*inventory management; stock
flow; reorder levels; manual
recording; retail operations*

ARTICLE ID

AASGBCPJMRA-B36105

Cory's Grocery Store, established in 2000 along Republic Avenue in Novaliches, Quezon City, serves the local community with essential items at affordable prices. The rise of large supermarkets and online retailers, coupled with shifting consumer buying habits, challenges small neighborhood grocers. Cory's Grocery Store continues to employ traditional inventory practices—manual record-keeping and fixed reorder levels—which impede operational efficiency, stock accuracy, and overall performance. This study assesses the current inventory management system with the aim of enhancing stock flow, reducing losses, and better meeting customer demand. A descriptive correlational design is used to examine the relationship between inventory management practices and stock flow at Cory's Grocery Store. Snowball sampling identifies store employees qualified to complete a structured survey questionnaire. The instrument measures methods of stock monitoring, replenishment procedures, and overstock management. Data analysis employs frequency and percentage distributions and weighted means to evaluate system effectiveness and Pearson correlation to assess the strength of association between inventory practices and stock movement. All respondents indicated that inventory monitoring was conducted exclusively through manual records, with none using spreadsheets or dedicated software. Ninety percent reported reliance on fixed reorder levels for replenishment, while 10 percent used automated alerts. To address overstock, every participant utilized discount sales, whereas options such as supplier returns or emergency restocking were not employed. The inventory system received high effectiveness ratings for documentation and timely reorder processes (weighted mean = 4.00), though its ability to minimize losses via accurate tracking scored slightly lower (weighted mean = 3.50). Identified challenges included frequent stockouts, excess inventory, inaccurate records, and sluggish restocking. Pearson correlation analysis revealed a perfect positive relationship between inventory management quality and stock flow efficiency ($r = 1.00$, $p < 0.00001$), underscoring that robust inventory practices directly enhanced product movement and operational effectiveness. Findings supported the need to modernize the inventory system at Cory's Grocery Store. As a result, the study recommended adoption of a digital inventory platform, routine stock audits, clear stock rotation guidelines, and comprehensive staff training in inventory procedures. Implementing these measures was expected to mitigate errors, improve customer satisfaction, and bolster the store's competitiveness in a rapidly evolving retail environment.

RECOMMENDED CITATION

Gabriel, A., Kim, F., Nadores, P., Pascua, C., & Villanue Jr., A. (2025). Assessment of Inventory Management on Stock-Flow at Cory's Grocery Store. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 67.

EVALUATING THE PERCEIVED USABILITY AND EFFECTIVENESS OF PERFORMANCE MANAGEMENT SYSTEM: AN ASSESSMENT

ABSTRACT

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DISCIPLINE

Management & General
Management

KEYWORDS

*performance management
system; key performance
indicators; organizational
performance; management by
objectives; usability; employee
monitoring*

ARTICLE ID

AASGBCPJMRA-B61193

This study evaluates the perceived usability and effectiveness of the Performance Management System (PMS) at Company X, a Business Process Outsourcing (BPO) firm. It focuses on how employee performance is monitored using tools such as customer feedback surveys. The study also examines common challenges in implementing PMS, including insufficient monitoring, lack of training, and ineffective communication. Additionally, it explores the role of established frameworks such as 360-degree feedback, Management by Objectives (MBO), and Key Performance Indicators (KPIs) in enhancing organizational performance. A quantitative-descriptive research design was employed, using an online survey questionnaire as the primary data collection tool. A total of twenty (20) employees—comprising ten (10) supervisors and ten (10) managers—were selected through purposive sampling, ensuring relevant experience with PMS. The questionnaire was structured using a 4-point Likert Scale to measure responses regarding system usability and effectiveness. The collected data were subjected to statistical analysis to draw conclusions and address the research objectives. The results showed that most respondents were women aged 18 to 27 who had used the PMS for one to four years. While the system was generally perceived as user-friendly and effective, challenges such as poor communication, inadequate monitoring, and limited training were noted. These issues were identified as barriers to fully optimizing the system's functionality and impact. The findings highlight the need for continuous improvement in the implementation of PMS. Key recommendations include assigning additional operations managers to oversee PMS use, conducting regular monitoring, holding weekly team meetings, and providing structured training sessions. The integration of real-time feedback tools, usability testing, and adaptive learning content is also encouraged. To maintain an effective PMS, regular updates and responsiveness to user feedback are essential to align the system with organizational goals.

RECOMMENDED CITATION

Bactol, G., Casinginan, R., Dela Cruz, A., Lorino, C. J., & Punzalan, V. (2025). Evaluating the Perceived Usability and Effectiveness of Performance Management System: An Assessment. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 68.

FACTORS INFLUENCING EMPLOYEE RETENTION AMONG BUSINESS PROCESS OUTSOURCING EMPLOYEES IN FAIRVIEW, QUEZON CITY

ABSTRACT

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DISCIPLINE

Management & General
Management

KEYWORDS

*employee retention; quezon
city; employee well-being;
fairview; bpo industry;
workplace flexibility*

ARTICLE ID

AASGBCPJMRA-B65864

This study aims to assess the factors influencing employee retention among Business Process Outsourcing (BPO) employees in Fairview, Quezon City. Specifically, it evaluates the demographic profiles of respondents—including age, gender, length of service, shift, and company—and examines key retention factors such as fringe benefits, workplace flexibility, and training and development. Employee retention is a critical issue in the BPO industry, and understanding the factors that influence it is essential for improving workforce stability and organizational performance. The study employs a descriptive-quantitative research design using survey questionnaires to collect data from full-time regular BPO employees. Data collection was conducted in November 2024, and the entire research process, including analysis, spanned from September 2024 to March 2025. Respondents were selected from five BPO companies operating in Fairview, Quezon City. The findings showed that the majority of respondents were aged 23–27 (35%), with a near-equal gender distribution (53% female, 47% male). Most employees (60%) had a tenure of 6 months to 2 years, indicating a relatively high turnover rate. Additionally, 56% of respondents worked the graveyard shift. Across the five BPO companies, respondents reported moderate to high satisfaction with fringe benefits (Weighted Mean = 3.24), training and development (Weighted Mean = 3.17), and workplace flexibility (Weighted Mean = 2.99). Statistical analysis revealed no significant relationship between employee retention factors and demographics such as age, gender, or length of service. However, workplace flexibility and overall retention factors varied significantly depending on the employee's shift, while workplace flexibility and training opportunities also differed across companies. The most frequently reported challenges were emotional exhaustion, inadequate compensation, and work-life balance concerns. Based on these findings, the study proposed a set of Employee Well-Being and Retention Guidelines for BPO companies in Fairview. The guidelines emphasized flexible work arrangements, mental health support, career development programs, and competitive compensation. By implementing these recommendations, BPO companies could create a supportive environment that fostered employee engagement, reduced turnover, and enhanced organizational performance. The study contributed to understanding employee retention in the BPO industry and provided practical solutions for improving workforce stability.

RECOMMENDED CITATION

Brillantes, N., Calindas, M. J., Cando, J. N., Laurente, I. J., & Panis, J. (2025). Factors Influencing Employee Retention Among Business Process Outsourcing Employees in Fairview, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 69.

MARKETING

CUSTOMER SATISFACTION IN LUCAS MOTOR SHOP ALONG NORTH FAIRVIEW, QUEZON CITY: BASIS FOR IMPROVEMENT PLAN

ABSTRACT

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DISCIPLINE

Marketing

KEYWORDS

*lucas motor shop; customer
satisfaction; quezon city;
motorcycle service; after-sales
support; service efficiency*

ARTICLE ID

AASGBCPJMRA-B86576

This study investigates customer satisfaction and operational efficiency at Lucas Motor Shop, a cylinder block service provider located in North Fairview, Quezon City. With the increasing demand for motorcycle repair services in the Philippines driven by rapid urbanization and rising motorcycle ownership, ensuring reliable service and customer satisfaction has become essential. This research adopts a descriptive-correlational design to examine the relationship between customer satisfaction and key service factors such as service availability, customer service, service accuracy, and after-sales support. Data were collected using purposive quota sampling from 30 customers through a structured survey questionnaire. Statistical tools, including the Kruskal-Wallis H test, Mann-Whitney U test, and ranking analysis, were applied to analyze variations and trends in customer satisfaction. The results revealed consistently high levels of satisfaction across all service aspects, with after-sales services receiving the highest ratings. Notable differences in satisfaction were observed based on age, product preference, and frequency of service use, while gender showed minimal impact. The most frequently cited concerns were time delays in response and shipment of parts, followed by communication-related issues. In response to the findings, the study recommends the implementation of a real-time inventory management system, improved communication channels, and personalized after-sales support programs. The proposed improvement plan emphasizes the need to streamline operations, minimize delays, and enhance overall service delivery. This study highlights the importance of customer-focused strategies and operational efficiency in maintaining competitiveness in the motorcycle service industry in the Philippines.

RECOMMENDED CITATION

Bacuyag, B. B., Cabauatan, K. D., Domingo, M. B., & Mina, E. (2025). Customer Satisfaction in Lucas Motor Shop Along North Fairview, Quezon City: Basis for Improvement Plan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 71.

MATERIALS SCIENCE

SUGARCANE BAGASSE FUEL PELLET: CHARACTERIZATION ON PHYSICAL AND THERMOGRAVIMETRIC COMBUSTION PROPERTIES

ABSTRACT

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DISCIPLINE

Materials Science

KEYWORDS

*sugarcane bagasse;
combustion properties; fuel
pellet; thermogravimetric
analysis; waste management;
renewable energy*

ARTICLE ID

AASGBCPJMRA-B72717

Waste management continues to be a pressing global issue, with sugarcane bagasse—an agricultural byproduct of sugar production—being a significant contributor. Improper disposal or open burning of bagasse releases pollutants such as volatile organic compounds (VOCs) and carbon monoxide (CO), posing environmental and public health risks. This study explores an alternative use for sugarcane bagasse by converting it into fuel pellets, offering a sustainable and eco-friendly biofuel option. The research focuses on characterizing the physical and thermogravimetric combustion properties of the pellets to assess their viability as a renewable energy source. The study adopted a quantitative experimental research design and utilized purposive and stratified sampling techniques. Ten respondents—composed of five environmentalists and five chemistry teachers—evaluated the fuel pellets using a validated survey questionnaire. The pellets were produced using sugarcane bagasse, cornstarch, and water, processed through a pelletizing machine. The study measured acceptability in terms of material composition, procedural methodology, combustion behavior, cost-effectiveness, and overall presentation. Thermogravimetric analysis (TGA) was used to evaluate the combustion profile. Statistical tools, including weighted mean, t-test, and F-test, were used to interpret the data. Results indicated that both groups of respondents rated the fuel pellets as "highly acceptable." Environmentalists gave an overall weighted mean of 3.50 with a variance of 0.315, while chemistry teachers rated the product slightly higher with a mean of 3.80 and a variance of 0.019. A t-computed value of 0.368 was recorded against a t-critical value of 2.306 at a 0.05 alpha level (two-tailed) with 8 degrees of freedom, indicating no significant difference between the two groups' evaluations. Suggestions from both respondent groups were noted for further development of the product. Recommendations included improving packaging aesthetics, sealing the product with plastic, adding additives to eliminate odors, ensuring uniform pellet measurements, and enhancing labeling through clear and informative wording. These enhancements are expected to improve the marketability and usability of the sugarcane bagasse fuel pellets as a sustainable biofuel solution.

RECOMMENDED CITATION

Añago, J., Buan, K. G., Juan, J. V., Latoza, M. R., & Nobresala, J. M. (2025). Sugarcane Bagasse Fuel Pellet: Characterization on Physical and Thermogravimetric Combustion Properties. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 73.

MENTAL HEALTH

THE EFFECTS OF CHATGPT AS EMOTIONAL SUPPORT AMONG BACHELOR OF SCIENCE IN PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*emotional support; psychology
students; immediate support;
digital mental health; chatgpt;
mental health*

ARTICLE ID

AASGBCPJMRA-B01890

The growing popularity of mental health chatbots presents an accessible alternative for emotional support, particularly for students who encounter barriers in accessing professional mental health services. This study investigates the effects of ChatGPT as an emotional support tool for Bachelor of Science in Psychology students at Bestlink College of the Philippines. It aims to assess its influence on emotional well-being, self-awareness, coping mechanisms, and access to immediate support. This study utilizes a quantitative comparative research design and employs stratified sampling to analyze ChatGPT's impact. A total of 118 Psychology students participated in the study. Respondents were categorized according to age, gender, and frequency of chatbot usage. A structured survey questionnaire was used to measure perceived effects on emotional well-being, self-awareness, coping skills, and real-time support access. The findings revealed that ChatGPT was moderately effective in providing immediate emotional support (mean = 2.73) but showed limited influence on emotional well-being (mean = 2.32), self-awareness (mean = 2.47), and coping skills (mean = 2.41). Statistical analysis indicated no significant differences in perceived support based on demographic factors such as age, gender, or usage frequency ($p > 0.05$). Commonly reported limitations included lack of personalized responses, inadequate suggestions for coping strategies, and minimal encouragement for emotional introspection. The results suggest that ChatGPT serves as a supplementary tool for emotional support but remains limited in providing deeply personalized and adaptive psychological guidance. Enhancing chatbot features to include more tailored feedback and reflective prompts is recommended to increase its effectiveness as a mental health support resource for students.

RECOMMENDED CITATION

Amor, J. M., Anadon, D., Ayuban, P. K., & Limbaga, V. S. (2025). The Effects of ChatGPT as Emotional Support Among Bachelor of Science in Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 75.

EVALUATING THE RELATIONSHIP BETWEEN ISOLATION DURATION AND STRESS-RELATED DISORDER IN SEAFARING POPULATION

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

stress-related disorders;
isolation; mental health;
maritime industry;
occupational stress; pearson
correlation

ARTICLE ID

AASGBCPJMRA-B11067

Seafarers are regularly exposed to extended periods of isolation and high-pressure work environments, which may contribute to the development of stress-related disorders. This study investigates the relationship between the duration of isolation and the occurrence of physical, mental, and emotional stress disorders among individuals in the maritime profession. By examining this correlation, the study aims to support the development of targeted mental health strategies and improved occupational conditions within the seafaring industry. This study utilizes a quantitative correlational research design. Data were collected from 20 active seafarers using a structured questionnaire comprising sections on demographic information, stress-related symptoms, and coping strategies. The convenience sampling technique was employed. Data analysis involved the use of frequency and percentage for demographic profiling, while Pearson's r was used to determine the correlation between isolation duration and indicators of stress-related disorders. The results revealed that most respondents reported experiencing significant stress-related symptoms during their work assignments. These included appetite changes, sleep disturbances, irritability, overthinking, emotional numbness, and a persistent sense of dread. A moderate positive correlation ($r = 0.5729$) was identified between the duration of isolation and the incidence of stress-related disorders. The p -value (0.08283) led to the rejection of the null hypothesis, confirming a statistically significant relationship between isolation duration and stress-related outcomes. The findings indicate that prolonged isolation negatively affects the physical, mental, and emotional well-being of seafarers. The study emphasizes the importance of implementing support mechanisms such as mental health training, onboard wellness programs, and improvements in working conditions. These interventions are crucial in reducing the impact of isolation-related stress and promoting holistic well-being among maritime personnel.

RECOMMENDED CITATION

Albeza, J., Asilo, R. G., Roce, A., Señerez, S. J., & Song, D. (2025). Evaluating the Relationship Between Isolation Duration and Stress-Related Disorder in Seafaring Population. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 76.

PSYCHOLOGICAL IMPACT OF TYPHOONS: AN ANALYSIS OF ANXIETY LEVELS AMONG SELECTED COLLEGE STUDENT

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*bestlink college of the
philippines; psychological
distress; college students;
anxiety; typhoon exposure;
mental health*

ARTICLE ID

AASGBCPJMRA-B11363

Natural disasters such as typhoons present significant challenges for college students, affecting their social, academic, and personal well-being. The aftermath often involves family hardships, property damage, and academic pressures, which can lead to elevated levels of anxiety, trauma, and depression. This study examines the anxiety experienced by students at Bestlink College of the Philippines in relation to their exposure to typhoons. It focuses on identifying the psychological impacts and the various factors that contribute to mental distress during and after these events. The primary aim is to assess students' anxiety levels post-disaster, understand their coping strategies, and emphasize the critical need for accessible mental health support tailored to their experiences. This study utilized the Depression, Anxiety, and Stress Scale (DASS) to evaluate psychological distress among 100 psychology students. Through purposive sampling, the research investigated the connection between exposure to typhoons and anxiety levels. Statistical tools such as Pearson correlation and descriptive analysis were employed to determine significant relationships between the variables. The study found a strong positive correlation between the psychological effects of typhoon exposure and heightened anxiety levels among female students aged 19 to 23. The Pearson correlation coefficient was 0.80, with a statistically significant p-value of 0.00. Furthermore, socioeconomic status played a significant role in the degree of psychological distress, as students from lower-income families exhibited higher anxiety levels. Exposure to typhoons significantly affects the mental health of psychology students at Bestlink College of the Philippines, emphasizing the necessity for appropriate psychological support measures. Future research should focus on exploring sustainable coping strategies and evaluating the effectiveness of interventions, while promoting mental health programs such as stress management and disaster preparedness workshops.

RECOMMENDED CITATION

Dela Cruz, S. M., Escueta, G. M., Ortiz, E., Rodriguez, G., & Tualla, F. J. (2025). Psychological Impact of Typhoons: An Analysis of Anxiety Levels Among Selected College Student. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 77.

A COMPARATIVE STUDY OF AWARENESS, MINDFULNESS, AND WELL-BEING AMONG GRADUATING STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*graduating student;
awareness; mindfulness; well-
being; academic disciplines;
mental health*

ARTICLE ID

AASGBCPJMRA-B11986

This study compares awareness, mindfulness, and well-being among graduating students from five departments at Bestlink College of the Philippines. It examines how varying educational experiences influence students' mental health and preparedness for post-graduate life. Mindfulness—recognized for its role in reducing stress and enhancing emotional regulation—was found to vary across academic disciplines. Technical programs tend to emphasize analytical skills, whereas humanities courses often foster greater self-reflection. This study aims to investigate how departmental differences affect students' stress levels, resilience, and preparedness for future careers. Utilizing a comparative quantitative research design, the study surveyed 500 graduating students selected through purposive sampling. The survey gathered demographic data, along with measures of mindfulness, awareness, and well-being. The instrument was validated by experts to ensure reliability and accuracy. The study found that the majority of respondents were aged 20–25 (85%) and predominantly female (56.2%), with balanced representation across departments. Students reported notable improvements in awareness, mindfulness, and well-being—particularly in recognizing personal strengths, managing emotions, and experiencing greater fulfillment in their academic journey. However, the Kruskal-Wallis H test revealed no statistically significant differences across departments, with p-values exceeding 0.05. These results suggest that departmental affiliation does not significantly impact these factors, although department-specific elements such as workload and support systems may still influence student well-being and resilience. The study recommends the development of department-specific programs and the integration of mindfulness education into academic curricula to further support student well-being. Encouraging interdepartmental collaboration may also foster a more supportive environment that better prepares students for life after graduation. The findings highlight the potential benefits of implementing mental health-focused policies in higher education to promote the well-being of graduating students. These recommendations aim to inform future initiatives targeting student mental health and post-graduation readiness. Overall, the research emphasizes the need for a holistic approach to student well-being—one that addresses both academic and emotional dimensions.

RECOMMENDED CITATION

Abbariao, M., Agarin, D. A., Chavez, J., Marimat, M., & Miras, D. M. (2025). A Comparative Study of Awareness, Mindfulness, and Well-Being Among Graduating Students of Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 78.

BREAK-UP MOTIVATION AND RECOVERY AMONG GEN Z STUDENTS IN QUEZON CITY: BASIS FOR SELF-LOVE PROGRAM

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*romantic breakup recovery;
self-love programs; emotional
support; psychological well-
being; mental health
interventions; generation z*

ARTICLE ID

AASGBCPJMRA-BI3849

Romantic breakups are a common experience among the current generation, especially within Generation Z. Despite their prevalence, the connection between the motivations behind breakups and the subsequent recovery process remains insufficiently studied. As relationship dissolutions become increasingly frequent in modern society, gaining a deeper understanding of the psychological factors that affect recovery is essential. This study aims to examine the relationship between breakup motivations—specifically approach and avoidance orientations—and the recovery experiences of Generation Z students in Quezon City. This study employed a correlational research design to investigate the relationship between breakup motivation and recovery among college students. A sample of 100 second-year psychology students from Bestlink College of the Philippines, all of whom had experienced the termination of a romantic relationship, participated in the survey. The Behavioral Inhibition System (BIS) and Behavioral Activation System (BAS) scales were utilized to measure participants' breakup motivations, while the Breakup Recovery Scale was administered to assess recovery outcomes and determine the most effective coping strategies. The survey findings show that most respondents were female (80%), with the majority aged between 18 and 20 years old (61%). Generation Z students reported experiencing both positive and negative effects following romantic breakups. While many indicated personal growth as a result of the experience, they also described the recovery process as difficult and emotionally taxing. Time was identified by 82% of respondents as the most effective method for healing, whereas professional counseling and medication were among the least commonly used approaches. A significant negative correlation ($r = -0.35$, $p < 0.05$) emerged between breakup motivation and recovery, suggesting that individuals who were more motivated to end their relationships tended to face greater challenges in recovering. These findings align with Reinforcement Sensitivity Theory (RST), which explains how approach and avoidance motivations impact emotional responses after a breakup. Overall, the study highlights the complexity of recovery processes and the varying ways individuals cope depending on their reasons for ending a relationship. The findings highlight the vital role of self-love initiatives and specialized mental health interventions in supporting Generation Z students' ability to effectively cope with the emotional aftermath of romantic breakups. It is imperative that educational institutions and mental health professionals collaborate to implement comprehensive programs focused on developing coping skills, fostering resilience, and providing robust emotional support. Such targeted interventions will not only aid students in navigating the complexities of relationship dissolution but also promote their overall psychological well-being and personal growth.

RECOMMENDED CITATION

Bulawan, R., Padalapat, M., Reyes, H. M., Santos, A., & Valenzuela, J. M. (2025). Break-Up Motivation and Recovery Among Gen Z Students in Quezon City: Basis for Self-Love Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 79.

