

INDIGENIZATION OF SCHIZOPHRENIA AMONG AETA MAG-ANTSI TRIBE

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An Undergraduate Thesis Submitted to the Faculty of the Department
of Psychology College of Arts and Sciences, Central Luzon State University,
Science City of Muñoz, Nueva Ecija, Philippines
in Partial Fulfillment of the Requirements
for the Degree of

BACHELOR OF ARTS IN PSYCHOLOGY

JUNE 2018

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This undergraduate thesis entitled **“INDIGENIZATION OF SCHIZOPHRENIA AMONG AETA MAG-ANTSI TRIBE”** prepared and submitted by **BENJAMIN DANLEY GARIBAY** and **ELYCA ELLA D. MANANGHAYA**, in partial fulfillment of the requirements for the degree of **BACHELOR OF ARTS IN PSYCHOLOGY**, is hereby accepted.


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BIOGRAPHICAL SKETCH

Elyca Ella D. Mananghaya was born on January, 19, 1998 in Baliuag, Bulacan. She lives in Paligui, Candaba, Pampanga. Her parents are Eligio Mananghaya and Ma. Pilar Mananghaya. She finished primary education in Paligui Elementary School year 2010; secondary education in Bahay Pare Elementary School year 2014, and currently graduating in Central Luzon State University with a degree of Bachelor of Arts in Psychology this 2018. During college, she attended various seminars and conventions such as the 31st Annual PAPJA Convention “Philippine Psychology in Challenging Times” held at MOA-SMX Convention Center and De La Salle University, Manila last January 26-27, 2018 and the 1st National Youth Congress on Mental Health held at City State Tower Hotel, Malate, Manila on October 14-15, 2017. Together with her colleagues, they got the title “best in research” in Psychology Research Congress on November 2015 in Central Luzon State University. She was also a part of CLSU Mental Health Warriors and Youth for Mental Health Coalition, Inc. a group of volunteer students who promote mental health, which is her advocacy. She finished her 200-hour internship in Child Haus Manila located at Ermita, Manila. She also participated as a student proctor in CLSU College Admission Test on January 13-14, 2018. During the 1st semester A.Y 2017-2018, she also worked as a student assistant in their dormitory

Benjamin Danley Garibay is a mental health advocate. He is a member of the Youth for Mental Health Coalition, Inc.; have been a delegate/parliamentarian during the 1st National Youth Congress on Mental Health in City State Tower Hotel, Malate, Manila last October 14-15, 2017; he is also the founder of the CLSU Mental Health Warriors, a group of volunteer students who uses Social Media to spread positive way of

living to the students of CLSU. He had been a finalist and gained honorable mention in the World Youth Essay Competition 2018, an online competition; and also hailed as the CLSU Most Outstanding Student Leader-Volunteer 2018 during the 10th Vivencio Saulong Awards last March 9, 2018. He is also skilled in research making where he and his colleagues won the CLSU Gawad Lupdag-Best Research Award during the universitywide Psychology Research Congress last November 2015. He also does hosting in some big events of the CLSU activities like Psychology Research Congress 2017 and universitywide Mental Health Symposium. The 21 years old man had also been a part of the university publication, the CLSU Collegian and served as the feature and news editor during the academic year 2016-2017. Dan, is a native of Anda, Pangasinan and was born to Mr. Daniel de Castro and Ms. Elsa Linley Garibay and has three siblings. As he finishes his Bachelor of Arts in Psychology, his goal now is to serve his community and family.

ACKNOWLEDGMENT

Like other students who conducted their theses, we have also faced different problems in accomplishing our goals. Because of the inspiring people we met from different gatherings regarding mental health, we had been motivated to study one of the most debilitating mental illnesses, which is schizophrenia. And since our heart are also searching for an exploration and discovering new things, we had chosen the Aetas to serve as our respondents because they are being “almost forgotten and being disregarded” nowadays, while the world is focusing more to what our eyes can only see.

To our **brother and sister Aetas of the Mag-Antsi tribe**, it never came to our mind that living in a community far from modernization will give us wonderful lessons and experiences, from the moment we climbed the mountain of Sitio Yangka to gather information, the bananas and *gabis* offered to us to surpass hunger, and to the lives of the Aetas who protected and helped us during our stay at Maruglo, we are very grateful and blessed to meet you. Aside from learning new things about our thesis, we also learned that there is so much about life. The wonderful mountains, the overflowing falls and rivers, the breeze of the trees and other creation of God that you are treasuring and protecting, we realized that pictures posted in the internet are greater than what we think. Also, *bayanihan* and *pagmamalasakit* are still alive in your community which inspires us to show your lives to others. We would like to thank **Nanay Conchita** and **Nanay Rosing** for guiding us as we climbed to the Yangka community, to **Chief Erik** and all the Aetas who helped us, and to the Barangay Captain, **Cap Gawat**. Without you, we cannot make this possible.

