INFLATION IN CAFETERIA ITS INFLUENCE IN THE EXPENDITURE OF GRADE 12 HUMANITIES AND SOCIAL SCIENCES STUDENTS IN BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS
Erich Adupe
John Andri Devero
Rhonel Mabaquiao
Joshua Paul Nueva
Lai Rhyzene Tatad

RESEARCH ADVISER
Christopher D. Azares, LPT

AFFILIATION
Bestlink College of the Philippines

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Global inflation has contributed to rising food prices in school cafeterias, making it increasingly difficult for students to afford nutritious meals. This has led many to opt for cheaper, less healthy alternatives, resulting in decreased student spending and a decline in cafeteria sales, threatening the financial stability of school food services. Factors such as pricing, order times, and food quality also influence students' eating habits. To address these challenges, the school administration could collaborate with cafeteria operators to regulate prices, offer discounted meal packages, or partner with external vendors to provide more affordable options. Additionally, improving cafeteria operations and implementing financial literacy programs may help students better manage their budgets. This study aims to examine the impact of inflation on cafeteria spending among Grade 12 Humanities and Social Sciences students at Bestlink College of the Philippines, providing insights to support financial responsibility and improved access to nutritious meals. The study utilized an exploratory descriptive quantitative research design and employed a cluster sampling technique to gather data from 200 Humanities and Social Sciences students. The research aimed to examine the impact of inflation on cafeteria spending behavior. A structured survey questionnaire was used as the primary instrument for data collection. The results also presented the respondents' demographic profiles, including age, gender, and daily allowance. Findings indicated that inflation in cafeteria prices significantly influenced students' spending behavior. For food prices, the composite mean was 3.26, interpreted as "Strongly Agree." The same composite mean of 3.26 was observed for spending changes, also described as "Strongly Agree." Meanwhile, food choices recorded a slightly higher composite mean of 3.30, likewise interpreted as "Strongly Agree." These findings suggest that rising cafeteria prices have a notable impact on students' expenditures, prompting adjustments in their food selections and spending habits. The study explored the effects of cafeteria inflation on the spending habits of Grade 12 Humanities and Social Sciences students at Bestlink College of the Philippines. To help students cope with the rising cost of meals, it is recommended that financial literacy programs be implemented. These programs should aim to enhance students' budgeting skills and promote effective spending habits, enabling them to better manage their daily expenses amid ongoing price increases.

RECOMMENDED CITATION

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