EXPLORING THE MOTIVATIONS OF DRAG PERFORMERS IN DILIMAN, QUEZON CITY

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*drag performers; creative
engagement; interpersonal
relationships; lgbtq+
community; mentorship;
resilience*

ARTICLE ID

AASGBCPJMRA-B19250

This descriptive study explores the motivations of drag performers in Diliman, Quezon City, by examining the personal, social, and professional factors that influence their involvement in drag culture. Key drivers identified include financial incentives, career aspirations, passion for the art form, and the desire for self-expression. The study also emphasizes the importance of inclusivity, community acceptance, and the quality of performance as central to the performers' experiences. Additionally, mentorship and collaboration are highlighted as crucial elements for skill development and professional growth in the drag scene. The study aims to recommend strategies such as support platforms, access to artistic resources, and the promotion of diversity within the performing arts. Using a quantitative descriptive approach, the researchers distributed structured surveys to 20 drag performers in Diliman, Quezon City. The questionnaire focused on themes such as interpersonal relationships, mentorship, collaborative opportunities, financial motivation, passion, and career development. The study also explored how these factors influenced the mental health and motivation of the performers, particularly in relation to resilience and emotional well-being. Findings revealed that strong friendships significantly enhanced resilience among drag performers, while supportive relationships with both friends and family were associated with lower levels of depression. The study also found that community involvement in drag performance demonstrated a curvilinear relationship with resilience, suggesting that moderate levels of creative engagement yielded the most positive outcomes for mental health. The results underscore the dual nature of drag performance as both an empowering outlet and a potential source of stress. This highlights the need for safe, supportive spaces and community structures that nurture both artistic expression and emotional resilience. Future research is recommended to further examine the role of creativity, mentorship, and community dynamics in sustaining the well-being of drag performers.

RECOMMENDED CITATION

Dublin, I. J., Malarulat, J. B., Pagayon Jr., N., Serrano, J., & Vengco, L. (2025). Exploring the Motivations of Drag Performers in Diliman, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 80.

PERCEPTION ON THE FINANCIAL STRESS WORKING 3RD YEAR PSYCHOLOGY STUDENTS ON THEIR ACADEMIC LIFE

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*financial stress; working
students; academic
engagement; financial
literacy; job performance;
support systems*

ARTICLE ID

AASGBCPJMRA-B21826

Financial stress remains a significant issue among working students, often hindering their academic performance and job efficiency. This study explores the financial pressures encountered by third-year Psychology students at Bestlink College of the Philippines and how these challenges affect their ability to manage both academic and work-related responsibilities. Although employment offers financial relief and helps sustain their education, it can also intensify stress levels. Gaining a deeper understanding of how financial stress impacts students juggling dual roles is vital in creating support mechanisms that foster academic achievement and financial stability. Using a correlational-quantitative research design, this study gathered data from 59 working students through a survey consisting of a modified Financial Stress Scale–College Version and a researcher-designed questionnaire. The study aimed to assess the relationship between financial stress, job performance, and academic engagement. To analyze the data, both Pearson and Spearman correlation tests were employed, allowing the researchers to determine the nature and strength of the relationships among the identified variables. The study found that students generally experience mild financial stress, with the most pressing concerns related to emergency savings and retirement planning. Despite these financial burdens, respondents demonstrated strong job performance (mean score: 3.27) and moderate levels of academic engagement (mean score: 2.88). Statistical results revealed a significant negative correlation between financial stress and job performance ($p = -0.08$), indicating that increased financial strain tends to lower productivity at work. On the other hand, a moderate positive correlation between financial stress and academic engagement ($p = 0.04$) suggests that financial challenges may drive students to become more focused and committed to their academic responsibilities. These findings highlight the complex impact of financial stress on students' lives. While financial difficulties may hinder job performance, they can also serve as a motivating factor for increased academic engagement. However, prolonged financial strain poses risks such as burnout, reduced academic performance, and mental health concerns. This underscores the urgent need for institutional and workplace support, including financial literacy programs, flexible academic and employment policies, and accessible mental health services. By providing these forms of support, schools and employers can help students better manage financial stress, enabling them to maintain a healthier balance between their academic, professional, and personal responsibilities—ultimately promoting their overall well-being.

RECOMMENDED CITATION

De Guzman, L. J., Lazaro, K., Linatoc, Y., Mahinay, P., & Zamora, M. (2025). Perception on the Financial Stress Working 3rd Year Psychology Students on Their Academic Life. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 81.

EFFECTIVENESS OF MINDFULNESS PRACTICES ON ACADEMIC STRESS OF THE STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES: AN ASSESSMENT

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*academic stress; bestlink
college; psychology students;
stress management;
mindfulness; emotional
regulation*

ARTICLE ID

AASGBCPJMRA-B24881

Academic stress continues to be a pressing issue among college students, significantly impairing cognitive performance, emotional regulation, and physical well-being. This study explores the effectiveness of mindfulness-based interventions in alleviating academic stress among third-year Bachelor of Science in Psychology students at Bestlink College of the Philippines. With the increasing academic demands placed on students, mindfulness—a mental practice centered on nonjudgmental awareness of the present moment—has emerged as a promising and evidence-based approach to stress management. The research investigates whether structured mindfulness exercises can meaningfully reduce stress levels and enhance students' overall mental and emotional resilience in an academic environment. This study adopted a quasi-experimental research design, employing cluster sampling to select 229 third-year Bachelor of Science in Psychology students. Data collection utilized two key instruments: a modified version of the Standardized Assessment of Academic Stress (SAAS) and a researcher-developed questionnaire that measured stress across five domains—cognitive, affective, physical, social, and motivational. Participants engaged in a series of structured mindfulness interventions over a specified period, which included guided meditation, focused breathing, and body scan exercises. Pre-and post-intervention assessments were administered to evaluate changes in stress levels. Statistical analyses were conducted to determine the significance and effectiveness of the mindfulness-based intervention in reducing academic stress. Prior to the intervention, students experienced high levels of academic stress, particularly in cognitive areas such as diminished concentration and memory difficulties, as well as physical symptoms including frequent headaches and elevated heart rates. Emotional challenges such as insecurity and fatigue were evident, alongside patterns of social withdrawal. However, post-intervention results revealed significant positive changes. Students reported improved cognitive clarity and focus, increased emotional resilience—despite minor residual self-doubt—reduced physical complaints (with only slight appetite disturbances remaining), decreased irritability, and a revitalized sense of motivation. Statistical analysis confirmed a strong inverse correlation between the frequency of mindfulness practice and the intensity of stress symptoms, affirming the effectiveness of mindfulness as a stress-reduction strategy in academic settings. The study affirms that mindfulness practices play a pivotal role in significantly reducing academic stress, underscoring their potential as a cornerstone of student mental health and wellness programs. The findings corroborate existing research emphasizing mindfulness's efficacy in enhancing cognitive focus, emotional regulation, and psychological resilience. Nevertheless, the long-term success of such interventions is contingent upon regular engagement and strong institutional backing. To support this, the researchers developed a structured mindfulness module, incorporating guided meditations, breathing techniques, and practical stress-management tools designed to encourage sustained practice and cultivate a proactive approach to student well-being within academic environments.

RECOMMENDED CITATION

Batoliño, Y., Caylar, J., Matos, N., Padali, D., & Sangol, M. R. (2025). Effectiveness of Mindfulness Practices on Academic Stress of the Students at Bestlink College of the Philippines: An Assessment. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 82.

FACTORS INFLUENCING FAMILY ESTRANGEMENT AMONG FOURTH-YEAR PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*family estrangement; college
students; family dynamics;
ecological systems theory;
psychological well-being;
cultural expectations*

ARTICLE ID

AASGBCPJMRA-B28407

Family estrangement, particularly among young adults, presents increasing psychological and social challenges. This study investigates the factors influencing family estrangement among graduating psychology students at Bestlink College of the Philippines. Grounded in Bronfenbrenner's Ecological Systems Theory, the research explores the interplay of family dynamics, life transitions, psychological well-being, and cultural values in contributing to the decision to estrange from one's family. This study employs a correlational research design. Data were gathered using a structured questionnaire administered to 50 purposively selected fourth-year psychology students. The instrument measured multiple factors related to family estrangement. Pearson's correlation analysis was applied to determine significant relationships between the variables examined. The results revealed that ineffective communication, unresolved conflicts, and unequal distribution of responsibilities were major contributors to family estrangement. Additional factors such as personal growth, career transitions, and relocation further intensified the disconnect between individuals and their families. Psychological well-being was found to be negatively affected by family-related stress and unrealistic expectations. Cultural norms also contributed by placing pressure on individuals that often conflicted with personal aspirations. Statistical analysis showed a significant relationship between these factors and the decision to estrange ($r = 0.73$, $p < 0.00$), underscoring the multifaceted nature of family estrangement. The findings emphasize the importance of proactive interventions, such as communication workshops and counseling programs, to assist students in managing family-related challenges. Understanding the underlying causes of estrangement can enable families and educational institutions to collaborate in fostering healthy, supportive relationships. As family estrangement is a complex and deeply personal experience, interventions must be culturally sensitive and adaptable to the unique needs of students. Future research may further explore these influencing factors across diverse populations to enhance the development of effective support systems that prioritize both familial connection and individual well-being.

RECOMMENDED CITATION

Cardines, A. C., Escares, S. J., Igloso, C. A., Mesa, J., & Sta Cruz, A. J. (2025). Factors Influencing Family Estrangement Among Fourth-Year Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 83.

IMPACT OF MINDFULNESS MEDITATION ON STRESS AMONG COLLEGE STUDENTS: BASIS FOR INTERVENTION PROGRAM

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*mindfulness meditation; stress
management; comprehensive
mindfulness; intervention
plan; student well-being;
awareness*

ARTICLE ID

AASGBCPJMRA-B33593

This study investigates the impact of mindfulness meditation on the stress levels of fourth-year Psychology students at Bestlink College of the Philippines. It aims to assist students in managing stress by implementing a mindfulness program and examining the relationship between mindfulness practices and stress reduction. The study also seeks to address the limited understanding of how mindfulness meditation affects stress levels, which represents the core issue of the research. This study utilized a correlational quantitative research design to assess the relationship between mindfulness meditation and stress levels. A total of 207 fourth-year Psychology students from Bestlink College of the Philippines, Quezon City campus, were selected through stratified random sampling. All participants had prior experience with mindful breathing practices. Data were gathered using the Perceived Stress Scale and the Stress Management Inventory as the primary research instruments. The study's findings indicate that mindfulness meditation has a minor impact on stress levels, as evidenced by a composite mean of 2.38. Similarly, stress management among students also showed a minor impact, with a composite mean of 2.37. Among the various coping strategies assessed, physical activity was rated as having a moderate impact (3.17), while stress relief (1.52) and social support (2.38) were rated as having no impact and minor impact, respectively. Pearson correlation analysis revealed a weak negative correlation ($r = -0.16$) between mindfulness meditation and stress management, which was statistically significant ($p = 0.02$), suggesting a minimal but meaningful relationship. The most frequently reported challenges were the avoidance of seeking professional help (26%) and lack of physical activity (22%). These results underscore the need for awareness campaigns, access to expert guidance, regular stress assessments, and the reinforcement of mindfulness practices to support students' overall well-being. The study emphasizes the significance of consistent mindfulness practices and supportive environments in effectively managing student stress. For students and parents, establishing comprehensive, long-term mindfulness programs and promoting awareness of stress management techniques are vital for enhancing well-being and academic performance. Although mindfulness meditation is widely acknowledged for its stress-reducing benefits, its impact remains limited without sufficient time, regular practice, and a conducive environment. Through the implementation of the proposed intervention action plan, the school can develop a more effective and sustainable program for stress management rooted in comprehensive mindfulness practices.

RECOMMENDED CITATION

Abila, I. A., Cristobal, J., Esguerra, R., Mendoza, R., & Nofuente, C. M. (2025). Impact of Mindfulness Meditation on Stress Among College Students: Basis for Intervention Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 84.

IMPACT OF ACADEMIC PRESSURE ON MENTAL HEALTH IN SELECTED STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*academic pressure; mental
health; academic stress;
student well-being; social
well-being; higher education*

ARTICLE ID

AASGBCPJMRA-B35181

Academic pressure has become a defining concern within higher education, particularly affecting college students navigating increasingly demanding academic environments. This pressure often arises from a confluence of expectations—parental, peer, institutional, and societal—intensified by the competitive nature of academic achievement. In countries like the Philippines, where educational success is deeply embedded in cultural values and often equated with personal and familial fulfillment, students may experience heightened psychological strain, especially in intellectually rigorous fields. This study seeks to explore the impact of academic stress on the mental health of selected college students, underscoring the critical need for comprehensive support systems and proactive stress management interventions. By examining this relationship, the research aims to contribute to the development of healthier academic environments that promote student well-being and sustainable academic success. This study adopted a quantitative correlational research design to examine the relationship between academic stress and mental health among students, without any manipulation of variables. Cluster sampling was employed to ensure equitable representation and minimize selection bias across different student groups. Data were collected through three instruments: the standardized Academic Stress Scale (ASS), the General Health Questionnaire (GHQ), and a researcher-designed survey that assessed students' sleep quality, lifestyle practices, and social well-being. To ensure the validity and reliability of the instruments, all tools were subjected to rigorous content validation by three licensed psychometricians. The study strictly adhered to ethical research standards, including the acquisition of informed consent and the assurance of participant confidentiality and anonymity. The study revealed that respondents experienced moderate levels of academic stress, with academic workload identified as the most significant contributor. While students demonstrated a mix of emotional responses, the overall impact of academic stress was predominantly negative. A weak but statistically significant relationship was found between academic stress and mental health, as indicated by a Pearson correlation coefficient of 0.13. Students who reported higher levels of academic pressure exhibited greater declines in emotional and social well-being, which adversely affected both their academic performance and personal lives. The majority of respondents were female, aged 21 to 25, and represented various academic programs. Furthermore, academic stress was linked to notable disturbances in sleep patterns, lifestyle choices, and social engagement. Academic pressure influences various dimensions of student life, including mental health, sleep quality, lifestyle habits, and social interactions. While the correlation between academic stress and mental health is modest, it remains statistically significant, emphasizing the need for proactive strategies to alleviate stress. Addressing these challenges is crucial in creating a learning environment that supports both the psychological well-being and academic performance of students.

RECOMMENDED CITATION

Cruz, R. A., Gabriente, H. M., Tamayo, C., Tamayo, K. C., & Villanueva, J. (2025). Impact of Academic Pressure on Mental Health in Selected Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 85.

EFFECTS OF PSYCHOLOGICAL POVERTY ON MENTAL HEALTH AMONG YOUNG ADULTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*psychological poverty; mental
health; college students; 4ps
beneficiaries; financial stress;
self-efficacy*

ARTICLE ID

AASGBCPJMRA-B47097

This study aims to determine the perceived impact of psychological poverty on the mental health of young adult beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps) at Bestlink College of the Philippines. Psychological poverty is defined as a multidimensional condition that goes beyond material deprivation and includes feelings of insecurity, helplessness, and low self-worth, despite any actual economic status. As members of the 4Ps, these students receive cash assistance to help meet basic needs, healthcare, and education. This study investigates the psychological constraints that arise from poverty-related experiences and how these constraints contribute to mental health challenges. The research specifically explores the association between perceived financial insecurity and psychological well-being among young adults. The study utilized a correlational research design within a quantitative framework to examine the relationship between psychological poverty and mental health. A structured survey was administered to selected 4Ps beneficiaries using purposive sampling. The instrument aimed to assess the participants' financial stress, psychological resilience, self-efficacy, and mental health status. Data analysis involved statistical tools to identify correlations between variables, without manipulation by the researchers. Ethical considerations were observed to ensure the reliability and integrity of the responses and to protect the confidentiality of participants. Findings revealed a significant correlation between heightened psychological poverty and deteriorating mental health among the participants. The data indicated that students experiencing persistent financial difficulties, academic pressure, and personal health concerns were more vulnerable to mental health issues, including stress, anxiety, and low self-esteem. These factors often reinforced one another, creating a cycle where financial stress intensified academic demands, which in turn diminished emotional resilience. Students with lower self-efficacy were especially prone to experiencing psychological distress. The results emphasize that both financial and academic pressures contribute to reduced mental well-being, particularly among economically disadvantaged students. The study concludes that psychological poverty serves as both a direct and indirect stressor on mental health. The findings highlight the need for institutions to provide adequate financial and psychological support for students, especially those facing economic hardship. Educational assistance, mental health services, and targeted interventions for 4Ps beneficiaries are recommended to help break the cycle of financial stress and poor mental health. The study underscores the importance of institutional involvement in promoting well-being and academic success among vulnerable student populations.

RECOMMENDED CITATION

Baldomaro, C., Coper, J. A., Delos Santos, A. P., Fontanilla, K., & Mabalatan, J. M. (2025). Effects of Psychological Poverty on Mental Health Among Young Adults at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 86.

EFFECTIVENESS OF DIGITAL DETOX TO THE MENTAL WELL-BEING AMONG SELECTED STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Mental Health

KEYWORDS

*digital detox; student mental
health; digital wellness
programs; screen time
management; long-term
intervention effects;
participant engagement*

ARTICLE ID

AASGBCPMRA-B47290

The widespread reliance on digital devices and social media has raised growing concerns about its adverse effects on students' mental well-being. This study aims to evaluate the impact of a structured digital detox intervention among psychology students by measuring changes in social media usage and key mental health indicators, including stress levels, sleep quality, and emotional stability. By examining participants across various age groups, the research seeks to identify patterns of digital dependence and assess the effectiveness of the intervention in promoting psychological well-being and healthier digital habits. A quasi-experimental research design was utilized to assess the effects of a structured digital detox intervention on students' screen time and mental well-being. Pre-test and post-test evaluations were conducted to compare participants' conditions before and after the intervention. A total of 75 respondents were selected from the Psychology Department of Bestlink College of the Philippines through cluster sampling. The intervention spanned one week, during which participants were instructed to disconnect from social media platforms and instead engage in offline activities that promote mental wellness, such as reading, journaling, and physical exercise. To measure screen time, the standardized Social Media Engagement Questionnaire (SMEQ) was employed. Additionally, a researcher-made questionnaire was developed to assess mental health indicators, including stress levels, sleep quality, and emotional regulation. The research team closely monitored participant progress, documented their experiences, and encouraged compliance throughout the intervention period. At the end of the study, participants submitted their weekly screen time logs, providing meaningful data on digital usage patterns and the psychological impact of temporary disconnection. The findings underscore the positive impact of structured digital detox programs on students' mental well-being. A significant decline in social media engagement was recorded, with the mean score decreasing from 3.08 in the pre-test to 2.66 in the post-test. Participants reported marked improvements in focus, reduced anxiety, better time management, improved sleep quality, and enhanced emotional stability. Statistical analysis confirmed the effectiveness of the intervention, yielding a p-value of 0.00, which led to the rejection of the null hypothesis. These results indicate that temporary disconnection from digital platforms, coupled with purposeful offline activities, can significantly improve psychological health and digital self-regulation among students. In light of the study's findings, it is recommended that educational institutions incorporate structured digital detox initiatives into their mental health and wellness programs. Implementing guided workshops focused on digital mindfulness, responsible screen time management, and stress reduction can help students develop healthier digital habits. To increase motivation and participation, schools may offer incentives such as certifications or academic recognition upon successful completion of digital wellness programs. Furthermore, future research should examine the long-term effects of digital detox interventions and explore strategies to enhance participant engagement and retention. By fostering a balanced and intentional approach to technology use, institutions can play a pivotal role in cultivating sustainable digital wellness practices among students.

RECOMMENDED CITATION

Alegro, J. A. M., Laroa, R. M., Olandria, J. R., Pajarillaga, M. G. J., & Tobias, R. X. (2025). Effectiveness of Digital Detox to the Mental Well-Being Among Selected Students of Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 87.

ANALYSING THE DIFFERENCE BETWEEN SLEEP DEPRIVATION AND WELL-BEING AMONG PSYCHOLOGY STUDENTS

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*sleep deprivation; emotional
well-being; university
students; first-year students;
sleep duration; well-being*

ARTICLE ID

AASGBCPJMRA-B51361

This study examines the correlation between sleep deprivation and psychological well-being among first-year psychology students, utilizing the WHO-5 Well-Being Index as a standardized measure of well-being. Sleep deprivation is a prevalent and pressing issue among university students, often resulting in adverse effects on mental health, emotional stability, and academic performance. First-year students are particularly vulnerable, as they navigate academic demands, social transitions, and personal stressors that can significantly disrupt sleep patterns. The growing prevalence of inadequate sleep in this population raises serious concerns about its impact on students' overall quality of life. By analyzing the relationship between sleep habits and well-being, this study aims to inform strategies that promote healthier lifestyles and improved mental health outcomes in academic settings. This study employs an Input-Process-Output (IPO) framework to explore the relationship between sleep deprivation and psychological well-being. The input consists of students' sleep behaviors and patterns, the process involves the analysis of their experiences and perceptions of sleep quality, and the output is measured using the WHO-5 Well-Being Index. Data were gathered through a structured survey questionnaire focusing on the participants' experiences with sleep deprivation and their self-assessed sleep quality. The study involved a sample of 50 first-year psychology students, aged 18 to 26, whose sleep habits and well-being were observed over the past two weeks. This age group is particularly vulnerable to lifestyle disruptions that negatively affect sleep, making it essential to examine emerging trends and correlations that may impact their mental health and academic success. The findings revealed that the majority of respondents were aged 18 to 20, with females accounting for 56% of the sample. While most students reported obtaining a moderate amount of sleep, a notable portion experienced significant sleep deprivation. Reflections on their sleep patterns indicated variability in sleep quality, suggesting that consistent, restorative sleep remains a challenge. These insights underscore the difficulties first-year students face in maintaining healthy sleep habits amid academic and personal transitions. The WHO-5 Well-Being Index results showed that most students experienced positive emotions more than half the time, though individual scores varied. Statistical analysis confirmed a significant difference in well-being between sleep-deprived and non-sleep-deprived students. Those with reduced sleep duration were more likely to report lower levels of well-being, demonstrating a clear correlation between sleep quality and psychological health. These findings emphasize the vital role of adequate sleep in supporting the emotional and mental well-being of students.

RECOMMENDED CITATION

Alburo, A., Ambulo, S. N., Enoc, S. N., Nacua, J., & Santiago, E. J. (2025). Analysing the Difference Between Sleep Deprivation and Well-Being Among Psychology Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 88.

INFLUENCE OF SOCIAL MEDIA ON REDUCING THE ANXIETY LEVELS OF FOURTH YEAR PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*social media; anxiety
reduction; positive
affirmations; facebook usage;
sleep disruption; information
reliability*

ARTICLE ID

AASGBCPJMRA-B56466

This research investigates the role of social media in alleviating anxiety among fourth-year Psychology students at Bestlink College of the Philippines. With anxiety becoming increasingly common due to academic and personal pressures, it is essential to explore accessible coping mechanisms. As social media continues to serve as a prominent source of information, connection, and entertainment, this study seeks to understand how its content may influence students' anxiety levels. Guided by Nortje's (2020) Social Comparison Theory—which suggests that individuals evaluate themselves by comparing their lives to others—this research examines how social media interactions can shape emotional well-being, either by reducing or exacerbating anxiety. This study adopted a correlational quantitative research design, involving 200 fourth-year Psychology students selected through purposive sampling. Data were gathered using a validated self-constructed questionnaire and the Generalized Anxiety Disorder-7 (GAD-7) scale. Statistical analyses included frequency, percentage, weighted mean, ranking, Likert's Four-Point Rating Scale, and Pearson's correlation coefficient to examine the relationship between social media use and anxiety levels. The results indicated that the majority of social media users were female, aged 21 to 25, and spent over two hours daily on Facebook. A statistically significant negative correlation was observed between social media perception and anxiety levels, with a Pearson r -value of -0.39 and a p -value of 0.00. This suggests that exposure to content such as positive affirmations, anxiety-related information, and humorous videos may help alleviate anxiety among respondents. Nevertheless, participants reported challenges associated with social media use, including disrupted sleep patterns, reduced concentration, and concerns about the credibility of shared information. The study highlights the dual role of social media in influencing student anxiety levels. While exposure to positive affirmations and anxiety-related content can help reduce anxiety, excessive use may negatively affect sleep, concentration, and the quality of shared information, potentially increasing anxiety. Based on these findings, the researchers developed a group guidance activity aimed at addressing these challenges and promoting healthy, purposeful social media use as a tool for managing anxiety.