To our parents, who gave us moral and financial support, without you, we will never reach this stage of our lives. With your inspiring love and care to us, it created strength to face each battle from our first year up to making this thesis;

Elyca:

To my parents, Mama (**Pilar Mananghaya**) and Papa (**Eligio Mananghaya**), thank you for always believing in me, for your endless support, be it financial, moral, or spiritual. I cannot make this without your help and now that we are almost there, I will make both of you proud. The two of you are my strength and inspiration. I love you both.

To my siblings, especially my sister (**Erisha Mananghaya**), thank you for cheering me up, for your treats and advices in life. Thank you for believing that I will get through this, for saying that I cannot give up because there is still a lot to face after this. Finally, your “*bunso*” is about to enter the real world. Anyways, you guys are the best and very much appreciated!

Dan:

To my mother, **Elsa Linley Garibay**, who always corrects our grammar and always inspires me to be strong and intelligent enough with the decisions I will make, I love you always, same with Papa; **Daniel De Castro**: You are both my inspiration.

To my sisters, **Ling (Liniel Danley)**, **Tam (Laida Tamarlene Danley)**, **Em (Alnny Emerald Danley)**, and **Ate Mitch (Michelle De Castro)**, thank you for your “girl power” and for believing and trusting that I can do this!

To my best Grandma, **Elemele C. Garibay**, who always reminds me to pray and supported me financially in this thesis, you are my best “Lola” ever!

To our adviser, **Sir Wawie (Wawie DG Ruiz)** and critic, **Ma’am Magz (Magdalena Galang)**, thank you for molding us and believing in us. Your ideas really helped us to make our paper the best. We will always treasure your shared knowledge. Thank you.

We would also like to mention and give thanks to our friends:

Elyca:

To my dorm mates, **Imana (Rosemarie Imana)**, **Honey (Patricia Mae Bulatao)**, “plastikadang” friend **(Hannah Marie Castro)**, **Ate Her (Hershey Palomo)**, **Nel (Marinel Mariano)**, **Ate Ivy (Ivy Marcaida)**, **Iel (Mariela Parumog)**, **Ate Lady (Lady Lyn Cabatic)**, **Jeje (Jessica Patrice De Paula)**, and **Jacynth (Jacynth Mallari)**, thank you for making my mood light and happy when things get hard and for motivating me to do this thesis whenever I feel sleepy or lazy. *Mars*, our unstoppable laughter and talks until midnight, though we get violations for being noisy and neighboring, will all be treasured. Thank you for all your support.

To our friends, the “pakera” and “#walangjejebag”, **Kimy (Norwin Kimuel Ibus)**, **Caloy (Tristan Carlo Villanueva)**, **Dan (Benjamin Danley Garibay)**, **Yen (Anlene Celedon)**, **Dula (Mary Joice Dula)**, and **Pau (Janel Pauline Valiente)**, thank you for supporting us all throughout this journey, from the very beginning up to this point. My college life would be boring without you, guys. *Mamshies*, we may have faced misunderstandings and shortcomings but our friendship will always prevail.

To my friends since day one, **Balat (Lorraine Sulit)**, **Jamai (Jamaica Santos)**, **Ate Essa (Vanessa Centeno)**, **Jaina (Jaina Sherine Araojo)**, **Janel (Janel Santos)**, **Selda (Criselda Buco)**, **Thea (Thea Rizza Sta. Rita)**, and **Onyok (Dieson Buco)**, thank you for being my comfort zone, that whenever I feel stressed, I’ll go home and all of you will be there. Our years of friendship with endless food trip, road trip, and lots of fun nights together will be kept in my heart.

To **Psych Dash One family**, too many to mention, thank you for the four years of companionship. We’ve been through a lot, from road to second year, thesis, and now to graduation, may we continue our friendship until the end. Viva Sikolohiya!

To **DJ (Dhayer Jaytee Torres)**, thank you for cheering me up when I am at my weakest point, and for giving me spiritual support. You helped me reach out to Him even closer. Indeed, if we let go and let God be our Lord in every aspects of our life, all will be alright and worth it in time.

To the person who taught me to be the better version of myself, thank you. You may not be reading this but what happened to us became my inspiration to strive harder, to be the person I am today. I'm grateful for that.

To my thesis partner, my buddy in every "grab-the-opportunity-agenda", **Dan (Benjamin Danley Garibay)**, thank you for being with me in facing this battle, for not giving up on this paper, on me, especially when I have no idea what's happening and what's ahead of us. Looking forward on presenting this thesis in every way possible!

