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Multiple case analysis using storytelling and child-directed play in addressing the self-esteem, moral reasoning, and pro social behavior of selected Filipino children with history of marijuana use

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The study explored the influence of storytelling and child-directed play as modalities of Expressive arts in addressing the self-esteem, moral reasoning, and prosocial behavior of children with histories of marijuana use. Five male preadolescent and adolescents were purposively sampled from the two areas in Barangay UP Campus, Quezon city based on the measures assessing the three constructs. Data were gathered through the implementation of a program consisting of storytelling and child-directed play that lasted for seven to ten sessions conducted bi-weekly for a month. Results show that there were no trends seen on the scores of the participants. All of the participants obtained a low to normal range of self-esteem while majority of them had a decrease of scores on their moral reasoning and an increase of scores on their prosocial behavior. It is to be noted that while majority of the participants had a decrease on moral reasoning, all of them had an increase in their internalized type of moral reasoning indicating that the participants may have internalized the healthy norms and values while in the program. Thus, this allowed them to distinguish the right from wrong and reason the possible consequences of their actions and the responsibility that it entails. Storytelling and child-directed play had varying elements that influenced the improvement of the self-esteem, moral reasoning, and prosocial behavior of the participants. However, the most common element observed was the free and accepting environment of the program that enabled the building of a healthy relationship and experiences between the facilitators, participants, and their peers. From the thematic analysis of the results, themes such as the role and influence of the facilitator, evoking component of the program, and the individuality of the participants enriching the experiences in the program were used to create considerations for program development to further improve interventions intended to study similar modalities and constructs.

Drug dependents' experience of Pinoy Laughter Yoga within a rehabilitation center

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The research is a qualitative, multiple case study about drug dependents' experiences of Pinoy Laughter Yoga. The study was held at a drug rehabilitation center specifically Center for Christian Recovery at Antipolo City, Rizal. There were 23 male residents in the facility. All were recommended to be participants in the Laughter Yoga exercises. The study lasted for three months of direct interaction with the participants. There were two parts to the study. Part one was composed of at least 7 sessions where the researchers were the ones conducting the sessions. Part two was the in-depth interviews. Researchers interviewed 19 participants who completed at least 5 sessions of the Pinoy Laughter Yoga program. The interviews were conducted per individual in a private room within the facility. Emerging themes were identified through content analysis and Frederickson's theory of "Build and Broaden" was used in the analysis of data. Pinoy Laughter Yoga was an official addition to the existing programs of the center. It was therefore considered a "welcome addition, breaking the boredom of life". The participants all agreed that Pinoy Laughter Yoga was beneficial to them. They learned how to breathe, they saw the values of laughter, they felt more human and authentic as persons, they gained deeper insights into themselves and they were able to regulate their moods better. They wanted Pinoy Laughter Yoga to continue. In conclusion, even for a short span of time of undergoing the Pinoy Laughter Yoga sessions, Pinoy Laughter Yoga brought benefits and improved the well-being of drug-dependent people who experienced laughter sessions.