RECOMMENDED CITATION

Cueva, M. J., Frias, J., Gonzales, E., Ventura, C. M., & Villanueva, J. P. (2025). Influence of Social Media on Reducing the Anxiety Levels of Fourth Year Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 89.

THE EFFECTS OF CYBERBULLYING ON HUMANITIES AND SOCIAL SCIENCES STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*humss students; cyberbullying;
mental health; academic
performance; emotional
distress; online behavior*

ARTICLE ID

AASGBCPJMRA-B58820

Cyberbullying refers to the act of using digital devices to harass, intimidate, or harm an individual. It typically occurs through social media platforms, messaging services, and online gaming. This form of bullying can result in emotional distress, anxiety, social isolation, and diminished self-esteem. As technology continues to advance and become more accessible, the prevalence of cyberbullying also increases. This study aims to determine the effects of cyberbullying on Humanities and Social Sciences (HUMSS) students at Bestlink College of the Philippines by assessing its impact on mental health, academic performance, and self-esteem. This study employs a descriptive quantitative research design using purposive sampling. Data were collected through a structured survey questionnaire distributed among selected HUMSS students. The responses were analyzed to evaluate the perceived effects of cyberbullying across the identified variables. In terms of mental health, the highest-ranked response indicated that the spreading of rumors or humiliating comments online significantly affected students' emotional well-being, with a weighted mean of 3.52, interpreted as "strongly agree." Regarding academic performance, the highest response showed that victims of cyberbullying struggled to concentrate on their studies, with a weighted mean of 3.50. For self-esteem, the leading response indicated that victims required more motivation to regain confidence, with a weighted mean of 3.56. All results were verbally interpreted as "strongly agree." The findings suggest that cyberbullying has substantial negative effects on students' mental health, academic performance, and self-esteem. To address this, the study recommends fostering positive online behavior and mutual respect among students. By promoting empathy and responsible digital conduct, the school community can reduce incidents of cyberbullying and create a safer, more supportive online environment. Encouraging peer involvement in prevention efforts can strengthen relationships and empower students to collectively stand against harmful online behavior.

RECOMMENDED CITATION

Alvarez, A. C., Cuiscano, J., Mantos, L. M., Piñero, S., & Sombese, H. J. (2025). The Effects of Cyberbullying on Humanities and Social Sciences Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 90.

CORRELATION BETWEEN AI THERAPY CHATBOTS AND ACADEMIC STRESS REDUCTION AMONG PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*digital cognitive behavioral
therapy; ai therapy chatbots;
academic stress; psychology
students; mental health
support; self-monitoring
theory*

ARTICLE ID

AASGBCPMRA-B60523

This study explores the relationship between AI therapy chatbots and academic stress reduction among psychology students at Bestlink College of the Philippines. In the Philippines limited access to mental health services is caused by high costs and a shortage of professionals. Isla (2023) notes that therapy sessions cost between ₱1,000 and ₱4,500 while de Villa (2022) reports only three mental health professionals per 100,000 people. As a result, AI-powered therapy chatbots have become accessible alternatives for managing stress. The study is grounded in Digital Cognitive Behavioral Therapy (dCBT), which aids stress management through digital tools, and Self-Monitoring Theory, which highlights the importance of self-awareness in emotion regulation. A correlational quantitative research design is employed to examine the relationship between AI chatbot usage and academic stress levels. Purposive sampling is used to select 200 psychology students—50 participants from each year level, first through fourth—who have used AI chatbots and reported academic stress. Data are collected through a researcher-made questionnaire and a modified Academic Stress Scale. The study investigates students' usage patterns, perceptions of chatbot effectiveness, and challenges encountered. Respondents were primarily aged 21 to 23, predominantly female, and from middle-income backgrounds. Frequent chatbot use was reported. Chatbots were rated as effective (mean = 3.27) and reliable (mean = 3.12) although their responses were perceived as somewhat general (mean = 3.09). High levels of academic stress were attributed mainly to poor communication with instructors (mean = 2.42) and limited social support (mean = 2.31). Pearson correlation analysis indicated a weak but statistically significant negative correlation ($r = -0.31$, $p = 0.03$) between increased chatbot use and lower stress levels. Findings showed that AI therapy chatbots provided moderate stress relief but lacked personalization in responses. As a result, refinement of chatbot algorithms is recommended to deliver more tailored and emotionally responsive interactions. A student-friendly chatbot platform was developed via Facebook to offer online counseling and stress management services. Additionally, a framework was established to guide enhancements in chatbot features. The research suggests that educational institutions adopt these tools as supplementary mental health support, especially where professional services are limited.

RECOMMENDED CITATION

Azares, L. J., Batuampo, J. M., Nepomuceno, R. M., Patingo, R. A., & Salvador, P. M. (2025). Correlation Between AI Therapy Chatbots and Academic Stress Reduction Among Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 91.

SMART-SHAMING ON ACADEMIC-ANXIETY LEVEL AND SELF-EFFICACY OF SELECTED ACAEX STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*bestlink college; acaex
scholars; smart-shaming; self-
efficacy; academic anxiety;
psychological well-being*

ARTICLE ID

AASGBCPJMRA-B64468

This study examines the impact of smart-shaming on academic anxiety and self-efficacy among selected ACAEX scholars at Bestlink College of the Philippines. Smart-shaming, the act of ridiculing individuals for displaying intelligence, is a prevalent social issue that may hinder students' confidence, participation, and academic engagement. Although recognized as a potential barrier to academic success, its direct effects on students' psychological well-being and performance remain underexplored in academic literature. A quantitative-correlational research design was employed to investigate the relationship between smart-shaming, academic anxiety, and self-efficacy. The study utilized a self-made Smart-Shaming Scale alongside standardized instruments: the Academic Anxiety Scale (AAS) and the General Self-Efficacy Scale (GSES). A total of 200 fourth-year ACAEX scholars were selected through purposive sampling. Data were analyzed using descriptive statistics, ranking, and Pearson's Product-Moment Correlation to determine the strength and direction of the relationships among variables. The findings revealed that smart-shaming was a common experience among respondents, often discouraging them from sharing knowledge due to fear of ridicule. The highest mean score (3.29) was associated with the statement, "I have been called a know-it-all for sharing my knowledge." In terms of academic anxiety, students reported heightened concerns related to peer judgment and academic pressure, with a composite mean of 3.18. Additionally, smart-shaming was shown to significantly reduce students' confidence and perceived academic capability. Correlation analysis confirmed a significant relationship between smart-shaming, academic anxiety, and self-efficacy. Higher levels of smart-shaming were associated with increased academic anxiety and lower levels of self-efficacy. The study highlights a critical link between smart-shaming, academic anxiety, and self-efficacy, indicating the need for a more supportive academic environment that encourages intellectual expression without fear of judgment. Addressing this issue involves promoting respectful discourse, enhancing student confidence, and removing negative social labels attached to academic excellence. Future research may focus on developing intervention programs, implementing psychoeducational strategies, and involving faculty in efforts to mitigate the effects of smart-shaming and enhance students' academic self-belief.

RECOMMENDED CITATION

Basilides, Y., Corros, K., Lebosana, J., Madriaga, T. C., & Parado, A. (2025). Smart-Shaming on Academic-Anxiety Level and Self-Efficacy of Selected ACAEX Students of Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 92.

ROLE OF LEISURE SATISFACTION AND QUALITY OF LIFE OF BESTLINK COLLEGE OF THE PHILIPPINES INSTRUCTORS: A BASIS FOR SUPPORT PROGRAM

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*leisure satisfaction; quality of
life; support programs;
instructors; work-life balance;
stress management*

ARTICLE ID

AASGBCPJMRA-B69255

This research explores how leisure satisfaction contributes to the overall quality of life of instructors at Bestlink College of the Philippines. It aims to assess how different dimensions of leisure—psychological, social, and physiological—impact key aspects of well-being, including physical health, emotional balance, and job satisfaction. The study also intends to generate evidence-based findings that could guide the creation of targeted support programs to enhance the well-being of faculty members. A quantitative correlational research design was adopted for this study to explore the link between leisure satisfaction and quality of life. Using the Leisure Satisfaction Scale and the Quality of Life Scale, data were gathered from 150 instructors. Purposive sampling was applied to ensure that all instructors had an equal opportunity to participate in the study, allowing for a more focused and relevant respondent group. The results indicate that leisure activities play a role in enhancing instructors' personal development, fostering social connections, reducing stress, and supporting physical well-being. Despite these perceived benefits, the statistical findings—specifically a p-value of 0.74 and a correlation coefficient (r) of 0.03—reveal a weak and statistically insignificant relationship between leisure satisfaction and quality of life. While a slight positive association was observed, the data do not provide sufficient evidence to establish a significant link between the two variables in this study. The study concludes that although instructors recognize the value of leisure in enhancing their quality of life, its full impact remains an area for further research. It is recommended that educational institutions develop initiatives that promote work-life balance and offer support for instructors' well-being through stress management programs and access to leisure activities.

RECOMMENDED CITATION

Adorna, L., Brun, S. M., Casaljay, C., Escanillan, A. Y., & Lumapas, R. (2025). Role of Leisure Satisfaction and Quality of Life of Bestlink College of the Philippines Instructors: A Basis for Support Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 93.

IMPACT OF COMPANION ANIMALS ON ACADEMIC PERFORMANCE AND EMOTIONAL WELL-BEING AMONG BSP STUDENTS

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

companion animals; academic performance; emotional well-being; pet ownership; stress management; animal-assisted interventions

ARTICLE ID

AASGBCPJMRA-B71752

This study examines the influence of companion animals on the academic performance and emotional well-being of Bachelor of Science in Psychology (BSP) students. As academic demands intensify, pets are increasingly viewed as alternative sources of support. The research investigates whether pet ownership contributes to stress reduction, improved focus, and enhanced motivation—factors that may positively affect academic outcomes. It also explores differences across academic year levels and considers the potential long-term emotional support provided by pets. The study aims to deepen the understanding of animal-assisted support within academic environments. This study utilized a descriptive-correlational research design to assess the relationship between companion animal ownership, academic performance, and emotional well-being among Bachelor of Science in Psychology (BSP) students. A total of 100 BSP students from first to fourth year who own companion animals were selected through purposive sampling. Data were collected using structured survey questionnaires, which explored the effects of pet ownership on students' concentration, study habits, academic achievement, anxiety levels, emotional support, and development of responsibility. The study found that most respondents were young adults aged 18 to 23, with a majority being female (83%) and from lower-income households (79%). Dogs (64%) and cats (36%) were the most commonly owned companion animals, with most respondents having cared for their pets for over a year. The results align with previous studies, indicating that companion animals help reduce stress, enhance emotional resilience, and improve time management. Overall, pet ownership was shown to positively influence both emotional well-being and academic performance by supporting stress relief, increasing focus, and boosting motivation. The study reveals that the positive effects of companion animals are consistent across different academic year levels, indicating that pet ownership offers both immediate and long-term benefits. These findings support the potential integration of animal-assisted interventions in educational settings, where companion animals can play a valuable role in enhancing student well-being and academic performance. The research encourages educational institutions to consider implementing programs that promote animal companionship, recognizing its ability to provide emotional support and academic assistance to students as they face the demands of their academic journey.

RECOMMENDED CITATION

Gamarcha, M. J., Lagata, E., Malabanan, A., Templonuevo, H., & Veran, M. A. (2025). Impact of Companion Animals on Academic Performance and Emotional Well-Being Among BSP Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 94.

ACCEPTABILITY OF LINKSPACE: A DIGITAL TOOL FOR FOLLOW-UP SERVICE IN BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*digital tool; follow-up service;
acceptability; linkspace;
guidance counseling;
acceptability linkspace*

ARTICLE ID

AASGBCPJMRA-B71945

With rising demand for mental health support, Bestlink College of the Philippines faces challenges in its guidance and counseling department, including heavy workloads, inefficient record management, and difficulty tracking student progress. This study introduces Linkspace, a digital platform designed to centralize records, automate appointment scheduling, and send reminders. Linkspace aims to enhance counseling efficiency, accessibility, responsiveness, and overall effectiveness in addressing student mental health needs. This study employs a quantitative survey design using a five-point Likert scale to assess the acceptability of Linkspace among purposively selected guidance personnel at Bestlink College campuses in Novaliches and Fairview, Quezon City. Demographic variables—age, gender, length of service, and designation—are analyzed using comparative statistics to determine their influence on platform acceptability. Data analysis provides insights into Linkspace's usability and guides recommendations for broader implementation in educational counseling services. Findings demonstrated high acceptability of Linkspace across key features: data management, appointment scheduling, user authentication, and platform accessibility. Comparative analyses revealed that age, gender, years of service, and job title did not significantly affect acceptability scores. As a result, Linkspace was shown to be broadly applicable and beneficial to diverse guidance personnel, indicating its potential to streamline counseling processes and improve support for students. The study highlighted the importance of user-friendly, adaptable digital tools that align with users' technological fluency. By enhancing efficiency, organization, and engagement, Linkspace emerged as a scalable solution for improving follow-up services in educational settings. Future enhancements in security, data privacy, and user management were recommended to strengthen its reliability. The study underscored the growing need for technology-driven approaches in mental health services and paved the way for more integrated, data-driven counseling solutions in academic institutions.

RECOMMENDED CITATION

Asis, A., Baguinon, I., Garcia, O., Malinao, H. J., & Rafael, M. L. (2025). Acceptability of LinkSpace: A Digital Tool for Follow-Up Service in Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 95.

LEVEL OF STRESS AMONG FIRST YEAR STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES: BASIS FOR AN INTERVENTION PROGRAM

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*first-year students;
intervention program;
perceived stress scale; student
stress inventory; stress level;
gender differences*

ARTICLE ID

AASGBCPJMRA-B72012

This study explores the level of stress experienced by first-year students at Bestlink College of the Philippines, with particular attention to the social, academic, and personal challenges encountered during the transition to college life. The transition period is often a critical and demanding phase for students, potentially affecting their mental health and academic performance. This study aims to assess the overall stress levels among first-year college students and examine the influence of demographic factors such as age, gender, and academic department on their stress experiences. The study utilizes a quasi-experimental design to collect data from a representative sample of first-year students across five departments. Standardized instruments, including the Perceived Stress Scale (PSS) developed by Cohen et al. (1983) and the Student Stress Inventory (SSI) developed by Zubair, Khan, and Saeed (2013), are employed to measure the frequency and percentage of reported stressors. These tools provide a comprehensive evaluation of the participants' stress levels. Findings revealed that most first-year students reported moderate to high levels of stress. Gender emerged as a significant variable, with female students consistently reporting higher stress levels than male students. This difference may be attributed to variations in stress perception, emotional regulation, or coping strategies. Age did not significantly influence stress levels, likely due to the narrow age range of respondents. However, departmental differences were observed. Students enrolled in more academically intensive programs, such as tourism, management, and education, reported higher stress levels than those in programs such as criminology and the CASE department. Key stressors identified included classroom presentation anxiety, financial difficulties, and sleep-related problems. This study underscores the considerable stress faced by first-year students and highlights the impact of demographic factors on stress experiences. Addressing the specific stressors identified can contribute to improved mental health and academic performance. The findings also provide valuable insights for the development of targeted intervention programs and support services. Overall, this research contributes to the growing body of literature on student mental health and serves as a foundation for future studies aimed at enhancing the well-being of first-year college students.

RECOMMENDED CITATION

Bulandres, H., Catindoy, C., Luceno, H., Oafericua, L., & Onrubia, S. M. (2025). Level of Stress Among First Year Students of Bestlink College of the Philippines: Basis for an Intervention Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 96.

UNDERSTANDING THE FACTORS CONTRIBUTING TO DRUGS ABUSED IN BARANGAY 167 IN CALOOCAN CITY

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*caloocan city; barangay
health workers; drug abuse
prevention; community health
assessment; mental health
services; mental health
accessibility*

ARTICLE ID

AASGBCPMRA-B75030

This study aimed to understand the factors contributing to drug abuse in Barangay 167, Caloocan City. A quantitative research approach was adopted to facilitate a comprehensive understanding of the subject. Using this method, the researchers gathered and analyzed data systematically from the study's respondents. A sampling technique was employed to select participants for the study. Before data collection, the researchers sought permission from their research adviser to conduct a survey. The study involved a total of fifty (50) respondents, composed of twenty (20) drug surrenders, ten (10) barangay officials, and twenty (20) residents. These participants shared their lived experiences concerning drug abuse in Barangay 167, Caloocan City. This chapter describes and discusses how the researchers gathered the necessary data and information used throughout the study. It outlines the research design, respondents, sampling techniques, instruments employed, and the statistical treatment of data. This study utilized a descriptive research method to investigate the factors contributing to drug misuse. According to Creswell (2014), descriptive methods are valuable for observing, describing, and documenting phenomena in their natural settings. The majority of the respondents were male, aged between 42 and 50 years old, and were high school graduates. Most of them were married. The respondents' assessment of the factors contributing to drug abuse in Barangay 167, Caloocan City, was interpreted as "Strongly Agree" in terms of community awareness, personal experience, environmental concerns, and social media influence. To increase the availability and accessibility of mental health services within Barangay 167, including counseling, therapy, and medication. Needs Assessment: Conduct surveys among residents, healthcare workers, and local leaders to identify the specific mental health needs of the community, assess the prevalence of mental health issues, and identify gaps in available services. Objectives: Ensure that at least 80% of barangay residents have access to affordable and effective mental health services within the next two years. Establish sustainable mental health programs that provide counseling, therapy, and medication within the barangay. Timeline: 1 to 3 months for community health assessment, resource mapping, and program planning. Budget: ₱200,000 allocated for the training of Barangay Health Workers. Key Performance Indicators: Number of barangays with established mental health services. Monthly number of individuals receiving counseling, therapy, or medication. Percentage reduction in drug-related incidents within the barangay

RECOMMENDED CITATION

Centino, E., Galicia, J., Gallego, R., Nuñez, J. R., & Pantí, C. M. (2025). Understanding the Factors Contributing to Drugs Abused in Barangay 167 in Caloocan City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 97.

ASSESSING STRESS AND PSYCHOLOGICAL IMPACT OF MARITIME PIRACY ON FILIPINO SEAFARERS AT SEA

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

maritime piracy; filipino seafarers; mental health interventions; psychological impact; mental health; job performance

ARTICLE ID

AASGBCPJMRA-B75363

Maritime piracy remains a persistent threat to the global shipping industry, with profound effects on Filipino seafarers, who make up a significant portion of the maritime workforce. This study investigates the psychological impact of piracy on these seafarers, focusing on mental health, well-being, and job performance. It also highlights the prevalence of stress-related conditions such as anxiety, depression, and burnout resulting from exposure to piracy-related threats. The study adopted a descriptive research design and employed a researcher-made, validated questionnaire as the primary instrument for data collection. A purposive sample of 20 seafarers—comprising individuals from both Marine Transportation and Marine Engineering—was selected to participate in the survey. The collected data were analyzed using statistical tools such as frequency, percentage, and weighted mean, taking into account the diverse years of experience among the respondents. The findings revealed that although most respondents disagreed with experiencing severe psychological impacts, symptoms affecting well-being—such as chronic fatigue, irritability, and decreased productivity—were reported. An increase in risk-taking behavior was noted, despite minimal perceived impact on job performance. Qualitative responses highlighted recurring issues such as fear for one's life, emotional exhaustion, and feelings of isolation. Challenges encountered during data collection included difficulty identifying respondents with piracy experience, language barriers, and age-related concerns such as poor eyesight and memory lapses. It concludes that while quantitative data did not strongly reflect direct psychological impacts, qualitative responses revealed significant underlying stress and emotional strain related to piracy. These results emphasize the need for improved communication tools, strategic respondent selection, and robust support systems to more effectively identify and mitigate psychological distress among seafarers. Future research should prioritize enhanced methodologies and targeted mental health interventions to support the overall well-being of maritime workers.

RECOMMENDED CITATION

Balbuena, M. D., Caliao, R., Casio, R. E., Celi, J. A., & Lauroa, A. (2025). Assessing Stress and Psychological Impact of Maritime Piracy on Filipino Seafarers at Sea. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 98.

COPING MECHANISM OF PERSON DEPRIVED OF LIBERTY IN NEW QUEZON CITY JAIL PAYATAS

ABSTRACT

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Mental Health

KEYWORDS

*new quezon city jail payatas;
person deprived of liberty;
coping mechanism; religious
activities; skills training;
livelihood enhancements*

ARTICLE ID

AASGBCPJMRA-B81267

This study investigates the coping mechanisms employed by persons deprived of liberty (PDLs) in the male dormitory of New Quezon City Jail Payatas. It examines strategies used to manage stress, seek social support, and engage in purposeful activities within the correctional environment. The Bureau of Jail Management and Penology provides PDLs with mental health interventions, vocational training, livelihood skills development, and religious activities to promote well-being and rehabilitation. This research uses a quantitative descriptive design. A structured survey questionnaire measuring four coping domains—visitation, religious activities, skills training, and livelihood enhancements—was administered to PDLs housed in the male dormitory. Responses were analyzed using frequency distribution, percentage, and weighted mean statistics. Respondents rated all four coping domains as effective. Visitation arrangements received the highest mean score, followed by religious activities. Skills training and livelihood enhancements were also viewed positively but to a slightly lesser extent. Analysis highlighted a pronounced need for regular mental health assessments and improved communication protocols between BJMP personnel and PDLs. Findings demonstrated that structured visitation, religious engagement, and skills-based programs significantly supported PDLs' stress management and resilience. As a result, recommendations include assigning dedicated guidance counselors, developing comprehensive aftercare programs, strengthening security procedures for both PDLs and visitors, and offering recreational activities to support psychological health. Emphasis was placed on continuous mental health care, recognizing the inherent dignity and human needs of PDLs.

RECOMMENDED CITATION

Albania, A., Bakidan, J., Bucua, F., Nahiyal, H. A., & Taringting, J.-R. (2025). Coping Mechanism of Person Deprived of Liberty in New Quezon City Jail Payatas. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 99.