Dan:

To my **Mareng Yen (Anlene Celedon)**, who always listens to my "*hinanings*", who always welcomes me to stay overnight in her house and who always cook "*turon*" for merienda, I will never forget that, especially our great talks together with your **Mama (Milagros Celedon)** and **Papa (Armando Celedon)**, thank you.

To the most beautiful girls, **Joice (Mary Joice Dula)**, **Ayeng (Marielle Supan Sicat)**, and **Mary Joy (Mary Joy Yabut Juan)**, you girls are so relaxing that when I have no motivation to work on this thesis, you are always there to help me cope up and see the world on its beautiful side.

To my special friends, who are far from me yet always makes me feel they are close, **Necz (Necoli Ramirez)** and **Daine (Daniella Lara Abejero)**, thanks

for always reminding me that “thesis” is just a simple challenge I can conquer through God’s guidance. Godspeed!

To the President of Psychological Student Council, **Few (Ferwin Precinillo)** and the President of Psychological Society, **Dagz (Mikaella Dagdag)**, thank you guys for supporting our paper and our advocacy (together with CLSU MHW), especially when we have had our gift-giving to the Mag-Antsi tribe. You guys are indeed great leaders with a great heart for people. Continue inspiring people.

To **Trisha (Trisha May Bides)**, **Matthew (John Matthew Quiazon)**, **Alex (Alessandro Austria)**, **Christian Dave Talampas**, and **Babe Adrina (Adrina Cartagena)**, thank you for always supporting me and being with me. You are all warriors of mental health. All of the things we shared together will always be in my heart.

To the **CLSU Mental Health Warrior members (Tristan Carlo, Anlene, Mary Joice, Janel Pauline, Kimuel, and Elyca Ella)**, who has the same advocacy on IPs, thank you for being with us on this study. It is an organization we originally made because of one desire, which is to inspire people through our life stories. Hope that our friendship last forever, strong and firm ‘til the end.

To my travel buddy, whom I am always with when I got tired of doing this thesis and when I am almost losing hope in life, thank you for being there: **Caloy (Tristan Carlo Villanueva)**, you are great and amazing. Together with your **Mommy (Tita Rowena Villanueva)**, all those life principles that you have taught

me will always remain in my heart. I am still looking forward for more travels and “*gala*” after college for there are still so much things to discover in life that can only be discovered in different places, and it will only be meaningful when your partner is always on-the-go and not “KJ”, I never thought that we will be *magiging magkasundo* in so many things, and I am loving it. You are amazing and great, thank you.

To my partner in this study, **Ella (Elyca Ella Mananghaya)**, we have undergone so much pains and troubles regarding this study and I am thankful that you never gave up on my *kaartehan* and *kasungitan* to finish this. Thank you for always saying “yes” to my ideas when “competitiveness” attacks me. You are the best partner ever!

Lastly and mostly, we would like to thank our **Creator**. Thank You for making us different from each other, we have realized that whether you are black or white or anything, still we can experience love and care. Thank You, God, for guiding and giving us wisdom as we finished this battle. Indeed Jehovah Jireh!

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ABSTRACT

GARIBAY, BENJAMIN DANLEY & MANANGHAYA, ELYCA ELLA D., Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Munoz, Nueva Ecija, Philippines, June 2018, **INDIGENIZATION OF SCHIZOPHRENIA AMONG AETA MAG-ANTSI TRIBE**

Adviser: WAWIE DG. RUIZ

Various studies and researches by almost all psychologists in the world rate schizophrenia as one of the most debilitating mental disorders. It affects people from all walks of life transcending cultures and tribes of different Indigenous Peoples (IPs). It is sad to note, however, that this disorder has a very limited number of researches among Filipino IPs. With this qualitative study, using Interpretative Phenomenological Analysis, the researchers aims to understand only on a limited scope how Aetas, particularly the Mag-Antsi tribe, cope and deal with the manifestations of the symptoms of schizophrenia based on their cultural beliefs. At the onset, it can be noted that the scientific description of the disorder is beyond their knowledge and is quite an ambitious task for the researchers to dig information in such a way that scientific and academic functions will not clash with their cultural beliefs and norms. The central question of this study is: How does IPs collectively characterize their cultural understanding on the impression, expression and lived experiences of schizophrenia? A total of six participants were purposively chosen to take part in this study, in-depth interview and some Filipino Indigenous research methods were used. Thus, this paper presents the results of the phenomenological lived experiences of the Aetas of Mag-Antsi tribe in Capas, Tarlac.

The findings revealed that ethnic minorities are also vulnerable to mental health issues and schizophrenia has significant cultural variations in presenting the symptoms.

Keywords: schizophrenia, aetas, indigenization, phenomenology

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