IMPACT OF MINORITY STRESSOR ON TRANSGENDER MENTAL HEALTH AND ACADEMIC PERFORMANCE: AN ASSESSMENT

ABSTRACT

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Mental Health

KEYWORDS

*mental health; academic
performance; transgender
students; minority stressors;
psychological well-being;
qualitative insights*

ARTICLE ID

AASGBCPJMRA-B90722

Transgender individuals often encounter minority stressors such as social stigma, discrimination, and marginalization. These experiences—ranging from overt bullying to subtle microaggressions—can lead to significant psychological distress and negatively affect academic performance. This study seeks to explore the impact of these minority stressors on the mental health and academic achievement of transgender students. The researchers employed purposive sampling to select 14 transgender transferee students from Bestlink College of the Philippines. A structured survey questionnaire was used to collect data on participants' demographic profiles, stress levels, mental health status, academic performance, and challenges related to minority stressors. Data were analyzed using descriptive statistics, Pearson correlation, and Spearman's rank correlation to identify significant patterns and relationships among the variables. Most respondents (42.86%) were aged 16–21, enrolled in the College of Computer Studies (CCS), and had previously attended private schools (78.57%). Half of the participants were first-year students. Stress levels were rated as “high” (mean = 2.61), with a notable tendency toward self-doubt when facing personal challenges (mean = 2.93). Despite elevated stress, respondents reported generally positive mental health (mean = 3.67), including frequent feelings of happiness (mean = 4.07) and active engagement in daily activities (mean = 4.00). Regarding academic performance, 42.86% reported grades between 1.51 and 2.00, while 21.43% had grades ranging from 1.26 to 1.50. However, 28.57% chose not to disclose their academic performance, possibly indicating stress-related concerns. Statistical analysis revealed a weak, negative, and non-significant correlation between minority stressors and mental health ($r = -0.25$, $p = 0.39$). Similarly, the correlation between minority stressors and academic performance was weak and statistically insignificant ($r_s = 0.06$, $p = 0.85$). Identified challenges included personal struggles (40.91%), such as mental health issues and difficulties with self-acceptance, followed by social challenges (36.36%), including bullying and exclusion. Institutional barriers (13.63%) and financial difficulties (9.09%) were also reported, though to a lesser extent. While minority stressors are evident in the experiences of transgender students, their statistical impact on mental health and academic performance was found to be insignificant in this study. However, qualitative insights reveal ongoing personal and social challenges, highlighting the critical need for inclusive and supportive academic environments that promote psychological well-being and equitable educational access.

RECOMMENDED CITATION

Banisa, K. K., Dela Cruz, L. J., Godoy, N., Leycano, M. N., & Yacas, L. (2025). Impact of Minority Stressor on Transgender Mental Health and Academic Performance: An Assessment. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 100.

THE ROLE OF BARANGAY CHILD PROTECTION COUNCIL IN ADDRESSING CHILDHOOD TRAUMA IN PAYATAS, QUEZON CITY: AN ASSESSMENT

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*barangay child protection
council (bcpc); payatas
quezon city; childhood
trauma; prevention programs;
legal assistance; community
education*

ARTICLE ID

AASGBCPJMRA-B94148

This study explores the role of the Barangay Child Protection Council (BCPC) in addressing childhood trauma within the community of Payatas, Quezon City. The use of participatory approaches empowers residents by involving them in the decision-making process and equipping them with the knowledge and tools to effectively confront issues related to childhood trauma. Key focus areas include the prevention of childhood trauma, access to counseling services, legal assistance, and community-based education programs. By actively engaging community members, a sense of shared responsibility and accountability is fostered, ultimately strengthening the council's capacity to respond to and mitigate trauma among children. This study includes the following components: research design, study respondents, sampling techniques, research instrument, validation procedures, administration and retrieval of the instrument, as well as the statistical tools and methods used for data analysis and interpretation. The study involved a total of 70 respondents, including childhood trauma victims, residents of Barangay Payatas, representatives from PNP Station 13, Barangay officials, and personnel from the City Social Welfare and Development Office. The majority of the respondents were female, aged between 18 and 25 years old. Results indicated that most respondents strongly agreed with the effectiveness of the Barangay Child Protection Council's (BCPC) programs and interventions in the areas of childhood trauma prevention, counseling, legal assistance, and community education. However, the study also revealed key challenges encountered by BCPC members in implementing these programs. The most commonly identified issues were "inadequate support from local government units, which limits the scope of initiatives," and "insufficient funding for programs and services. To assess the role of the Barangay Child Protection Council in addressing childhood trauma in Payatas, Quezon City, the researchers will employ a quantitative descriptive-correlational research design. The study will involve a total of 70 respondents, including 40 childhood trauma victims, 10 officers from PNP Station 13, 10 Barangay Payatas officials, and 10 representatives from the City Social Welfare and Development (CSWD) office. A survey questionnaire will serve as the primary instrument for data collection, designed to gather insights on the effectiveness of BCPC programs and the challenges faced in their implementation.

RECOMMENDED CITATION

Bognot, R., Bolo, M., Oguing, N., Parman, D., & Rubis, J. M. (2025). The Role of Barangay Child Protection Council in Addressing Childhood Trauma in Payatas, Quezon City: An Assessment. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 101.

GENDER DIFFERENCES IN COPING STRATEGIES FOR ACADEMIC STRESS AMONG ACAEX SCHOLAR STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Mental Health

KEYWORDS

*academic stress; gender
differences; coping strategies;
stress management programs;
academic performance;
coping skills workshops*

ARTICLE ID

AASGBCPJMRA-B97729

Academic stress remains a prevalent issue among college students, significantly affecting their mental health and academic performance. This study examines the gender-based differences in coping strategies employed by ACAEX scholar students at Bestlink College of the Philippines in managing academic stress. Understanding these differences is crucial for developing evidence-based, gender-sensitive support programs that strengthen student resilience, promote well-being, and enhance academic success. A quantitative research design was employed to examine academic stress levels and coping strategies among male and female students. Data were collected through a structured survey questionnaire, specifically designed to capture the frequency and type of coping mechanisms used. To identify any statistically significant gender-based differences in coping strategies, the data were analyzed using independent samples t-tests. The results indicated that female students reported higher levels of academic stress than male students. Furthermore, females predominantly relied on emotion-focused coping strategies, including seeking social support and emotional regulation, whereas males tended to favor problem-focused coping methods and avoidant behaviors. Statistical analysis confirmed a significant gender difference in coping strategies, underscoring the distinct ways in which male and female students manage academic stress. The results underscore that male and female students utilize distinct coping mechanisms when confronting academic stress, emphasizing the critical need for customized stress management programs that reflect these gender-specific differences. It is recommended that educational institutions implement gender-responsive interventions such as structured peer support systems, targeted academic counseling, and skills-based workshops focused on effective coping strategies. These tailored approaches are essential for promoting healthier stress management, improving psychological resilience, and ultimately enhancing students' overall well-being and academic achievement.

RECOMMENDED CITATION

Campillo, A., Capal, A. M., Mallari, J. M., Ortiz, D., & Villanueva, A. (2025). Gender Differences in Coping Strategies for Academic Stress Among ACAEX Scholar Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 102.

PSYCHOLOGY

EFFECTS OF LOVE LANGUAGE AND RELATIONSHIP SATISFACTION IN RELATIONSHIP

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*relationship satisfaction; love
languages; social exchange
theory; romantic
relationships; communication
styles; emotional intimacy*

ARTICLE ID

AASGBCPJMRA-B05744

This study investigates the influence of love language preferences on relationship satisfaction among college students. Grounded in Gary Chapman's Five Love Languages and the Social Exchange Theory (SET), the research explores how the alignment or mismatch of love language expressions affects emotional connection and relationship fulfillment. By examining how individuals perceive and express affection, the study seeks to understand the role of communication styles in shaping the quality of romantic relationships. A descriptive-comparative research design was employed, involving 50 couples (100 individuals) from the BSBA Marketing Management program at Bestlink College of the Philippines. Participants, aged 18 to 35 and in relationships lasting at least one year, completed a structured survey assessing demographic data, preferred love languages, and relationship satisfaction levels. Quantitative data were analyzed using the Mann-Whitney U Test to examine gender differences and the Kruskal-Wallis test to assess variations based on relationship status. The majority of respondents (87%) were between the ages of 19 and 23. Most were dating (77%), followed by those cohabiting (21%) and married (2%). Relationship duration ranged primarily from one to two years. Among males, the most preferred love languages were quality time (14%) and physical touch (13%), whereas females prioritized words of affirmation (18%) and quality time (15%). A significant gender difference was observed in the preference for words of affirmation ($p = 0.01$). However, relationship status did not significantly influence love language preference. The study revealed that mismatched love language preferences often resulted in emotional disconnection (54%), miscommunication (48%), and emotional exhaustion (42%). Male participants reported more frustration from emotional distance, while female participants experienced greater difficulty in communication. These findings support the idea that compatibility in love languages enhances emotional intimacy and relationship satisfaction, while mismatches can lead to unmet emotional needs. This aligns with the principles of Social Exchange Theory, which emphasizes the importance of mutual understanding and emotional reciprocity in maintaining healthy romantic relationships.

RECOMMENDED CITATION

Berdol, C. M., Gelua, T., Ib-ib, A. R., Lumabao, B., & Tuyor, J. M. (2025). Effects of Love Language and Relationship Satisfaction in Relationship. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 104.

RELATIONSHIP OF FRIENDSHIP SEPARATION ON SELF-ESTEEM OF FIRST YEAR BACHELOR OF SCIENCE IN PSYCHOLOGY AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*bestlink college of the
philippines; friendship
separation; first-year college
students; psychology students;
rosenberg self-esteem scale;
self-esteem*

ARTICLE ID

AASGBCPJMRA-B09512

This study examines the relationship between friendship separation and self-esteem among first-year Bachelor of Science in Psychology students at Bestlink College of the Philippines. As students transition into college life, separation from close friends is a common experience that can influence their emotional well-being and academic performance. This research seeks to provide insights into how friendship separation affects students' self-esteem and aims to inform the development of support strategies that promote mental health and academic success during this critical adjustment period. This study adopted a descriptive quantitative research design and involved 100 first-year Psychology students selected through stratified random sampling. Data were collected using survey questionnaires as the main research instruments. The Rosenberg Self-Esteem Scale, a validated tool, was utilized to measure students' self-esteem levels. Additionally, a researcher-designed questionnaire was used to examine factors associated with friendship separation—such as academic priorities, personal interests, and family obligations—using a 4-point Likert scale. The findings indicated a statistically significant negative correlation between perceived friendship separation and self-esteem ($p < 0.05$). Students who reported experiencing friendship separation demonstrated lower levels of self-esteem compared to those who did not. Key factors contributing to friendship separation included increased academic workload, evolving personal interests, and family-related responsibilities. This study underscores the significant impact of friendship separation on the self-esteem of first-year college students. Addressing this issue is essential for fostering emotional well-being and academic success. Educational institutions that implement support systems and intervention strategies can help students cope more effectively with the emotional challenges brought about by friendship separation. By adopting these recommendations, Bestlink College of the Philippines may enhance student well-being, promote academic performance, and improve retention rates. Future studies are encouraged to examine the long-term effects of friendship separation on students' mental health and academic trajectories.

RECOMMENDED CITATION

Angeles, A., Escalona, K. A., Libetario, I., Quinao, Z., & Zulueta, R. L. (2025). Relationship of Friendship Separation on Self-Esteem of First Year Bachelor of Science in Psychology at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 105.

RELATIONSHIP OF UTANG NA LOOB ON LIFE SATISFACTION AND SELF-WORTH AMONG MILLENNIAL BREADWINNERS IN THE GOVERNMENT SECTOR

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*utang na loob; life
satisfaction; millennial
breadwinners; government
employees; self-worth;
psychological well-being*

ARTICLE ID

AASGBCPJMRA-B11656

This research investigates how utang na loob, a traditional Filipino value rooted in gratitude and reciprocal obligation, relates to life satisfaction and self-worth among millennial breadwinners employed in the government sector. While utang na loob often encourages familial support and social unity, it can also become a source of emotional strain when the expectation to repay support becomes overwhelming or difficult to fulfill. The researchers applied a quantitative correlational approach to explore how utang na loob relates to life satisfaction and self-worth among millennial breadwinners working in barangay halls within Quezon City's Districts 2, 5, and 6. To gather data, they used three instruments: the Satisfaction with Life Scale (SWLS), the Self-Worth Inventory (SWI), and a researcher-designed Utang na Loob Questionnaire. These tools allowed for the quantitative assessment of how this cultural value impacts the psychological well-being of the participants. The study found a moderate positive correlation between utang na loob and life satisfaction ($r = 0.46, p < 0.05$), suggesting that those who strongly uphold this cultural value tend to feel more satisfied with their lives. A stronger positive correlation emerged between utang na loob and self-worth ($r = 0.70, p < 0.05$), indicating that breadwinners who feel a deep sense of obligation also report a higher sense of personal value. Additionally, life satisfaction and self-worth were moderately correlated ($r = 0.63, p < 0.05$), reflecting their combined impact on overall psychological well-being. These findings underscore the importance of managing cultural expectations without compromising personal well-being. The researchers developed a Well-Being Program tailored for millennial breadwinners to support their mental and emotional health while fulfilling family obligations. The program consists of stress reduction strategies, financial management education, and access to psychological counseling, aiming to strengthen life satisfaction and self-worth amidst the pressures of both professional and familial roles.

RECOMMENDED CITATION

Bancolita, A. M., Capariño, B., Lomonsod, J. R., Sumalinog, M. E., & Vicente, J. M. (2025). Relationship of Utang Na Loob on Life Satisfaction and Self-Worth Among Millennial Breadwinners in the Government Sector. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 106.

PSYCHOLOGICAL INFLUENCES ON POLITICAL PERSPECTIVE AMONG STUDENT LEADERS IN QUEZON CITY

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DISCIPLINE

Psychology

KEYWORDS

*student leaders; political
perspectives; political
tolerance; social media
influence; youth political
engagement; leadership
experience*

ARTICLE ID

AASGBCPJMRA-B14950

Political views among college students are commonly believed to be shaped by external factors like social media and peer influence. This study challenges that assumption by investigating the impact of leadership experience on political adaptability. It specifically examines Student Council officers from selected colleges in Quezon City to understand how their leadership roles and psychological traits influence their political perspectives. This study utilized a quantitative-comparative research design and involved 50 Student Council officers from Bestlink College of the Philippines, St. Catherine College, Quezon City University, and National University. Data collection was done through a structured survey that captured demographic information, political orientation, and perceived influences. To analyze the data, descriptive statistics, Mann-Whitney U tests, and Chi-square tests were employed to examine the relationship between demographic variables and political adaptability. The results indicate that 66% of the respondents were female, and 36% were in their third year of study, reflecting a gender and academic year imbalance. A majority of 59.3% identified as conservative, while only 13% identified as liberal, which challenges the common perception of student leaders being predominantly progressive. Participants disagreed that peer groups and social media significantly influenced their political views (mean = 2.55), whereas leadership roles were linked to higher political adaptability (mean = 3.32). Statistical analysis using the Mann-Whitney U test revealed significant effects of gender and year level on leadership confidence and political tolerance ($U = 124.5$, $p < 0.05$). Conversely, the Chi-square test showed that age did not significantly affect these variables ($X^2 = 5.93$, $p > 0.05$). Additionally, 64% of respondents held minor leadership positions, with only 4% occupying top leadership roles. The findings indicate that leadership experience plays a more crucial role in shaping political perspectives than peer pressure or social media influence. Student leaders with more leadership experience, particularly those in higher academic years, showed greater political tolerance and self-confidence. These results challenge common assumptions about youth political engagement and underscore the importance of leadership development, inclusive mentorship, and media literacy programs to foster political adaptability and critical thinking among student leaders.

RECOMMENDED CITATION

Diampuan, H. J., Diaz, C., Espedes, L., Latumbo, J., & Pabayo, G. W. (2025). Psychological Influences on Political Perspective Among Student Leaders in Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 107.

RELATIONSHIP OF STRESS AND SOCIAL RESPONSIBILITY AMONG COLLEGE STUDENTS WITH TAGASALO PERSONALITY

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*tagasalo personality; social
responsibility; college
students; stress levels; coping
strategy; support systems*

ARTICLE ID

AASGBCPJMRA-B16672

This study investigates the impact of the Tagasalo personality on students' stress levels and sense of social responsibility. The Tagasalo, a term introduced by Carandang, refers to individuals who assume caregiving responsibilities due to cultural expectations (Perez, 2021) and often extend their helping behavior beyond the household (Tuazon et al., 2021). While this personality trait encourages a strong sense of duty, it may also lead to increased stress as individuals prioritize others' needs over their own (Rana et al., 2019; Musabiq & Karimah, 2020). The study aims to analyze these dynamics and design a stress management program that supports Tagasalo students while preserving their prosocial roles. The researchers used three instruments for data collection: the Tagasalo Personality Scale by Tuazon et al. (2021), a 12-item self-report tool assessing the presence of the Tagasalo personality; the Perceived Stress Scale (Cohen et al., 1983), which uses a 4-point Likert scale to measure individuals' perceived stress levels; and a Social Responsibility Questionnaire developed by the researchers to assess respondents' level of social responsibility. The participants were selected from the Psychology Department of Bestlink College of the Philippines. Using purposive sampling, 230 students identified as having a Tagasalo personality were chosen from a population of 537 third-year psychology students. The study explored the relationship between stress and social responsibility, revealing significant insights into their association among college students. The findings revealed an average stress score of 2.77 (SD = 0.60), indicating a high level of perceived stress among the respondents. The average social responsibility score was 3.30 (SD = 0.45), suggesting that participants demonstrated a relatively strong sense of social responsibility. The Pearson correlation coefficient of 0.39 signifies a moderate positive relationship between stress and social responsibility, implying that higher levels of stress are associated with greater social responsibility, though the correlation is not particularly strong. The findings indicate that as stress levels rise, students with a Tagasalo personality also exhibit heightened social responsibility. However, it remains uncertain whether this sense of duty helps them manage stress or further contributes to their psychological burden. To address this, the researchers recommend mindfulness interventions and promoting support-seeking behaviors. It is also essential for families, peers, and educational institutions to provide consistent emotional and structural support. Future studies should investigate whether taking on social responsibility serves as a coping strategy or intensifies the students' stress levels.

RECOMMENDED CITATION

Concepcion, M. G., Domingo, R., Juanich, R. A., Lozano, N., & Noble, E. M. (2025). Relationship of Stress and Social Responsibility Among College Students with Tagasalo Personality. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 108.

SINGLEHOOD SATISFACTION AND SENSE OF CONTROL OF MALE EMPLOYEES IN BESTLINK COLLEGE OF THE PHILIPPINES: A BASIS FOR EMPOWERMENT PROGRAM

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*singlehood satisfaction; sense
of control; committed
relationship; stigmatization;
comfortable*

ARTICLE ID

AASGBCPJMRA-B16933

This study investigates the relationship between singlehood satisfaction and the sense of control among male employees at Bestlink College of the Philippines. It explores how these individuals perceive their single status in the face of societal pressure and stigmatization. Singlehood is defined as not currently being in a committed relationship, either by choice or due to external circumstances. Meanwhile, a sense of control refers to an individual's perceived ability to manage and direct the course of their life. A correlational quantitative research design was employed using purposive sampling. A total of 150 male respondents were selected based on specific criteria, including age, institutional affiliation, and relationship status. Two standardized self-report instruments were used: the Attitude Toward Singlehood Satisfaction (AtSS) scale and the Sense of Control (SC) scale. Data were collected through a survey and analyzed using Pearson correlation to determine the relationship between the two variables. The composite mean scores for singlehood satisfaction were 5.08, 5.12, and 4.33, while the sense of control yielded scores of 4.14 and 5.16. These results suggest that respondents moderately agreed with feeling satisfied in singlehood and having control over their lives. The correlation between the two variables was found to be statistically significant, although the strength of the relationship was weak. Thus, while there is a meaningful association between singlehood satisfaction and sense of control, it is not strongly pronounced among the respondents. The findings demonstrate a significant yet limited relationship between singlehood satisfaction and sense of control among male employees in Bestlink College. The results suggest that personal contentment during singlehood is shaped by both internal decisions and external influences. To support the well-being of single male employees, the researchers developed an Empowerment Program for Single Men. The program includes workshops and seminars focused on goal-setting, decision-making, self-esteem, boundary-setting, and healthy interpersonal relationships, aiming to create a supportive environment where single men can thrive despite societal pressures.

RECOMMENDED CITATION

Bahoy, K., Jarobel, S., Nonato, E. E., Tabigue, J. P., & Tagalog, G. (2025). Singlehood Satisfaction and Sense of Control of Male Employees in Bestlink College of the Philippines: A Basis for Empowerment Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 109.

FACTORS INFLUENCING GEN Z'S DECISION TO DELAY PARENTHOOD AMONG THE FACULTIES IN BESLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*bestlink college; delayed
parenthood; faculty members;
financial stability; career
advancement; personal
freedom*

ARTICLE ID

AASGBCPJMRA-B20482

This study aims to investigate the factors influencing the decision of Generation Z senior high school (SHS) faculty members at Bestlink College of the Philippines to delay parenthood. With shifting societal norms and growing career demands, Gen Z professionals face complex choices regarding family planning. The research focuses on understanding how financial, personal, professional, and social factors affect their decision to postpone parenthood. This quantitative study employs a descriptive research design and purposive sampling. A total of 17 childless Gen Z SHS faculty members were surveyed using a structured questionnaire. The instrument gathered data on respondents' demographic profiles, perceived advantages and disadvantages of delaying parenthood, and key personal considerations influencing their decision to remain childless. The results indicate that financial stability (Weighted Mean = 3.66) is the most influential factor behind the decision to delay parenthood, primarily due to the high cost of child-rearing and the desire for financial security. Career advancement (3.36) follows closely, as faculty members aim to establish professional stability before embracing parental roles. Personal freedom (3.19) also influences the decision, reflecting the value placed on independence and self-directed living. Social norms (2.99) were reported as the least influential factor, suggesting that respondents prioritize personal and career goals over societal expectations. In terms of perceived advantages, respondents identified achieving financial security (3.36), capitalizing on career opportunities (3.34), and gaining emotional maturity (3.32) as key benefits of delaying parenthood. A commonly noted disadvantage was the decline in physical energy associated with aging (2.79), which could impact their ability to cope with parenting demands later in life. Additional key considerations for remaining childless include financial concerns, the cost of raising children, desire for autonomy, and lifestyle flexibility (Composite Mean = 2.95). The study concludes that a combination of personal priorities, professional aspirations, and financial considerations influence Gen Z faculty members' decision to delay parenthood. These findings underscore the importance of institutional support programs that address career development, financial planning, and personal well-being. Providing access to these resources may empower faculty members to make informed, intentional decisions regarding family planning and future parenthood.

RECOMMENDED CITATION

Canja, N. W., Delmiguez, M., Galo, J., Galvez, J. M., & Sison, M. (2025). Factors Influencing Gen Z's Decision to Delay Parenthood Among the Faculties in Beslink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 110.

EXPLORING THE RELATIONSHIP BETWEEN SELF-EFFICACY AND ACADEMIC PROCRASTINATION AMONG 3RD YEAR PSYCHOLOGY STUDENTS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*academic procrastination;
college students; psychology
education; self-efficacy; time
management; task avoidance*

ARTICLE ID

AASGBCPJMRA-B22601

Academic procrastination, defined as the intentional delay of academic tasks despite potential negative outcomes, is a prevalent issue among college students. It is commonly associated with lower academic performance, increased stress levels, and decreased well-being. This study investigates the relationship between self-efficacy—an individual's belief in their ability to successfully perform tasks—and academic procrastination among third-year Psychology students at Bestlink College of the Philippines. Since self-efficacy influences motivation, time management, and persistence, the study aims to examine whether it plays a significant role in the development of procrastination behaviors in academic settings. A correlational research design was employed to determine the relationship between self-efficacy and academic procrastination. Data were collected using a structured survey questionnaire administered to 229 randomly selected third-year Psychology students. The instrument measured participants' levels of self-efficacy and the frequency of academic procrastination behaviors. Statistical analyses, including Pearson correlation, were applied to assess the strength and significance of the relationship between the two variables. The findings showed that respondents had a moderate level of self-efficacy ($M = 3.70$) and academic procrastination ($M = 3.23$). Common causes of procrastination included task avoidance and poor time management, whereas performance anxiety appeared to have minimal impact. Pearson correlation analysis indicated a very weak, non-significant positive relationship between self-efficacy and academic procrastination ($r = 0.04$, $p = 0.55$). This result suggests that self-efficacy alone does not significantly predict procrastination behavior, in contrast to existing literature that often cites self-efficacy as a major factor in academic persistence. The results imply that psychological and environmental variables such as motivation, stress, and external distractions may have a more substantial influence on procrastination than self-efficacy alone. Given the moderate levels of procrastination observed, it is recommended that interventions focus not only on enhancing self-efficacy but also on addressing broader academic and psychological factors. Suggested interventions include time management workshops, cognitive-behavioral techniques for improving self-regulation, and mentorship programs. Future research should explore additional factors such as intrinsic motivation, personality traits, and social influences to develop more effective strategies for minimizing academic procrastination.

RECOMMENDED CITATION

Brenzuela, S. R., Calonge, A. M., Lamanilao, C., Lorenzo, S., & Sy, C. J. (2025). Exploring the Relationship Between Self-Efficacy and Academic Procrastination Among 3rd Year Psychology Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 111.

INFLUENCE OF PERSONALITY TRAITS ON JOB SATISFACTION OF PROFESSIONAL STAFF AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

*bestlink college of the
philippines; personality traits;
job satisfaction; ocean model;
workplace environment;
organizational culture*

ARTICLE ID

AASGBCPJMRA-B24312

This research explores the impact of personality traits on the job satisfaction of professional staff at Bestlink College of the Philippines. A study by Aryanti, Rhamawati, and Rahardho (2024) emphasized that employees with adaptable and positive personality traits tend to exhibit higher job satisfaction, which in turn enhances their overall performance. In a related study conducted in Singapore, findings revealed that individuals with higher levels of employment and life satisfaction reported greater satisfaction with 18 indicators of Indoor Environmental Quality (IEQ), suggesting a broader link between personal well-being and perceived satisfaction in the workplace. This study explores the relationship between personality traits and job satisfaction using the Big Five Personality Traits model, commonly known as OCEAN—Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. A correlational-comparative quantitative research design was utilized, with data gathered through a researcher-developed survey questionnaire. The sample consisted of 50 respondents, equally divided between Academic Support Personnel (ASP) and Non-Teaching Personnel (NTP), selected through purposive sampling. To assess the relationship between personality traits and job satisfaction, the researchers employed Pearson's r to determine the strength and direction of the correlation. The data show that most respondents are aged between 21 and 30, with 72% identified as female. A majority have been employed at Bestlink College of the Philippines for 2 to 4 years, indicating a relatively low number of long-term employees. The study utilized the OCEAN model, or the Big Five Personality Traits, to assess respondents' personality profiles. Findings revealed that Conscientiousness was the most dominant trait, while Extraversion was the least prevalent. The correlation between personality traits and job satisfaction yielded an r -value of -0.1775 and a p -value of 0.3959. As a result, the null hypothesis was accepted, suggesting no significant relationship between personality traits and job satisfaction among the respondents. The findings suggest that positive workplace relationships, a supportive organizational culture, and clear opportunities for career advancement play a crucial role in influencing job satisfaction. These results emphasize the importance for institutions to foster a healthy work environment and strengthen employee support systems.

RECOMMENDED CITATION

Bendal, A., Caindox, J., Flores, E. W., Hilarque, H. J., & Marquez, W. (2025). Influence of Personality Traits on Job Satisfaction of Professional Staff at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 112.

EMOTIONAL DEPENDENCY AND SELF-ESTEEM OF GASLIGHTED YOUNG ADULTS IN ROMANTIC RELATIONSHIPS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

emotional dependency; young adults; romantic relationships; self-esteem; psychological abuse; intervention programs

ARTICLE ID

AASGBCPJMRA-B26533

This study explores the correlation between emotional dependency and self-esteem among young adults subjected to gaslighting within romantic relationships. Gaslighting, a psychological manipulation technique that causes individuals to question their reality and perceptions, often leads to confusion, heightened emotional reliance on the partner, and diminished self-worth. This form of abuse perpetuates power imbalances, fostering anxiety and self-doubt in victims. Emotional dependency—characterized by excessive reliance on a partner for validation—can trap individuals in toxic relationship cycles, while low self-esteem exacerbates their difficulty in asserting autonomy and establishing healthy boundaries. Although existing literature addresses the broader effects of gaslighting, there remains a significant gap in understanding its specific impact on emotional dependency and self-esteem among young adults. This study aims to fill this void and provide a foundation for the creation of an Emotional Dependency and Self-Esteem Intervention Program tailored to this vulnerable population. This study employed a quantitative correlational research design, utilizing purposive and criterion sampling methods to select self-reported gaslighted young adults from third-year psychology students at Bestlink College of the Philippines. Data were collected through three rigorously validated instruments: the Victim Gaslighting Questionnaire (VGQ) by Bhatti et al. (2021), which served as the screening tool to identify participants who have experienced gaslighting; the Emotional Dependence Questionnaire (EDQ) by Lemos and Londoño (2006), used to quantify levels of emotional dependency; and the Rosenberg Self-Esteem Scale (RSES), employed to assess participants' self-esteem. This methodological approach ensured the reliability and validity. The study's findings revealed a statistically significant but weak positive correlation ($r = 0.35$, $p < 0.01$) between emotional dependency and self-esteem. This suggests that, unexpectedly, higher emotional dependency was modestly associated with higher self-esteem, challenging previous research that typically links elevated emotional dependency to diminished self-worth. Moreover, participants exhibited moderate levels of emotional dependency—particularly in the domain of affective expression—coupled with generally low self-esteem. These results imply that while gaslighting experiences may erode self-esteem, the relationship between emotional dependency and self-worth is complex and may involve additional psychological factors, warranting further investigation. These findings underscore the urgent need for tailored intervention programs that focus on bolstering self-esteem and cultivating emotional independence among young adults affected by gaslighting. By deepening the psychological understanding of gaslighting's detrimental effects, this study lays the groundwork for developing effective support initiatives aimed at empowering victims. Future research should expand on these insights by exploring additional influencing factors such as attachment styles, coping mechanisms, and resilience, to provide a more comprehensive framework for addressing emotional dependency and self-esteem in this vulnerable population.

RECOMMENDED CITATION

Bascuguin, V. A., Crisostomo, C. J., Gamayan, A., Ventura, J. M., & Ventura, J. (2025). Emotional Dependency and Self-Esteem of Gaslighted Young Adults in Romantic Relationships. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 113.

FACEBOOK COMMUNITIES ON SOCIAL SUPPORT AND PSYCHOLOGICAL WELL-BEING AMONG LGBT PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

facebook communities;
psychology students;
psychological well-being;
social support; lgbt

ARTICLE ID

AASGBCPJMR-B34427

This study explores the relationship between social support received from Facebook communities and the psychological well-being of LGBT Psychology students at Bestlink College of the Philippines. It aims to determine whether participation in such online communities fosters improved social connection, academic motivation, and overall well-being. Given that social media platforms serve as avenues for identity expression and peer support, the study investigates the extent to which these digital spaces contribute to the students' mental and emotional health. This study employs a correlational quantitative research design, utilizing purposive sampling to select 200 LGBT Psychology students from Bestlink College of the Philippines. Data were gathered through a combination of researcher-made survey questionnaires, validated by a licensed psychometrician, and standardized psychological well-being instruments. The collected data were statistically analyzed to examine the relationship between Facebook community involvement and levels of psychological well-being. The findings revealed an average Facebook community engagement score of 2.83 (SD = 0.23) and a psychological well-being mean score of 3.88 (SD = 0.25). The computed Pearson correlation coefficient was 0.08, indicating a very weak positive relationship between Facebook community involvement and psychological well-being. However, the p-value of 0.25 exceeded the 0.05 threshold, indicating that the relationship was not statistically significant. As a result, the null hypothesis was accepted. The study emphasized the need for further investigation into the influence of online communities and recommended the continuation of support for LGBT individuals, both online and offline. The results indicate no significant correlation between Facebook community involvement and the psychological well-being of LGBT Psychology students. This outcome challenges the Social Support Theory, which posits that online communities can enhance emotional health by providing avenues for self-expression and social connection. The findings suggest the importance of examining other factors that may influence psychological well-being and call for more comprehensive studies on the actual impact of online communities on LGBT individuals.

RECOMMENDED CITATION

Almoquera, J., De Sagun, C. J., Enriquez, B. E., Plamio, J., & Reyes, M. (2025). Facebook Communities on Social Support and Psychological Well-Being Among LGBT Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 114.

IMPACT OF SOCIAL MEDIA ON THE SELF-ESTEEM OF GENERATION Z GRADE 11 HUMSS STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

*grade 11 humss students;
social media; social
comparison; rosenberg self-
esteem scale; self-esteem;
generation z*

ARTICLE ID

AASGBCPJMRA-B35239

Social media has become a fundamental aspect of everyday life, particularly among members of Generation Z. This study investigates how social media influences the self-esteem of Grade 11 HUMSS students at Bestlink College of the Philippines. Specifically, it aims to assess whether social media use positively or negatively affects their confidence, sense of self-control, and experiences of social comparison. The study utilized a descriptive-correlational research design with a quantitative approach to examine the relationship between social media usage and self-esteem. A total of 132 Grade 11 HUMSS students were selected through purposive random sampling. Data were gathered using a structured questionnaire consisting of three sections: demographic profile, the perceived impact of social media on various aspects of life, and self-esteem assessment using the Rosenberg Self-Esteem Scale (RSE). The data were analyzed through percentages, weighted mean, and ranking, while Pearson's correlation coefficient (r) was used to determine the strength and direction of the relationship between social media perception and self-esteem. The results indicate that most students use social media on a daily basis, with Facebook and TikTok being the most preferred platforms. Social media plays a substantial role in their daily lives, influencing how they communicate, acquire information, and maintain personal relationships. A moderately strong positive correlation ($r = 0.68$, $p = 0.00$) was found, suggesting that students with a more favorable perception of social media tend to have higher self-esteem. In contrast, those with a negative view of social media are more likely to struggle with self-confidence. Some students also reported using social media as a source of encouragement and inspiration, underscoring its mixed impact on self-esteem. Based on these findings, an action plan was formulated to encourage healthy and responsible use of social media among students. The involvement of teachers, parents, and the community is crucial in guiding students to balance online and offline interactions, develop critical thinking, and build self-confidence. The study recommends that future researchers examine the long-term effects of social media on self-esteem. Overall, this research highlights the importance of mindful social media use in fostering personal growth and emotional well-being.

RECOMMENDED CITATION

Madriaga, M. J., Maramag, Q. A., Sumande, K. R., Tagadaya, J., & Tolentino, A. (2025). Impact of Social Media on the Self-Esteem of Generation Z Grade 11 HUMSS Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 115.

FACTORS INFLUENCING GENERATION Z'S ATTITUDE TOWARDS MARRIAGE AND COHABITATION AT BESTLINK COLLEGE OF THE PHILIPPINES BULACAN CAMPUS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*bestlink college; generation z;
marriage; cohabitation; peer
influence; family influence*

ARTICLE ID

AASGBCPMRA-B38041

Marriage and cohabitation are relationship choices that increasingly reflect the evolving societal norms of Generation Z. While cohabitation, or living together without legal marriage, is often viewed as a practical step before long-term commitment, marriage remains a legally and socially recognized institution. This study explores the factors that influence Generation Z's attitudes toward marriage and cohabitation, with a focus on the roles of family, peers, and environmental context. This study employs a descriptive quantitative research design to assess students' perceptions. A structured survey questionnaire was administered to 100 students, aged 18 to 26, from Bestlink College of the Philippines, Bulacan Campus. Quota sampling was used to ensure representation across age groups, genders, and academic year levels. Responses were analyzed using weighted means to determine the level of agreement with statements related to marriage and cohabitation. The results indicate that students value both marriage and cohabitation but lean more favorably toward cohabitation due to growing societal acceptance and peer influence. Environmental factors (Weighted Mean = 4.091) and peer influence (Weighted Mean = 4.056) were the strongest drivers of positive views on cohabitation. In contrast, family influence (Weighted Mean = 3.97) played a more prominent role in shaping attitudes toward marriage. The findings suggest a generational shift in values, with financial considerations, exposure to social media, and modern social norms contributing significantly to students' relationship preferences. This study underscores a shift in Generation Z's perceptions of intimate relationships. While cohabitation is increasingly seen as a socially accepted and practical arrangement, marriage continues to be respected but with redefined expectations. Peer influence and environmental exposure play major roles in attitudes toward cohabitation, while family traditions and religious beliefs continue to shape views on marriage. The results suggest a need for educational programs such as seminars and counseling services to provide students with informed guidance on the legal, emotional, and financial implications of their relationship choices.

RECOMMENDED CITATION

Campo, F. M., Dizon, D. M., Gavieres, A. A., Rosello, M., & Villasis, S. (2025). Factors Influencing Generation Z's Attitude Towards Marriage and Cohabitation at Bestlink College of the Philippines Bulacan Campus. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 116.

THE EFFECTS OF PARENTAL SEPARATION ON THE PSYCHOLOGICAL BEHAVIOR OF SENIOR HIGH SCHOOL STUDENTS

ABSTRACT

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Psychology

KEYWORDS

*senior high school; parental
separation; psychological
behavior; emotional well-
being; academic performance;
student resilience*

ARTICLE ID

AASGBCPJMRA-B39587

Parental separation can significantly affect the psychological well-being and academic performance of children, although the impact varies among individuals. As students transition into senior high school, they encounter various challenges such as academic demands, social adjustments, and financial stress. While some students demonstrate resilience, others experience heightened emotional distress, anxiety, or increased risk of academic disengagement. This study explores the effects of parental separation on senior high school students and identifies the factors that influence their capacity to cope in both academic and social contexts. This study employs a descriptive research design to examine the psychological and academic effects of parental separation among senior high school students at Bestlink College of the Philippines. Utilizing stratified random sampling, the researchers gathered data from selected respondents through a validated survey questionnaire. The study used statistical tools, including frequency distribution, weighted mean, Likert scale analysis, and Pearson's r correlation, to assess emotional, social, and academic indicators related to parental separation. The findings revealed that parental separation had a significant effect on students' psychological behavior, particularly in their beliefs, attitudes, and emotional awareness. While several students reported emotional distress and academic challenges, others demonstrated resilience and the ability to adapt. The correlation analysis using Pearson's r showed a notable relationship between parental separation and various aspects of student well-being, including emotional stability, academic performance, and interpersonal relationships. The results emphasize the importance of providing structured mental health support and promoting open communication to help students cope with the consequences of parental separation. School-based programs, peer support systems, and the inclusion of families in decision-making processes are recommended to foster resilience and ensure a more supportive learning environment for affected adolescents.

RECOMMENDED CITATION

Butcon, J. F., Fernandez, C., Laroga, R. J., Sanidad, A., & Sta Rosa, A. J. (2025). The Effects of Parental Separation on the Psychological Behavior of Senior High School Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 117.

THE ROLE OF SELF-ESTEEM IN ACADEMIC SUCCESS AND MENTAL HEALTH AMONG WORKING STUDENTS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

academic success; mental health; working students; rosenberg self-esteem scale; self-esteem; psychological well-being

ARTICLE ID

AASGBCPMRA-B41428

This study investigates the role of self-esteem in influencing academic success and mental health, with a specific focus on working students who face distinct challenges in managing academic responsibilities alongside employment. Given the dual pressures of work and study, self-esteem may serve as a critical factor in shaping both academic outcomes and psychological well-being. The research seeks to determine whether there is a significant relationship between self-esteem and academic success, as well as between self-esteem and mental health, among working students. The study aims to answer the following research questions: (1) Is there a significant relationship between self-esteem and academic success among working students? and (2) Is there a significant relationship between self-esteem and mental health among working students? A quantitative correlational research design was employed to examine the relationships between self-esteem, academic success, and mental health among working students. The study involved a sample of 100 working students from the Psychology Department of Bestlink College of the Philippines. To measure self-esteem, the Rosenberg Self-Esteem Scale (RSES) was utilized, while mental health was assessed using the General Health Questionnaire-12 (GHQ-12). Academic success was evaluated based on each participant's General Weighted Average (GWA). Data were analyzed using appropriate statistical techniques to determine the strength and significance of the correlations among the variables. The findings revealed a weak negative correlation between self-esteem and academic success, with a p-value of 0.15, indicating that the relationship was not statistically significant. In contrast, a stronger and statistically significant relationship was observed between self-esteem and mental health. Students with higher self-esteem tended to report more positive mental health outcomes, whereas those with lower self-esteem were more likely to experience adverse psychological effects. This relationship yielded a p-value of 0.00, confirming its statistical significance. This study underscores the critical role of self-esteem in supporting the mental health of working students. While the findings indicate that self-esteem has a limited impact on academic success, its significant influence on mental health highlights the need for targeted interventions. Academic institutions and mental health professionals are encouraged to develop and implement programs aimed at enhancing self-esteem as a means of promoting psychological well-being among working students. By addressing this key factor, institutions can contribute to the overall wellness and academic persistence of this vulnerable student population.

RECOMMENDED CITATION

Banda, A. B., Boyo, J. R., Descutido, K., Panganiban, K. L., & Visto, E. (2025). The Role of Self-Esteem in Academic Success and Mental Health Among Working Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 118.

RELATIONSHIP BETWEEN INDIVIDUALITY IN ROMANTIC RELATIONSHIP AND RELATIONSHIP SATISFACTION OF YOUNG ADULTS WITH ANXIOUS ATTACHMENT STYLE

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*anxious attachment;
relationship satisfaction;
young adults; romantic
relationships; individuality;
emotional intelligence*

ARTICLE ID

AASGBCPJMR-B44773

This study examines the connection between individuality and relationship satisfaction in anxiously attached young adults at Bestlink College of the Philippines. Individuality, defined through independent and interdependent self-construals, influences how individuals perceive and manage their romantic relationships. While attachment theory has been widely studied in relationship outcomes, the specific role of individuality among those with anxious attachment remains underexplored. This is particularly important in the context of college students, who are in the process of identity formation and developing romantic connections. Exploring this link can provide valuable insights into improving relationship quality and emotional well-being among young adults. A quantitative correlational research design was adopted to examine the relationship between individuality and relationship satisfaction among anxiously attached young adults. A total of 150 participants were selected through purposive sampling, based on criteria such as age, current romantic involvement, and the presence of anxious attachment traits. Data collection involved the use of standardized self-report instruments: the Experiences in Close Relationships Scale-Revised (ECR-R) to assess anxious attachment, the Self-Construal Scale to measure independent and interdependent self-construals, and the Relationship Assessment Scale (RAS) to evaluate relationship satisfaction. Pearson correlation was utilized to analyze the statistical relationships between the variables. The results revealed that participants generally exhibited high levels of both independent and interdependent self-construals, indicating a balanced sense of autonomy and connectedness. The average score for individuality was 4.90, while the mean score for relationship satisfaction was 3.52. Statistical analysis using Pearson correlation showed a very weak positive relationship between individuality and relationship satisfaction ($r = 0.06$). However, the p -value of 0.45 exceeded the 0.05 level of significance, indicating that the correlation was not statistically significant. These findings suggest that individuality does not have a significant impact on relationship satisfaction among anxiously attached young adults. The study highlights the multifaceted nature of romantic relationships among anxiously attached young adults, indicating that relationship satisfaction is influenced by more than just individuality. In light of these findings, the researchers designed the Enhancement Program for Students in a Relationship, which focuses on promoting personal growth, developing emotional intelligence, and strengthening relational skills through structured workshops. To build on this work, future studies should investigate additional psychological and interpersonal factors that may play a role in relationship satisfaction within this population.

RECOMMENDED CITATION

Abejo, A., Atabay, M.-F., Balabag, S. N., Lazarino, M. M., & Revelleza, T. (2025). Relationship Between Individuality in Romantic Relationship and Relationship Satisfaction of Young Adults with Anxious Attachment Style. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 119.

EFFECTS OF HELPING HAND ON CAREER DECISIONS OF STUDENTS IN BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*helping hand; career
decisions; career guidance
tools; psychology students;
career assessment; industrial
organizational psychology*

ARTICLE ID

AASGBCPJMRA-B51838

Making informed career decisions is a significant challenge for students, particularly in the field of psychology, where multiple specialized career paths are available. With the advancement of digital tools, psychometric assessments have become a valuable resource for aligning students' interests and abilities with suitable career options. This study focuses on the impact of the digital tool Helping Hand in assisting students at Bestlink College of the Philippines in making more informed and confident career choices. By providing personalized insights based on individual preferences and competencies, Helping Hand aims to address the need for tailored guidance in career planning. The study utilizes a quasi-experimental research design, specifically a pre-test and post-test approach, to assess the effectiveness of the Helping Hand program in guiding students toward appropriate career paths. A total of 50 psychology students participated in the study. The COVID-19 pandemic has intensified the demand for digital support tools, especially those that contribute to academic and career development. Despite the accessibility of these tools, many students continue to struggle with career planning due to a lack of customized career counseling. The intervention was designed to bridge this gap by offering digital career assessments followed by individualized feedback. The results demonstrated a statistically significant improvement in students' career assessment scores after using the Helping Hand program. The average score increased from 2.64 to 2.95, indicating enhanced career readiness. Additionally, a reduction in score variance suggested more uniform outcomes across participants. A t-statistic of 26.65 and a p-value of 0.00 confirmed the statistical significance of the findings ($p < 0.05$). These results support the rejection of the null hypothesis, confirming that the Helping Hand intervention had a positive and measurable impact on students' ability to make career-related decisions. The findings suggest that the Helping Hand digital tool effectively enhances students' career assessment outcomes and supports better decision-making in career planning. This study highlights the value of integrating digital platforms into academic advising and career guidance, especially in psychology education. The researchers recommend further investigation into the long-term effects of such interventions and the psychological factors that influence students' career decisions. Additionally, future studies may explore job market trends, salary expectations, and evolving industry demands to ensure that career guidance tools remain current and applicable to real-world scenarios.

RECOMMENDED CITATION

Angot, J. M., Chua, A. N., Dionco, J., Marmito, J., & Tesil, A. (2025). Effects of Helping Hand on Career Decisions of Students in Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 120.

EFFECTS OF MAKEUP ON THE SELF-ESTEEM OF THE GRADE 12 HUMANITIES AND SOCIAL SCIENCES STUDENTS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*social interaction; makeup;
self-esteem; personal
expression; self-presentation;
confidence*

ARTICLE ID

AASGBCPJMRA-B55110

Makeup has long played a role in how individuals are perceived within society, often influencing self-presentation and confidence. This study is grounded in Erving Goffman's Self-Presentation Theory (1959), which posits that individuals use verbal and nonverbal cues to shape how they are viewed by others. The study investigates how the use of makeup affects various factors related to self-esteem, including confidence, social interaction, perceived complexity, frequency of makeup use, and common challenges encountered by users. It aims to understand the psychological and social implications of makeup use among Grade 12 Humanities and Social Sciences students. The researchers employed an exploratory research design and utilized cluster sampling to select participants. Data were collected through a structured survey questionnaire administered to 200 Grade 12 Humanities and Social Sciences students at Bestlink College of the Philippines. The instrument gathered data on makeup usage, its perceived effects on self-esteem, and challenges experienced by respondents. The results indicated that the majority of respondents strongly agreed that wearing makeup positively contributes to self-esteem, particularly in the areas of confidence, social interaction, and perceived complexity. Among various cosmetic products, lipstick was identified as the most commonly used. However, 24.17% of respondents reported experiencing time management issues as a result of their makeup routines. These findings suggest a strong link between makeup use and personal confidence, while also highlighting the practical challenges it may pose. The study recommends using makeup not only as a tool for aesthetic enhancement but also as a means of self-expression and interpersonal connection. Suggestions include experimenting with different looks to explore creativity, applying makeup as a social bonding activity, and establishing a consistent routine to manage time efficiently. An action plan is proposed to further explore the role of makeup in shaping self-esteem and to promote positive self-image practices among students.

RECOMMENDED CITATION

Arangorin, R. A., Ballonado, M. F., Baricuatro, L., Flores, C., & Valen, A. A. J. (2025). Effects of Makeup on the Self-Esteem of the Grade 12 Humanities and Social Sciences Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 121.

IMPACT OF PATERNAL PARENTING APPROACHES ON SELF-ESTEEM AMONG COLLEGE STUDENTS RAISED BY SINGLE FATHERS AT BESTLINK COLLEGE OF THE PHILIPPINES-BULACAN

ABSTRACT

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Psychology

KEYWORDS

*paternal parenting styles;
single fathers; college
students; self-esteem;
authoritarian; authoritative*

ARTICLE ID

AASGBCPJMRA-B56828

Parenting styles play a vital role in shaping a child's psychological development, particularly in the formation of self-esteem. This study explores the relationship between paternal parenting styles—authoritarian, authoritative, permissive, and uninvolved—and the self-esteem of college students raised by single fathers at Bestlink College of the Philippines–Bulacan Campus. The objective is to determine whether specific paternal parenting styles significantly affect the self-esteem levels of these students. The study utilized a purposive research design, gathering data from 58 college students through a structured survey questionnaire employing a four-point Likert scale. The weighted mean was used to identify the predominant paternal parenting style, while Pearson's r was applied to assess the correlation between paternal parenting styles and the students' levels of self-esteem. The results of the correlation analysis indicated that none of the paternal parenting styles showed a statistically significant relationship with self-esteem. The computed r -values were as follows: authoritarian ($r = 0.0336$, $p = 0.802$), authoritative ($r = 0.0272$, $p = 0.841$), uninvolved ($r = -0.1057$, $p = 0.433$), and permissive ($r = 0.1856$, $p = 0.163$). All values fell within the negligible correlation range. These findings suggest that, in this study, paternal parenting styles—as perceived by the respondents—have little to no impact on their self-esteem. The findings of this study challenge the commonly held belief that parenting styles significantly influence self-esteem. While previous research suggests that authoritative parenting is associated with higher self-esteem, the results indicate no meaningful correlation between paternal parenting styles and self-esteem among students raised by single fathers. This suggests that other factors—such as peer relationships, personal experiences, cultural norms, and emotional support—may play a more substantial role in shaping self-esteem. The study concludes that paternal parenting styles, as perceived by the participants, do not significantly affect their self-esteem. These results highlight the need for future research to explore additional variables, including family dynamics, socioeconomic status, and support networks. Moreover, interventions aimed at fostering self-esteem should extend beyond parenting approaches to consider these broader influences.

RECOMMENDED CITATION

Beltran, M. C., Del Rio, D., Garcia, G. A. R., Isidro, K. A. J., Pamilar, R., & Solomon, E. (2025). Impact of Paternal Parenting Approaches on Self-Esteem Among College Students Raised by Single Fathers at Bestlink College of the Philippines-Bulacan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 122.

SLEEP QUALITY AND MOOD FUNCTIONING OF FOURTH-YEAR COLLEGE STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES: A CORRELATIONAL STUDY

ABSTRACT

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Psychology

KEYWORDS

*sleep quality; mood
functioning; college students;
bestlink college; sleep
hygiene; academic
engagement*

ARTICLE ID

AASGBCPJMRA-B60210

Sleep quality is crucial to students' cognitive performance and emotional regulation. This study examines the correlation between sleep quality and mood functioning among fourth-year college students at Bestlink College of the Philippines. It aims to assess how varying levels of sleep quality affect students' mood and academic engagement. A total of 331 students from the Tourism, Psychology, and Hospitality Management programs were surveyed, focusing on sleep duration, disturbances, and environmental influences. This study applies a purposive-correlational research design using structured survey questionnaires. Data are analyzed using Pearson's correlation coefficient. Participants' demographic profiles—including age, gender, and academic program—are considered to evaluate variations in sleep quality and mood functioning. The study also examines academic pressures, lifestyle habits, and environmental conditions as influencing factors. The findings revealed that the majority of respondents experienced insufficient sleep, often reporting durations below recommended levels. Primary contributors to poor sleep quality included frequent gadget use before bedtime, environmental noise, and uncomfortable sleeping conditions. Academic stress and workload further disrupted students' sleeping patterns, resulting in increased fatigue and reduced concentration. A statistically significant but weak positive correlation ($r = 0.38$, $p = 0.00$) was found between sleep quality and mood functioning. Students with lower sleep quality reported higher levels of mood disturbances, such as emotional instability, lack of motivation, and cognitive difficulties. The study concludes that sleep quality plays a significant role in students' mood regulation and academic performance. It recommends the implementation of sleep education initiatives and time management workshops to promote healthier sleep habits. Future research may explore targeted interventions to reduce the impact of sleep deprivation on students' mental health. Addressing sleep-related concerns can help create a supportive academic environment that enhances both emotional well-being and learning outcomes.

RECOMMENDED CITATION

Balbontin, R., Palmero, M., Saberola, J., Tonido, A. M., & Victoriano, J. (2025). Sleep Quality and Mood Functioning of Fourth-Year College Students at Bestlink College of the Philippines: A Correlational Study. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 123.

THE EFFECTS OF PARENTAL DEPRIVATION ON ADOLESCENTS' MORAL CHARACTER DEVELOPMENT AT FR.. SIMPLICIANO CHILDREN'S HOME INC..

ABSTRACT

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Psychology

KEYWORDS

*parental deprivation; moral
character development;
adolescents; residential care;
kohlberg's theory;
institutional support*

ARTICLE ID

AASGBCPJMRA-B61920

This study investigates the effects of parental deprivation on the moral character development of adolescents at Fr. Simpliciano Children's Home Inc. It specifically explores the influence of caregivers, peers, and external factors such as religious institutions, institutional policies, and prevailing norms. Anchored in Kohlberg's Theory of Moral Development, the study addresses the gap in understanding how core moral values—honesty, empathy, and responsibility—are developed in the absence of traditional parental figures within residential care settings. This study employs a descriptive-correlational design to examine how various environmental factors contribute to the moral character development of adolescents experiencing parental deprivation. The research focuses on the roles of caregivers, peer interactions, and external influences such as institutional frameworks and religious involvement. Data were collected using structured questionnaires, and responses were analyzed based on the key moral dimensions defined in Kohlberg's framework. The findings revealed that parental deprivation did not significantly hinder the moral character development of adolescents. Among the moral values assessed, responsibility received the highest mean score ($M = 4.68$), followed by honesty ($M = 4.56$) and empathy ($M = 4.48$). Caregivers ($M = 4.49$) and religious institutions ($M = 4.48$) emerged as the most influential contributors. Notably, a very high positive correlation was observed between these influences and moral character development ($r = 0.97-0.98$, $p < 0.05$). The results emphasize the vital compensatory role of institutional support systems in nurturing moral character among adolescents deprived of parental care. These findings suggest that well-trained caregivers and value-driven institutions can foster moral development comparable to traditional family settings. The study recommends the implementation of caregiver training programs, structured peer mentorship initiatives, and policy reforms that prioritize moral education in residential care institutions. Future research is encouraged to include a broader participant base, particularly male adolescents, and adopt longitudinal approaches to assess long-term developmental outcomes.

RECOMMENDED CITATION

Caldosa, J. C., Espero, M. V., Galla, M. G., Jovita, J., Molina, A., & Ramel, S. M. (2025). The Effects of Parental Deprivation on Adolescents' Moral Character Development at Fr.. Simpliciano Children's Home Inc... *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 124.

JOB SATISFACTION AND WORK ENGAGEMENT OF EDUCATIONALLY MISMATCHED BPO EMPLOYEES IN QUEZON CITY: BASIS IN EMPLOYEE RETENTION

ABSTRACT

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Psychology

KEYWORDS

*job satisfaction; work
engagement; employee
retention; bpo industry;
educational mismatch; career
advancement*

ARTICLE ID

AASGBCPJMRA-B63401

Educational mismatch, wherein employees work in positions unrelated to their academic background, is a common occurrence in the Business Process Outsourcing (BPO) industry. While this allows broader access to employment, it may negatively affect job satisfaction and work engagement, key factors influencing employee retention and organizational performance. When roles do not align with one's field of study, employees may face reduced motivation, limited career fulfillment, and decreased long-term commitment. This study explores the effects of educational mismatch on job satisfaction and work engagement among BPO employees in Quezon City and examines strategies to improve retention within the sector. This study utilized a quantitative correlational research design to investigate the relationship between job satisfaction and work engagement among educationally mismatched BPO employees. A total of 51 participants from a BPO company in Cubao, Quezon City were recruited through snowball sampling. Data were gathered using two validated instruments: the Job Satisfaction Survey (JSS) by Paul E. Spector (1994) and the Job Engagement Scale (JES) by Rich et al. (2010). Online surveys were administered, and the responses were analyzed using frequency distribution, weighted mean, and Pearson correlation to identify patterns and determine the relationship between job satisfaction and work engagement. The results revealed that employees reported moderate levels of both job satisfaction and work engagement, yet expressed concerns regarding salary, limited career advancement opportunities, and lack of recognition. Correlation analysis showed a weak negative relationship between job satisfaction and work engagement; however, this relationship was not statistically significant ($p > 0.06$). These findings suggest that job satisfaction alone may not significantly influence work engagement. Instead, factors such as organizational culture, alignment between job roles and qualifications, and the availability of employee support systems may play a more substantial role in shaping engagement levels. The findings suggest that while improving compensation, career advancement, and recognition is important, these measures alone may not be sufficient to enhance employee engagement. A holistic strategy is required—one that prioritizes job-role alignment, meaningful work, and a supportive organizational environment to cultivate a deeper sense of purpose and commitment. Additionally, the study emphasizes the need to address workplace stressors and support employees' psychological well-being to promote sustained job satisfaction and long-term engagement.

RECOMMENDED CITATION

Biado, A., Caspe, A. M., Damaso, J., Lorica, S. A., & Tongga, B. (2025). Job Satisfaction and Work Engagement of Educationally Mismatched BPO Employees in Quezon City: Basis in Employee Retention. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 125.

INFLUENCE OF 'UTANG NA LOOB' ON FILIPINO FAMILY DYNAMICS AMONG 3RD YEAR PSYCHOLOGY STUDENTS FROM BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

*bestlink college of the
philippines; utang na loob;
family dynamics; psychology
students; cultural influence;
modern filipino families*

ARTICLE ID

AASGBCPJMRA-B69809

“Utang na loob” is a deeply embedded Filipino cultural value that plays a significant role in shaping family relationships. This study investigates its impact on family dynamics among third-year Psychology students at Bestlink College of the Philippines. It specifically examines how this cultural sense of obligation influences communication, decision-making, and the distribution of responsibilities within the family. A quantitative correlational research design was utilized, involving 121 third-year psychology student respondents. A structured survey using a 4-point Likert scale was administered to assess perceptions of family dynamics and the influence of utang na loob. The collected data were analyzed using Pearson’s correlation coefficient to determine the strength and direction of the relationship between variables. Additional statistical tools such as percentage, rank, and weighted mean were also employed to support the analysis. The findings indicated that utang na loob had a weak positive correlation with family dynamics ($r = 0.1582$). However, this relationship was not statistically significant, as reflected by the test results ($t = 1.1427$, $p = 0.0832$). As a result, the null hypothesis was accepted, suggesting that utang na loob does not significantly influence the family dynamics of the respondents. The findings indicate that while utang na loob remains a respected cultural value, it does not significantly influence family relationships among the respondents. This suggests that contemporary Filipino families may place greater importance on other factors beyond traditional expressions of gratitude. Future studies are encouraged to investigate additional variables that may offer deeper insights into the evolving dynamics of Filipino families today.

RECOMMENDED CITATION

Alip, N. H., Caubat, B. M., Jovellana, J., Soriano, A. N., & Villania, J. M. (2025). Influence of 'Utang Na Loob' on Filipino Family Dynamics Among 3rd Year Psychology Students from Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 126.

PERCEIVED EFFECTIVENESS OF CHATGPT ON COGNITIVE FLEXIBILITY AMONG BLIS STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

cognitive flexibility; cognitive distortion; chatgpt; critical thinking; problem-solving; academic use

ARTICLE ID

AASGBCPJMRA-B70055

Chat GPT is an AI-based conversational tool that facilitates human-like interactions and encourages creative thinking and problem-solving by presenting users with varied perspectives. Such exposure may contribute to cognitive flexibility—the ability to shift thinking strategies and approach problems from multiple angles. However, overreliance on AI may negatively impact one's ability to think critically and independently. This study explores the perceived impact of Chat GPT on the cognitive flexibility of Bachelor of Library and Information Science (BLIS) students at Bestlink College of the Philippines for the academic year 2024–2025. The study adopted a descriptive research design to examine cognitive distortion, maladaptive behavior, emotional regulation, and cognitive flexibility, specifically in terms of awareness, willingness, and self-efficacy. A total of 127 BLIS students participated in the study. Data collection involved the use of a researcher-developed questionnaire and a modified version of the standardized Cognitive Flexibility Scale (CFS). Participants were selected through purposive sampling. The results reveal that respondents perceive more disadvantages than advantages in using ChatGPT for cognitive flexibility, as reflected by a mean score of 3.11. Cognitive distortion followed with a mean of 3.01, while the perceived advantages of ChatGPT scored 2.90. These findings suggest that although ChatGPT may offer cognitive benefits, it also has the potential to reinforce rigid thinking or lead to misinterpretations. Meanwhile, maladaptive behavior (2.84) and emotional regulation (2.83) received slightly lower ratings but still contributed to the overall average score of 2.94. The results emphasize the nuanced impact of ChatGPT on cognitive flexibility. Although it supports adaptability and problem-solving, it also introduces potential drawbacks, such as cognitive distortion and over-reliance, which may compromise critical thinking skills. To address these concerns, further research is needed to develop effective strategies that mitigate the negative effects while enhancing the productive use of ChatGPT in academic contexts.

RECOMMENDED CITATION

Alajar, K. M., Alcaraz, E., Asias, S. J., Broquiza, M. C., & Rostata, K. (2025). Perceived Effectiveness of ChatGPT on Cognitive Flexibility Among BLIS Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 127.

THE INFLUENCE OF BIRTH ORDER ON THE ATTACHMENT STYLE OF BLIS STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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Psychology

KEYWORDS

*secure attachment; anxious
attachment; avoidant
attachment; disorganized
attachment; influence;
steadiness*

ARTICLE ID

AASGBCPJMRA-B72186

This study explores the potential relationship between birth order and attachment styles. Birth order refers to an individual's ordinal position within the family—such as firstborn, middle child, youngest, or only child—while attachment styles include secure, anxious, avoidant, and disorganized patterns of emotional bonding. The research aims to determine whether a significant correlation exists between these two variables. A correlational research design was employed, involving 106 Bachelor of Library and Information Science (BLIS) students from Bestlink College of the Philippines. Participants were selected through purposive sampling to ensure alignment with the study's objectives. Data were collected using a researcher-developed and modified questionnaire, which assessed demographic information, personality traits, family dynamics, relational values, behaviors, and attachment styles. Among the respondents—predominantly female—the distribution of birth order revealed a higher proportion of middle children, followed by the youngest, firstborns, and only children. Personality assessments showed elevated scores in traits such as steadiness, influence, and conscientiousness, while dominance scored comparatively lower. This suggests a general tendency toward dependability and sociability rather than assertiveness. Within family settings, traditions and a sense of belonging were valued more highly than emotional expression and open communication. Interpersonal relationships were shaped by an emphasis on trust, communication, and appreciation. Notably, responsibility, accountability, and self-motivation emerged as the most prominent personal strengths, while emotional resilience appeared comparatively weaker. Regarding attachment styles, the secure pattern was most prevalent, with minor tendencies toward avoidant, anxious, and disorganized styles. A correlational analysis ($R = -0.01872$, $p = 0.849$) indicated no significant relationship between birth order and attachment style, thereby supporting the null hypothesis. The findings indicate that birth order does not significantly influence attachment styles among BLIS students at Bestlink College. Despite variations in birth order, the predominance of secure attachment styles suggests that other factors may play a more substantial role in emotional development. These results highlight the complexity of attachment theory and challenge common assumptions about the impact of familial positioning on psychological outcomes.

RECOMMENDED CITATION

Alisgar, M. A., Llamado, A., Paling, C. M., Ubiña, M., & Velasco, C. J. (2025). The Influence of Birth Order on the Attachment Style of BLIS Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 128.

ANALYZING CHILDHOOD TRAUMA USING ARTIFICIAL INTELLIGENCE IN COGNITIVE DEVELOPMENT OF SENIOR HIGH SCHOOL STUDENTS OF BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*senior high school students;
artificial intelligence (ai);
childhood trauma; cognitive
development; emotional
abuse; physical abuse*

ARTICLE ID

AASGBCPJMRA-B72323

Artificial Intelligence (AI) is transforming the fields of education and psychology by providing advanced tools for behavioral analysis and decision-making support. A significant concern in these fields is the underassessment of childhood trauma, which can profoundly affect students' cognitive development and academic performance. Traditional assessment tools often fall short in terms of accuracy and real-time analysis. This study examines the effectiveness of AI-driven tools in detecting and analyzing signs of childhood trauma among senior high school students at Bestlink College of the Philippines. By addressing the limitations of current assessment methods, the research aims to support timely interventions and promote better cognitive and educational outcomes. A descriptive-correlational research design was employed to examine the relationship between childhood trauma and cognitive development with the integration of AI-based tools. Participants were selected through purposive sampling, targeting senior high school students at Bestlink College of the Philippines. Data were collected using a modified version of the Feifer Assessment of Childhood Trauma (FACT), which assessed trauma exposure, demographic characteristics, and cognitive functioning. To enhance the depth of analysis, AI-powered tools such as sentiment analysis and behavioral prediction models were utilized. The questionnaire was distributed both online and in print to ensure wider accessibility and participation. Statistical analyses, including frequency distribution, mean computation, and Chi-square tests, were conducted to interpret the data and identify significant relationships. A total of 67.14% of respondents reported experiencing trauma, with emotional abuse (20.12%), bullying (13.99%), and physical abuse (12.83%) emerging as the most common types. These experiences were strongly associated with challenges in emotional regulation, academic performance, and social interaction. AI tools demonstrated moderate to high effectiveness in enhancing behavioral responses (56%) and decision-making abilities (48%). However, their impact on emotional expression and language use was relatively limited. Most students assessed their attention, memory, and critical thinking skills as average to good, although emotional regulation and learning retention showed varying levels across individuals. The findings highlight the critical role of Artificial Intelligence in trauma-informed education, particularly in improving behavioral regulation and decision-making. Emotional and physical abuse were identified as significant factors affecting cognitive function. The study calls for enhanced AI tools capable of accurately interpreting emotional data and stresses the importance of collaboration among educators, mental health experts, and AI developers. It also recommends implementing targeted interventions based on demographic profiles to increase impact and effectiveness.

RECOMMENDED CITATION

Anajao, J. S., Espinas, J. L., Garalde, J. L., Rota, J., & Tome, C. (2025). Analyzing Childhood Trauma Using Artificial Intelligence in Cognitive Development of Senior High School Students of Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 129.

CORRELATION BETWEEN EMOTIONAL REGULATION AND PERSONAL GROWTH INITIATIVES AMONG FIRST-YEAR PSYCHOLOGY STUDENTS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*personal growth initiatives;
first-year psychology students;
emotional regulation;
cognitive reappraisal;
intentional behavior;
correlation between*

ARTICLE ID

AASGBCPJMRA-B72350

Emotional regulation is essential for young adults to manage feelings in stressful situations. It promotes mental health, improves decision-making, and enhances resilience. Personality, environment, and culture influence how emotions are regulated. Personal Growth Initiatives involve active self-improvement and play a key role in individual development. This study aims to determine levels of emotional regulation and personal growth initiatives among first-year psychology students and to explore the relationship between these variables. This study employs a quantitative design with cluster sampling. Slovin's formula is used to select 290 first-year psychology students from Bestlink College of the Philippines. Data are collected through the Emotion Regulation Questionnaire and the Personal Growth Initiatives Scale II. Responses are analyzed using frequency and percentage distributions, weighted mean, and Pearson correlation coefficient. The findings revealed a weighted mean of 4.93 for emotional regulation and 3.70 for personal growth initiatives. In the emotional regulation domains, cognitive reappraisal scored highest (mean 5.15), and expressive suppression scored lowest (mean 4.60). In personal growth initiatives, intentional behavior recorded the highest mean (4.10), followed by planfulness (3.72), readiness for change (3.63), and using resources (3.24). Pearson correlation analysis yielded an r value of 0.05 with a p -value of 0.37, exceeding the 0.05 significance threshold and indicating no significant relationship. The results highlighted that first-year psychology students exhibited strong cognitive reappraisal but lower levels of other personal growth skills. As a result, it was recommended that programs focusing on mindfulness training, strategies for addressing negative thought patterns, structured action planning, and peer support groups be implemented to enhance students' emotional regulation and personal growth.

RECOMMENDED CITATION

Bernal, J., Callao, C. K., Gigaquit, C. J., Malto, J., & Panes, C. (2025). Correlation Between Emotional Regulation and Personal Growth Initiatives Among First-Year Psychology Students. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 130.

IMPACT OF ADULTING: STRESS ON ADULTHOOD OF GRADUATING PSYCHOLOGY STUDENT

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*adulthood stress; graduating
students; psychology students;
perceived stress; student
readiness; transition to
adulthood*

ARTICLE ID

AASGBCPJMRA-B74960

The transition from student life to adulthood presents considerable challenges for graduating psychology students as they prepare to assume greater personal and professional responsibilities. This study investigates the relationship between adulthood-related stress and its impact on students nearing graduation, with a particular emphasis on factors such as motivation, perceived life opportunities, and strategic executive functioning. The goal is to better understand how these variables influence students' readiness for adulthood and to identify areas where support may be needed during this critical life stage. This study utilized a correlational research design and employed stratified random sampling to investigate the relationship between adulthood-related factors and perceived stress levels among students. The participants consisted of third- and fourth-year psychology students, as they are in the critical phase of transitioning into adulthood. To fulfill the research objectives, a minimum of 283 respondents were required. Data were gathered through a combination of a researcher-developed questionnaire based on the Likert scale and the standardized Perceived Stress Scale (PSS), both of which ensured the validity and reliability of the findings. The findings indicate that graduating students experience moderate levels of stress during their transition to adulthood. Key factors such as mentorship, emotional support, and access to career opportunities help alleviate stress and build resilience. Motivational drivers—including self-efficacy, personal aspirations, and encouragement from adults—enhance students' preparedness for adult responsibilities. Additionally, opportunities like promising career paths, continued education, and professional networking play a critical role in boosting students' confidence in facing adulthood. While students with strong executive functioning skills—such as goal-setting, planning, and a sense of control—manage challenges more effectively, statistical analysis revealed no significant correlation between adulthood-related factors and perceived stress levels, suggesting a more complex interplay of influences. The findings suggest that while stress is a prevalent experience among graduating students, its severity is influenced more by academic demands and social contexts than by adulthood-related challenges alone. In light of this, the study recommends the implementation of a targeted seminar to help graduating psychology students develop effective coping mechanisms and boost their readiness for adult life. The proposed seminar would cover key areas such as fostering open communication with parents, enhancing academic curricula to include life skills, expanding student support services, promoting longitudinal research for ongoing assessment, and encouraging interdisciplinary collaboration. By addressing these dimensions, institutions can provide holistic support that empowers students to navigate the complexities of adulthood with greater confidence and resilience.

RECOMMENDED CITATION

Aquio, A., Escano, D. M., Llagas, S., Pascual, E. M., & Ramos, C. J. (2025). Impact of Adulthood: Stress on Adulthood of Graduating Psychology Student. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 131.

INFLUENCE OF SOCIAL CONFORMITY ON ONLINE SHOPPING BEHAVIOR AMONG 2ND YEAR PSYCHOLOGY STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*online shopping behavior;
social conformity; psychology
students; emotional influence;
peer pressure; digital
consumerism*

ARTICLE ID

AASGBCPJMRA-B77742

This study examines the influence of social conformity on the online shopping behavior of second-year psychology students at Bestlink College of the Philippines. With the growing popularity of online shopping, understanding the role of social factors—such as peer influence, social expectations, and societal norms—has become increasingly important. The research seeks to determine how these elements contribute to students' purchasing decisions in a digital context, where consumer behavior is often shaped by trends, group preferences, and the desire for social acceptance. A quantitative research design using a descriptive correlational approach was employed in this study. Data were collected from 265 second-year psychology students at Bestlink College of the Philippines, the majority of whom were female and aged between 19 and 23. The structured survey assessed levels of social conformity, frequency, and preferences in online shopping, the influence of peers, and individual decision-making behaviors. Statistical analysis was conducted to examine the relationship between social conformity and online shopping behavior, with a focus on how interpersonal dynamics and emotional influences shape purchasing decisions in an online setting. The findings indicate that social conformity has a minimal impact on the online shopping behavior of students, as evidenced by a very weak and negative correlation. Most respondents reported shopping online at least once a month, often choosing platforms beyond Lazada and Shopee. Influential factors in their purchasing decisions included peer influence, stress, impulsiveness, and a lack of self-awareness. Meanwhile, factors such as sustainability, ethical considerations, product quality, and thoughtful planning were rarely taken into account during the decision-making process. Students identified the convenience and time efficiency of online shopping as primary factors influencing their purchasing behavior. Platform reliability and security also played a critical role, with students preferring trusted websites for their transactions. Emotional triggers, especially stress, had a stronger impact on their buying decisions than social conformity. This indicates that individual emotional states—particularly during academically stressful periods—were more influential than peer pressure or societal expectations in shaping online shopping habits.

RECOMMENDED CITATION

Ebrano, H., Samantila, K., Sollogue, A. M., Trigueros, R., & Villalino, C. M. (2025). Influence of Social Conformity on Online Shopping Behavior Among 2nd Year Psychology Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 132.

LEVEL OF CELEBRITY IDOLIZATION AND LONELINESS AMONG BINI YOUNG ADULT FANS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*celebrity idolization; young
adults; filipino pop culture;
bini; loneliness; mental health*

ARTICLE ID

AASGBCPJMRA-B84026

BINI, hailed as the Philippines' "Nation's Girl Group," has gained widespread popularity both locally and internationally for their dynamic performances, infectious music, and empowering themes. As a symbol of modern Filipino pop culture, BINI has built a strong fanbase, particularly among young adults. However, the psychological effects of idolization—especially its connection to loneliness and emotional dependence—are often overlooked. While many fans view celebrity admiration as harmless, excessive attachment can lead to emotional and mental health concerns. Most existing studies on celebrity worship concentrate on Western figures or K-pop idols, leaving a gap in understanding its impact in the Filipino context. Research focusing on BINI's fans remains scarce. This study seeks to explore the possible relationship between celebrity idolization and loneliness among young adult fans of BINI, aiming to contribute insights that can guide mental health awareness and support initiatives. The study adopted a quantitative research design and involved 200 psychology students from Bestlink College of the Philippines, aged 18 to 25. Participants were selected through purposive sampling based on their pre-survey results, which confirmed their status as active fans. Data were gathered using two standardized instruments: the Celebrity Attitude Scale (CAS), which measured the level of celebrity idolization, and the UCLA Loneliness Scale Version 3, which assessed the participants' degree of loneliness. The analysis showed that BINI's young adult fans exhibit a moderate level of celebrity idolization in the Entertainment-Social and Intense-Personal dimensions, while Borderline Pathological idolization remains low. Additionally, participants demonstrated a moderate level of loneliness. A weak positive correlation was observed between celebrity idolization and loneliness, with a mean idolization score of 2.84 and a mean loneliness score of 2.47. However, the correlation was not statistically significant ($p = 0.29$), indicating insufficient evidence to reject the null hypothesis. Therefore, no meaningful relationship between celebrity idolization and loneliness can be established based on the study's findings. In light of the findings, future research should further investigate the psychological effects of celebrity idolization and its association with loneliness among young adults. This study recommends the implementation of targeted interventions, including educational workshops, peer support groups, and counseling services, to help address emotional dependency and promote healthier fan behavior. It also emphasizes the role of parental guidance and the availability of mental health resources in mitigating loneliness and encouraging the formation of meaningful, real-life relationships.

RECOMMENDED CITATION

Baldo, E., Calvadores, S., Catacutan, J. V., Rosel, A. J., & Ybañez, K. C. (2025). Level of Celebrity Idolization and Loneliness Among BINI Young Adult Fans at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 133.

RELATIONSHIP BETWEEN FUTURE ORIENTATION AND THE RESILIENCE OF STUDENT LEADERS IN NOVALICHES, QUEZON CITY

ABSTRACT

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Psychology

KEYWORDS

*future orientation; student
leadership; resilience;
educational programs;
leadership development;
adversity*

ARTICLE ID

AASGBCPJMRA-B88449

This study aimed to examine the influence of future orientation (FO) on the resilience of student leaders in overcoming adversity. Although much of the existing research on FO centers on at-risk youth, its relevance extends to other groups—particularly those in leadership roles. Leadership involves setting goals, strategic planning, and effectively responding to challenges. Gaining deeper insights into FO and resilience can help in designing programs that equip student leaders with essential skills for decision-making, sustaining motivation, and managing adversity. A quantitative research design was utilized to assess the relationship between future orientation (FO) and resilience among student leaders. This approach enabled the researchers to statistically determine the strength of the correlation between the two variables. The study employed total population sampling, involving 126 senior high school and college student leaders occupying key leadership roles at Bestlink College of the Philippines. Due to the limited number of eligible participants, all qualified student leaders were included to ensure comprehensive representation. Survey questionnaires were developed by the researchers and validated by licensed psychometricians to ensure the reliability and accuracy of the instruments in measuring FO and resilience. The study revealed that most of the participants were aged 16 to 27, with a slightly higher representation of males. Student leaders demonstrated a strong sense of future orientation and resilience, particularly in areas reflecting goal-directed behavior and personal initiative. However, lower scores were observed in areas related to adaptability when facing unexpected obstacles. The analysis also found a moderate positive correlation between future orientation and resilience, indicating that student leaders with a clear vision for the future are more likely to persist through adversity and stay committed to their long-term goals. Future orientation (FO) and resilience are foundational traits in effective leadership development. FO supports long-term planning, goal-directed behavior, and proactive decision-making, while resilience enables individuals to withstand pressure and recover from setbacks. Given the unique demands placed on student leaders, these traits are especially valuable in helping them manage responsibilities and overcome challenges. Based on these findings, the researchers recommend continued exploration of how FO and resilience can be incorporated into leadership training initiatives to better equip student leaders for sustained growth and success.

RECOMMENDED CITATION

Alviar, M., Credo, K., Herbolingo, J., Nacua, M. C., & Ramber, S. J. L. (2025). Relationship Between Future Orientation and the Resilience of Student Leaders in Novaliches, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 134.

EFFECT OF CONVERSATIONAL ARTIFICIAL INTELLIGENCE ON HUMAN EMOTIONS: A BASIS FOR GUIDELINES IN DEVELOPING EMOTIONAL SUPPORT CHATBOTS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*conversational artificial
intelligence; emotional
support chatbots; human
emotions; emotional response;
user experience; mental health
technology*

ARTICLE ID

AASGBCPJMRA-B89159

This study explores the impact of conversational artificial intelligence (AI) on human emotions and offers insights for enhancing emotional support chatbots. As AI becomes increasingly woven into our daily lives, it is crucial to understand its effects on users' emotional well-being. The research focuses on five emotional dimensions: subjective experience, physiological response, expressive behavior, cognitive appraisal, and behavioral response. It also examines whether factors such as age, gender, and frequency of AI use affect emotional reactions. Additionally, the study addresses the challenges users encounter during AI interactions. By identifying the strengths and limitations of AI in emotional engagement, this research provides recommendations for improving AI's emotional intelligence. The study employed a descriptive-comparative approach, involving a total sample of 150 third-year psychology students at Bestlink College of the Philippines, who were selected through purposive sampling. Data were gathered using questionnaires that assessed demographic information, emotional responses to AI, and the difficulties encountered. The responses were measured using a four-point Likert scale, evaluating AI's impact across five emotional dimensions. Statistical tools were utilized to analyze the relationships between demographic factors, emotional reactions, and reported user challenges. The study found that age and gender did not significantly affect emotional responses to interactions with AI; however, the frequency of usage was a significant factor. Frequent users displayed stronger emotional reactions, both positive and negative. Despite some positive engagement, the overall experience with AI was negative. Participants described it as emotionally unresponsive, impersonal, and lacking meaningful support, which ultimately led to decreased trust and reliance on AI for emotional assistance. The results indicate that while conversational AI can facilitate interactions, it lacks the emotional intelligence needed for providing emotional support. AI's inability to recognize and appropriately respond to human emotions, along with user concerns, reveals a significant design gap. To create a more supportive user experience, it is essential to enhance AI's emotional engagement, personalization, and trust-building mechanisms. Future research should focus on developing advanced emotional recognition technologies to improve AI responsiveness, which will lead to more effective emotional support chatbots. Addressing these limitations will help bridge the gap between AI capabilities and human emotional needs.

RECOMMENDED CITATION

Boticalao, L. J., Conge, K., Orquilla, I., Padon, C., & Salvatierra, C. (2025). Effect of Conversational Artificial Intelligence on Human Emotions: A Basis for Guidelines in Developing Emotional Support Chatbots. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 135.

EFFECTS OF SOCIAL MEDIA USAGE AND BODY IMAGE SATISFACTION OF 1ST YEAR FEMALE PSYCHOLOGY STUDENTS: A BASIS FOR GENDER AND DEVELOPMENT PROGRAM

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

body image satisfaction; social media usage; beauty standards; gender and development; self-esteem; self-confidence

ARTICLE ID

AASGBCPJMR-B90936

This study explores the effects of social media usage on body image satisfaction among first-year female psychology students at Bestlink College of the Philippines. With the widespread use of platforms such as Facebook, Instagram, TikTok, and Twitter/X, young women are increasingly exposed to idealized beauty standards promoted by online influencers. These curated portrayals may shape self-perception, self-esteem, and self-confidence, influencing how students evaluate their own physical appearance. A quantitative research design was utilized, employing purposive sampling to select 150 first-year female psychology students as respondents. Data were gathered using the Social Media Use Scale (SMUS) and the Sociocultural Attitudes Toward Appearance Questionnaire-4 (SATAQ-4). The Pearson correlation coefficient was used to examine the relationship between social media usage and body image satisfaction. The results showed that the mean score for social media usage was 4.33 (SD = 1.92), while the mean score for body image satisfaction was 2.82 (SD = 0.82). The Pearson correlation coefficient was calculated at 0.61, indicating a moderate positive relationship between the two variables. This suggests that higher social media usage is moderately associated with higher body image satisfaction. Although the correlation is statistically significant, the strength of the relationship is modest, implying that social media usage contributes to body image satisfaction but is not the sole influencing factor. The findings of the study serve as a foundation for developing a Gender and Development (GAD) program that promotes social media awareness, body positivity, and empowerment among female students. The proposed program emphasizes the importance of digital literacy, self-worth, and embracing diverse beauty standards. Educational institutions are encouraged to implement initiatives that foster a healthy body image and self-esteem in young women. Additionally, the study advocates for the creation of a supportive school environment where students feel secure, appreciated, and empowered beyond socially constructed ideals.

RECOMMENDED CITATION

Basario, K., Brase, M. K., Munoz, A., Sideco, N., & Tawag, K. F. (2025). Effects of Social Media Usage and Body Image Satisfaction of 1st Year Female Psychology Students: A Basis for Gender and Development Program. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 136.

FACTORS THAT AFFECTS SOCIAL MEDIA USAGE ON THE SOCIAL BEHAVIOR AND WELL-BEING OF 3RD-YEAR STUDENTS A STUDY OF BEHAVIORAL PATTERNS

ABSTRACT

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DISCIPLINE

Psychology

KEYWORDS

*social media usage; social
behavior; well-being; factors;
challenges; factors affects*

ARTICLE ID

AASGBCPMRA-B93906

This study examines the influence of social media on the social behavior and well-being of 87 third year psychology students at Bestlink College of the Philippines. Given social media's pervasiveness in students' lives, the research investigates its impact on academic engagement, social connections, and emotional health. The study hypothesizes a dual role for social media, enhancing connectedness while potentially exacerbating issues such as anxiety, low self-esteem, and social isolation. A correlational research design was employed, utilizing stratified sampling to select the 87 participants, all of whom were frequent social media users among third year psychology students. Data collection involved a questionnaire assessing emotional states, self-perception, and social interactions to better understand participants' social behavior and well-being. Demographic data revealed that 88.51 percent of respondents were aged 19 to 24, and 81.61 percent were female, reflecting the typical gender distribution in psychology programs. TikTok and Facebook were identified as the most commonly used platforms. The findings indicated a general agreement among students regarding social media's role in their social behavior and well-being. Statistical analysis revealed a significant positive correlation (Pearson $r = 0.70$, $p = 0.00$) between social media usage and overall well-being. While social media provided emotional support and fostered social connections for some, adverse effects such as stress, sleep deprivation, and self-esteem issues were also reported. Despite the positive correlation between social media use and well-being, the study highlights the paradoxical nature of social media's impact. While offering benefits such as enhanced social connections and emotional support, excessive use contributed to challenges such as social isolation, anxiety, and self-esteem concerns. Additional concerns included the need for social validation, online gossip, and communication difficulties. These findings emphasize the need for initiatives promoting digital literacy, responsible social media use, and accessible mental health support services. Recommendations include encouraging balanced screen time, integrating well-being programs into student services, and fostering a healthier digital environment to help students effectively navigate the complexities of the online world.

RECOMMENDED CITATION

Corona, P. D., Jose, J., Jubilo, J., Palomo, R. G., & Sinfuego, D. L. (2025). Factors That Affects Social Media Usage on the Social Behavior and Well-Being of 3rd-Year Students a Study of Behavioral Patterns. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 137.

RISK AND SAFETY SCIENCE

ASSESSING THE INVENTORY AND HAZARD MANAGEMENT ON THE SELECTED MICRO-ENTERPRISES ALONG BARANGAY BAGONG SILANGAN, QUEZON CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

inventory management;
hazard management;
micro-enterprises;
improvement plan;
correlational study; inventory
hazard

ARTICLE ID

AASGBCPJMRA-B02953

Inventory management involves controlling stock levels to meet demand while minimizing costs and waste. Hazard management encompasses the proactive identification, assessment, and mitigation of risks to protect people and assets. This study assesses inventory and hazard management practices in five micro-enterprises along Barangay Bagong Silangan, Quezon City, and examines the relationship between these two operational dimensions. A quantitative correlational design is employed, with purposive sampling used to select five micro-enterprises. A structured survey questionnaire is administered to gather data on inventory control procedures and hazard mitigation measures. Scores for each practice area are calculated using weighted mean, and the relationship between inventory and hazard management is assessed via Pearson's correlation. The micro-enterprises demonstrated very high performance in inventory management (overall weighted mean = 3.68) and hazard management (overall weighted mean = 3.55). Pearson's correlation yielded a low positive relationship ($r = 0.332$) between inventory and hazard management. The two-tailed significance test produced a p-value of 0.422, indicating that the relationship was not statistically significant at the 0.05 level. These findings supported the null hypothesis of no significant relationship between inventory and hazard management. Reported challenges included overstocking, inconsistent tracking, fluctuating demand, limited resources, delayed hazard recovery, and lack of preparedness. An improvement plan is proposed to enhance both inventory controls and hazard mitigation practices, focusing on demand forecasting, record-keeping systems, resource allocation, emergency response protocols, and regular safety training.

RECOMMENDED CITATION

Conwi, M. D. R., Flores, J. A., Jutic, R. M., Ombao, S., & Oserin, R. (2025). Assessing the Inventory and Hazard Management on the Selected Micro-Enterprises Along Barangay Bagong Silangan, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 139.

ENHANCING FIRE RESPONSE STRATEGY THROUGH FIRE EXTINGUISHER TRAINING PROGRAM: A PROPOSAL

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*fire safety training; community
fire response; fire
extinguisher; pass method;
emergency preparedness;
enhancing fire*

ARTICLE ID

AASGBCPJMRA-B14142

This study examines the effectiveness of fire extinguisher training programs in improving fire safety and minimizing the impact of fire incidents. Unexpected fires can occur at any time, making it essential for individuals to be prepared and knowledgeable about how to respond. Fire extinguisher training programs play a crucial role in strengthening fire response strategies by equipping individuals with the necessary skills, knowledge, and confidence to act promptly during emergencies. The researchers employed surveys and questionnaires to gather data on participants' understanding and practices related to fire safety. The study involved 60 respondents, including 30 residents, 20 local government officials, and 10 fire safety personnel from Barangay Pasong Tamo, selected through stratified random sampling. A pre-test of the questionnaire was conducted with 10 residents from the same barangay to ensure its validity and clarity. The study aimed to assess fire response strategies in the areas of practice and simulation, evaluation and assessment, and maintenance awareness. The findings showed that most respondents were male, aged 51 and above, and had been residing in Barangay Pasong Tamo for over 10 years. Respondents strongly agreed on the effectiveness of the fire extinguisher training program in improving fire response in terms of practice and simulation, evaluation and assessment, and maintenance awareness. However, a key issue identified was the lack of understanding among residents regarding the appropriate use of different types of fire extinguishers. The study recommends the implementation of mandatory fire training programs for all residents, with content delivered in Filipino and other local languages to ensure accessibility and understanding. The evaluation of the training program revealed high levels of agreement in all areas: Practice and Simulation received a weighted mean of 3.49, Evaluation and Assessment scored 3.47, and Maintenance Awareness received 3.50—all interpreted as "Strongly Agree." These results emphasize the importance of ongoing, accessible, and context-specific training to enhance fire response strategies in communities.

RECOMMENDED CITATION

Artugue, R., Demdam, M., Gacu, P. J., Orolfo, V., & Teña, M. (2025). Enhancing Fire Response Strategy Through Fire Extinguisher Training Program: A Proposal. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 140.

THE IMPORTANCE OF TRAFFIC DISCIPLINE IN MITIGATING ROAD RAGE INCIDENT IN BARANGAY 176 BAGONG SILANG CALOOCAN CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*road rage; road discipline;
road safety; law enforcement;
importance traffic*

ARTICLE ID

AASGBCPJMRA-B14706

In Barangay 176, Bagong Silang, Caloocan City, rapid urbanization and a growing number of vehicles have contributed to an increase in traffic-related issues, including road rage. Road rage—characterized by aggressive driving behaviors such as tailgating, erratic lane changes, verbal confrontations, and even physical altercations—poses significant risks to both drivers and pedestrians. The area's narrow, congested streets, combined with inadequate traffic management, further exacerbate these problems, creating a high-stress environment for commuters. This study aimed to determine the significance of traffic discipline in mitigating road rage incidents in Barangay 176, Bagong Silang, Caloocan City. The study employed a quantitative approach using a descriptive research design to examine variables related to demographics, such as age, gender, and socioeconomic status. This method involves the identification of clearly defined variables and hypotheses prior to data collection. A purposive sampling technique was utilized to select participants who had been directly involved in or affected by road rage incidents. The respondents included fifteen commuters, fifteen residents, ten drivers, and ten traffic enforcers from Barangay 176, Bagong Silang, Caloocan City. The study found that the majority of respondents were aged 46 and above, male, married, and employed—suggesting that these groups may be more engaged with the issue due to greater experience, stability, or personal concern. In contrast, younger individuals, females, the unemployed, and those who were separated or widowed showed lower participation rates. Respondents strongly agreed that traffic discipline has a positive impact on road rage incidents in Barangay 176, Bagong Silang, Caloocan City, citing improvements in order, safety, driver behavior, and law enforcement. Poor infrastructure was identified as the primary challenge in promoting compliance with traffic rules, with 82% of participants recognizing it as a major concern. The study recommends stricter law enforcement, infrastructure development, and public awareness initiatives to enhance traffic discipline and reduce road rage incidents. In response to the rising number of road rage incidents and traffic-related accidents in Barangay 176, a reoriented program was launched to strengthen road safety education, promote community discipline, and enhance collaboration between law enforcement and the public.

RECOMMENDED CITATION

Acero, J., Arquillano, C., Arrojo, M., Palomo, R., & Yongco, U. (2025). The Importance of Traffic Discipline in Mitigating Road Rage Incident in Barangay 176 Bagong Silang Caloocan City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 141.

A PRACTICAL APPROACH ON DISASTER PREPAREDNESS AMONG RESIDENTS OF LUCAS CUADRA STA QUITERIA CALOOCAN CITY: A PROPOSAL

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*disaster preparedness; hazard
identification; economic
components; trained
responders; community
resilience; recruitment and
training p*

ARTICLE ID

AASGBCPJMR-B23605

Disasters, whether natural or man-made, pose significant threats globally, affecting countless communities—including those in the Philippines. This study aimed to strengthen disaster preparedness among the residents of Lucas Cuadra, Sta. Quiteria, Caloocan City. It examined the demographic profile of the respondents and assessed their perceptions of common disasters about disaster risk assessment, hazard identification, and economic impact. Additionally, the study sought to identify challenges to preparedness and propose strategies for improving community resilience. The study involved 50 purposively selected respondents, including 30 residents, 10 barangay officials, and 10 members of the emergency response team. A descriptive research design was employed. Prior to data collection, the researchers secured the participants' consent. Survey questionnaires served as the main data-gathering tool, which were personally distributed and collected by the researchers upon completion. The results show strong respondent agreement on the effectiveness of disaster preparedness efforts, with weighted mean scores of 3.48 for disaster risk assessment programs, 3.44 for hazard identification, and 3.42 for economic components. A key issue identified was the shortage of trained responders or volunteers. This highlights the need for targeted recruitment and the provision of additional training programs to strengthen community disaster response capacity. The study revealed that most respondents were male, aged 51 and above, and high school graduates. They expressed strong agreement on key aspects of disaster preparedness, particularly disaster risk assessment, hazard identification, and economic components. The most frequently cited issue was the lack of trained responders or volunteers. To address this, the study recommends the implementation of recruitment and training programs to build local response capacity. Additional suggested interventions include increased financial support from local government units (LGUs) and stronger collaboration with non-governmental organizations (NGOs) and public health institutions. Comprehensive recommendations were provided for residents, the community, barangay officials, LGUs, NGOs, and future researchers to enhance disaster preparedness and improve community resilience.

RECOMMENDED CITATION

Ambalan, A. M., Boduso, S. M., Bulabos, G., Curayag, C., Misolas, J., & Ortega, R. (2025). A Practical Approach on Disaster Preparedness Among Residents of Lucas Cuadra Sta Quiteria Caloocan City: A Proposal. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 142.

PERFORMANCE OF STATION SEARCH AND RESCUE TEAM OF QCPD STATION 4 DURING DISASTER IN NOVALICHES, QUEZON CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*search and rescue (sar); qcpd
station 4; disaster response;
personal protective equipment
(ppe); safety enhancement;
emergency preparedness*

ARTICLE ID

AASGBCPJMRA-B26217

This study aims to evaluate the performance of the Search and Rescue (SAR) Team of QCPD Station 4 during disaster situations in Novaliches, Quezon City. In recent years, natural disasters have inflicted severe damage, creating crisis conditions that have threatened lives and property. Efficient disaster response—particularly in search and rescue operations and health monitoring—requires accurate, timely identification and localization of affected individuals. These operations play a vital role in minimizing casualties and ensuring public safety during emergencies. This study adopted a quantitative research approach to systematically gather and analyze data related to the performance of the QCPD Station 4 Search and Rescue Team. A purposive sampling technique was used to select participants with relevant experience in disaster response. Permission to conduct the study was obtained from the research adviser. The respondents consisted of fifty (50) PNP personnel from the Station Search and Rescue Team, who provided insights based on their involvement in search and rescue operations. Data were collected using a researcher-made survey questionnaire, which was distributed and retrieved personally to ensure complete and timely responses from all participants. Most of the respondents were male, aged between 36 and 41 years old. The results show that the respondents strongly agreed with the effectiveness of the QCPD Station 4 Search and Rescue Team in carrying out pre-disaster planning, actual search and rescue operations, post-disaster activities, and emergency response efforts. However, the study also revealed a major challenge: adverse weather conditions—including heavy rainfall, strong winds, and limited visibility—greatly hindered the team's ability to reach and assist disaster-affected areas. To address this concern, an action plan has been developed to enhance the team's performance under such conditions. To improve the overall safety and efficiency of Search and Rescue (SAR) operations, it is essential to provide all personnel with appropriate Personal Protective Equipment (PPE) tailored to the specific operational environment. Regardless of their role or when they join the operation, every member must be properly equipped to ensure maximum protection. This initiative is projected to take 1–2 months to implement, with an estimated budget of ₱300,000 allocated for PPE procurement, replacement, maintenance, and personnel training. Furthermore, regular inspection and upkeep of SAR equipment should be prioritized to maintain optimal performance. A detailed maintenance schedule should be developed based on the manufacturer's recommendations and actual usage conditions.

RECOMMENDED CITATION

Fernan, G., Malasa, A. J., Martinez, M. R., Roque, K., & Roxas, M. (2025). Performance of Station Search and Rescue Team of QCPD Station 4 During Disaster in Novaliches, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 143.

EFFECTIVENESS OF THE DEPARTMENT OF PUBLIC SAFETY AND TRAFFIC MANAGEMENT IN REGULATING TRAFFIC LAWS AT BAGONG SILANG CALOOCAN CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*department of public safety
and traffic management;
traffic management; public
safety; bagong silang;
caloocan city; traffic
enforcement*

ARTICLE ID

AASGBCPJMRA-B43395

Traffic management is a persistent issue in many urban areas, and Bagong Silang, Caloocan City, is no exception. Increasing vehicle volume, insufficient infrastructure, and a rapidly growing population contribute to congestion, safety concerns, and poor compliance with traffic laws. This study examines the effectiveness of the Department of Public Safety and Traffic Management (DPSTM) in enforcing traffic regulations in Bagong Silang. The effectiveness of regulation is influenced by factors such as public awareness, enforcement consistency, and community attitudes toward traffic laws. This study utilizes a quantitative descriptive research design to evaluate the DPSTM's effectiveness in managing traffic in Bagong Silang, Caloocan City. A total of 50 respondents participated, categorized into three groups: 20 traffic enforcers, 20 drivers, and 10 residents. Data were collected through a structured survey questionnaire designed to measure perceptions of enforcement practices, challenges, and potential solutions. Descriptive statistics, including frequency and weighted mean, were used to analyze the responses. According to the data gathered, the largest proportion of respondents (34%) were aged 26–33, while the majority (86%) were male. More than half (52%) were married, and 34% had resided in Bagong Silang, Caloocan City, for 4 to 6 years. Based on the respondents' assessments, traffic management obtained an overall weighted mean of 3.50, interpreted as "Highly Effective." Respondents identified "overloading and oversized vehicles" and "lack of pedestrian and cyclist infrastructure" as the most significant challenges in Bagong Silang, with both indicators receiving 98%. Additionally, the indicators "conduct a traffic sign and marking audit, repair or replace damaged signs, and install new ones as needed" and "launch public awareness campaigns, conduct seminars, and distribute educational materials" each received a score of 90%. The findings suggest that traffic enforcement in Bagong Silang is generally effective but faces persistent challenges related to infrastructure and community behavior. Educational initiatives are recommended to reduce the burden on traffic enforcers by fostering more responsible road use among the public. These programs may also help decrease traffic violations and accidents, allowing enforcers to concentrate on more critical tasks. The study highlights the importance of combining enforcement with education and infrastructure improvements to create a more efficient and safer traffic management system.

RECOMMENDED CITATION

Baquiran, N., Briones, J., Cabe, M. A., Caparal, C. J., & Panoringan, J. (2025). Effectiveness of the Department of Public Safety and Traffic Management in Regulating Traffic Laws at Bagong Silang Caloocan City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 144.

THE IMPACT OF THE INCREASING OF MOTORCYCLE ACCIDENTS IN BARANGAY KALIGAYAHAN NOVALICHES, QUEZON CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*motorcycle accidents; traffic
safety measures; stricter
traffic laws and regulations;
improvement of roads;
increasing motorcycle*

ARTICLE ID

AASGBCPJMRA-B45836

This study investigates the rising incidence of motorcycle accidents in Barangay Kaligayahan, Novaliches, Quezon City. Motorcycle accidents are a serious concern, often resulting in severe injuries, financial burdens, and emotional trauma. Understanding their impact is essential for helping victims navigate the aftermath and for informing effective preventive measures. The research aims to identify the causes and consequences of motorcycle accidents in the area, as well as to evaluate the effectiveness of existing traffic safety measures. The researchers used a quantitative, descriptive research design to gather detailed data. A survey was conducted with 30 respondents, including motorcycle riders, traffic law enforcers, and residents. Additionally, in-depth interviews were administered to a separate group of 30 respondents, consisting of 10 motorists, 10 traffic enforcers, and 10 residents. The results indicate that the rising number of motorcycle accidents in Barangay Kaligayahan is primarily attributed to reckless driving, poor road conditions, inadequate traffic enforcement, and a lack of safety awareness among motorcycle riders. These accidents often result in physical injuries, emotional trauma, and significant economic burdens for victims and their families. The study recommends enforcing stricter traffic laws and regulations, improving road infrastructure, and conducting safety awareness programs for motorcycle riders. The findings contribute to the development of evidence-based policies and interventions aimed at reducing motorcycle accidents and promoting road safety in Barangay Kaligayahan and other similar urban communities.

RECOMMENDED CITATION

Arsaga, M. A., Barizo, S., Caubat, B. M., Fulminar, J., & Maglasang, J. (2025). The Impact of the Increasing of Motorcycle Accidents in Barangay Kaligayahan Novaliches, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 145.

ASSESSING THE EFFECTIVENESS OF EQUIPMENT IN ENHANCING FIRE RESPONSE IN VALENZUELA CITY

ABSTRACT

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Risk & Safety Science

KEYWORDS

*valenzuela city; fire response
effectiveness; firefighting
equipment; emergency
response; fire safety;
equipment maintenance*

ARTICLE ID

AASGBCPJMRA-B52987

This study, titled "Assessing the Effectiveness of Equipment in Enhancing Fire Response in Valenzuela City," investigates the adequacy, accessibility, and safety features of the firefighting equipment employed by emergency responders in Valenzuela City. It aims to determine how effectively the current equipment supports fire response operations and enhances overall emergency management. Furthermore, the research seeks to identify critical challenges and constraints related to equipment availability and functionality that may impact operational efficiency and firefighter safety. This study utilized a descriptive research design, combining both quantitative and qualitative methods. A total of 40 participants, comprising professional firefighters and fire volunteers, were involved. Data collection was conducted through structured survey questionnaires that examined the availability and operational condition of firefighting equipment, the efficiency of fire response, and the challenges faced in equipment maintenance and procurement. Findings indicate that while the majority of respondents strongly agree that firefighting equipment in Valenzuela City is generally adequate and accessible, several challenges hinder optimal fire response. The most critical issues identified include outdated equipment, an insufficient number of firefighting vehicles, and irregular maintenance. Furthermore, the lack of standardized protocols and limited training on proper equipment use were found to negatively affect the overall effectiveness of fire response efforts. To enhance the efficiency of fire response operations, this study recommends investing in modern firefighting equipment and establishing systematic maintenance schedules to ensure optimal functionality. Strengthening training programs for fire responders is also essential to improve proficiency in equipment handling. Moreover, improving the organization of equipment storage, securing additional funding for procurement, and fostering collaborative partnerships among relevant agencies are crucial measures to bolster the city's overall emergency response capacity.

RECOMMENDED CITATION

Briggs, R., Medina, C., Reyes, L. K. D., Sagorio, A., & Villanueva, J. (2025). Assessing the Effectiveness of Equipment in Enhancing Fire Response in Valenzuela City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 146.

DEVELOPING AN EMERGENCY PREPAREDNESS AND SAFETY PROTOCOLS FOR BESTLINK COLLEGE OF THE PHILIPPINES: A PROPOSAL

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*emergency preparedness;
safety protocols; bestlink
college; school safety; safety
education; disaster risk
reduction*

ARTICLE ID

AASGBCPJMRA-B86999

Recent global disasters such as Hurricane Maria, the 2008 Sichuan earthquake, and the 2019–2020 Australian wildfires have highlighted the importance of effective emergency preparedness and disaster response. Hurricane Maria alone caused over 4,600 deaths and \$98 billion in damages, while the Sichuan earthquake claimed nearly 70,000 lives, according to international disaster monitoring agencies. These events underscore the critical need for institutions, including academic environments, to establish comprehensive emergency preparedness and safety protocols. This study aims to propose a structured emergency preparedness and safety plan tailored for Bestlink College of the Philippines to enhance disaster readiness and ensure community safety. This research employed a descriptive design and purposive sampling technique, involving 50 respondents: 30 students, 10 professors, and 10 school staff. Data were collected through structured survey questionnaires designed to assess the current level of awareness, preparedness, and perceived needs related to safety and emergency protocols within the school community. This approach allowed for detailed profiling of respondents in terms of their roles, responsibilities, and relevant demographic characteristics. The findings revealed strong agreement among respondents regarding the necessity of developing emergency preparedness and safety protocols. Weighted mean scores included 3.6 for establishing rules and regulations, 3.5 for student awareness of school safety policies, 3.48 for conducting detailed risk assessments, 3.47 for placing signage about potential hazards, and 3.44 for conducting emergency preparedness seminars. The most cited concern was the need for formalized rules and regulations to ensure the school's readiness in terms of emergency response and safety management. The demographic profile showed that 60% of respondents were students, while 20% were professors and 20% were school staff. Most respondents (72%) were aged 18 to 25, with a majority being female (54%) and single (86%). Additionally, 62% of respondents were at the college level. The results emphasize the urgent need for a comprehensive emergency preparedness and safety protocol tailored to the institutional environment. The study recommends that Bestlink College of the Philippines establish clear procedures, conduct regular safety training, and engage the community in disaster risk reduction practices to build a resilient academic institution.

RECOMMENDED CITATION

Lato, L. J., Leron, J. M., Lumokso, J., Matias, K. Y., Nuñez, F., & Villorente, Z. A. (2025). Developing an Emergency Preparedness and Safety Protocols for Bestlink College of the Philippines: A Proposal. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 147.

EVALUATING THE PUBLIC ORDER AND SAFETY OFFICE ROAD SAFETY AWARENESS PROGRAM IN BARANGAY PASONG TAMO, QUEZON CITY

ABSTRACT

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DISCIPLINE

Risk & Safety Science

KEYWORDS

*road safety; public safety;
public awareness; social
media campaigns; interagency
collaboration; civic education*

ARTICLE ID

AASGBCPJMRA-B88190

Public safety plays a vital role in fostering a secure and cohesive community. The Public Order and Safety Office (POSO) of Quezon City implements various initiatives to uphold public order and promote road safety, particularly in Barangay Pasong Tamo. This study evaluates the POSO Road Safety Awareness Program in terms of civic education, community involvement, and interagency collaboration. It also identifies the challenges faced by POSO in implementing the program and proposes potential interventions to improve the effectiveness of its road safety initiatives. The study utilized a descriptive research design and purposive sampling method. A total of 50 participants, composed of 40 road users and 10 POSO officials from Barangay Pasong Tamo, Quezon City, were selected based on their familiarity with road safety and POSO-led initiatives. Data were collected through a structured survey questionnaire that measured perceptions regarding the components and outcomes of the Road Safety Awareness Program. The findings revealed that the majority of respondents were male (84%), aged 18 to 25 years old (30%), and had completed high school or vocational education (26%). Among the program components, interagency collaboration received the highest weighted average score of 3.28, interpreted as "strongly agree." The most pressing challenge identified was the reluctance of individuals to comply with traffic regulations (46%). To improve the program, the most recommended intervention was the use of social media and online platforms to reach a broader audience (52%). The results suggest that while the POSO Road Safety Awareness Program is generally effective, particularly in terms of interagency coordination, further efforts are needed to address public compliance and engagement. Strengthening collaboration with stakeholders, increasing community-based education initiatives, and incorporating modern communication tools such as social media are essential to enhance the program's reach and sustainability. Future studies are encouraged to explore innovative approaches for promoting lasting behavioral change in road safety practices.

RECOMMENDED CITATION

Cerezo, J. M., Fernando, E., Lumanog, S., Mallillin, P. A., & Nabo, J. M. (2025). Evaluating the Public Order and Safety Office Road Safety Awareness Program in Barangay Pasong Tamo, Quezon City. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 148.

AN ASSESSMENT ON THE FIRE VOLUNTEERS PREPAREDNESS DURING FIRE INCIDENT IN BARANGAY TANDANG SORA

ABSTRACT

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Risk & Safety Science

KEYWORDS

*barangay tandang sora; fire
safety; fire drills;
preparedness; community
awareness; communication
gaps*

ARTICLE ID

AASGBCPJMRA-B96210

This study aimed to evaluate the fire safety measures in Barangay Tandang Sora, Maco, with a focus on community awareness and the implementation of safety protocols. Fire safety is essential to ensuring public welfare, emphasizing the importance of preparedness and effective emergency response. The study explored how well residents are informed and equipped to handle fire-related incidents, as well as their perceptions of the existing fire safety procedures within the barangay. This study utilized a non-experimental descriptive research design and employed survey questionnaires as the primary tool for data collection. A total of 50 respondents were selected through simple random sampling, representing various sectors involved in fire safety—such as collaborative initiatives, community participation, and logistical support from both National Government Units (NGUs) and Local Government Units (LGUs). This approach allowed the researchers to effectively assess the respondents' awareness, perceptions, and evaluations of the existing fire safety measures and the challenges faced within Barangay Tandang Sora. The findings indicated a high level of fire safety measures in Barangay Tandang Sora. Respondents generally agreed that community safety protocols and fire safety awareness were well implemented. Both fire volunteers and civilian participants strongly affirmed that firefighters were sufficiently trained to address logistical challenges during fire incidents. However, the study also identified several areas for improvement, including inadequate communication between fire volunteers and barangay officials during emergencies and low community participation in fire drills. The majority of respondents were female, primarily within the 31 to 40 age range. Notably, the statement “Recognizes and respects the contributions and needs of each individual” received a low weighted mean, highlighting the need to strengthen inclusivity and ensure that all members of the community feel valued and involved in fire safety initiatives. While respondents expressed strong agreement regarding the effectiveness of current fire safety training and awareness efforts, the study also revealed areas for improvement. Issues such as poor communication and low participation in fire drills point to the need for more structured and inclusive fire preparedness strategies. A common recommendation among respondents was the regular conduct of fire safety drills to minimize risks and safeguard both civilians and firefighters. These findings informed the development of an action plan aimed at addressing communication gaps, enhancing community engagement, and strengthening logistical readiness during fire emergencies.

RECOMMENDED CITATION

Alto, D. C., Aragonese, S. D., Baguio, E. S., Ogalesco, E., & Sillar, R. N. (2025). An Assessment on the Fire Volunteers Preparedness During Fire Incident in Barangay Tandang Sora. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 149.

URBAN PLANNING

THE IMPACT OF TRAFFIC CONGESTION IN BARANGAY TALIPAPA NOVALICHES QUEZON CITY: BASIS FOR AN ACTION PLAN

ABSTRACT

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Urban Planning

KEYWORDS

*traffic congestion; effects of
congestion; choose alternate
routes; travel times*

ARTICLE ID

AASGBCPJMRA-B36940

Traffic congestion is a significant problem that poses serious risks to road safety. In Barangay Talipapa, Novaliches, Quezon City, the growing volume of traffic has heightened dangers for both drivers and pedestrians. This study examines the impact of traffic congestion in the area, with particular focus on road safety concerns stemming from increased traffic volume. It aims to assess the effects of congestion on health, the environment, society, and the economy, while also exploring the specific problems it causes and identifying potential solutions. Participants include members of the Department of Public Order and Safety, the Traffic and Transportation Management Division, business owners, barangay officials, residents, commuters, drivers, and pedestrians. The study employed a quantitative descriptive research design and utilized purposive sampling techniques. The researchers first submitted a request to conduct the study in Talipapa, Novaliches, Quezon City. Upon approval, they approached the selected respondents in Barangay Talipapa and personally distributed the questionnaires. The researchers waited while the respondents completed the surveys, after which the completed forms were collected for analysis and interpretation of the data. Of the 140 respondents, 36% (50) were aged 18–25, while 8% (11) were aged 51 or older. Traffic congestion was rated as having a high impact on physical health (3.16), mental health (3.27), noise (3.28), and air pollution (3.39). It also had a significant effect on public safety (3.35). Moderate impacts were observed for stress (3.19), delays (3.13), and reduced business competition (3.18). Overall, the findings indicate that congestion in Barangay Talipapa significantly affects health, the environment, and safety, while exerting moderate effects on stress levels and the local economy. Commuters are encouraged to adjust their travel times or select alternate routes to help reduce congestion. Residents should be informed about the health and environmental impacts of traffic congestion and actively participate in improving traffic management. Drivers are advised to comply with traffic laws and adopt efficient driving practices, while pedestrians should follow established safety guidelines. Traffic enforcers need to be aware of the impacts of congestion to effectively enforce regulations. The local government unit (LGU) should utilize the study's findings to develop targeted action plans, and further research should be conducted to explore improved traffic management solutions.

RECOMMENDED CITATION

Blanco, J., Dizon, P. T., Mandia, L. J., Ramos, B., & Yabao, J. (2025). The Impact of Traffic Congestion in Barangay Talipapa Novaliches Quezon City: Basis for an Action Plan. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 151.

FACTORS AFFECTING THE SUSTAINABILITY OF VISITOR'S ENGAGEMENT ISSUES IN ARROCEROS, FOREST PARK

ABSTRACT

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Urban Planning

KEYWORDS

*arroceros forest park; visitor
engagement; sustainability;
urban parks; community
participation; accessibility*

ARTICLE ID

AASGBCPJMRA-B43429

This study aims to identify the factors affecting the sustainability of visitor engagement in Arroceros Forest Park and to propose improvements that can enhance the overall visitor experience in this urban green space. As urban parks play a vital role in promoting community health and environmental well-being, it is essential to examine how visitors interact with such areas and the elements that influence sustained engagement. The study investigates several key factors that contribute to visitor satisfaction, including quality of experience, accessibility, safety and security, available amenities, and community engagement. A combination of surveys and interviews was conducted among park visitors to assess their perceptions and experiences. These tools helped gather relevant data on challenges affecting the sustainability of visitor engagement. Findings revealed that while visitors appreciate the park's natural environment and recreational offerings, issues such as limited accessibility, concerns about safety, and inadequate amenities negatively affect their overall satisfaction. The study also emphasized the importance of fostering community involvement as a means to strengthen visitor connection and promote responsible park usage. Based on the results, the study proposes an improvement plan focused on enhancing accessibility, safety, amenities, and community engagement to ensure the long-term sustainability of visitor interaction with Arroceros Forest Park. These recommendations aim to improve the quality of urban park experiences and support the park's role as a valuable resource for the surrounding community.

RECOMMENDED CITATION

Agullion, J., Alviar, E., Asuncion, K., Infante, K. M., & Jaldo, A. (2025). Factors Affecting the Sustainability of Visitor's Engagement Issues in Arroceros, Forest Park. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 152.



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