

**VULNERABILITY AND RESILIENCY: CHALLENGES AND COPING  
STRATEGIES OF 4P'S PARENT BENEFICIARIES AMIDST THE  
COVID-19 PANDEMIC IN TWO SELECTED BARANGAYS  
OF UMINGAN, PANGASINAN**

A Thesis Presented to the  
Faculty of the Department of Social Sciences  
Central Luzon State University

In Partial Fulfillment  
of the Requirements for the Degree  
Bachelor of Arts in Social Sciences

by

AIZA R. GUALON

June 2023

## THESIS ABSTRACT

1. Title: VULNERABILITY AND RESILIENCY: CHALLENGES AND COPING STRATEGIES OF 4P'S PARENT BENEFICIARIES AMIDST THE COVID-19 PANDEMIC IN TWO SELECTED BARANGAYS OF UMINGAN, PANGASINAN

1.1 Total No. of Pages: 144

1.2 Total No. of Words: 17,030

2. Researchers: GUALON, AIZA R.
3. Type of Document: Undergraduate Thesis
4. Type of Publication: Unpublished
5. Accrediting Institution: Central Luzon State University

Maharlika Highway, Science City of Muñoz

3120, Nueva Ecija

6. Keywords: 4P's Parent Beneficiaries, Philippines, Challenges, Coping Strategies, COVID-19 Pandemic
7. Abstract:

### **7.1 Rationale/Background**

4P's beneficiaries are considered to be the poorest of the poor and are deprived of resources such as education, healthcare, and finances. Despite the continuous socioeconomic support provided by the 4P's program to its beneficiaries to improve their living condition, there is no substantial evidence

showing how the COVID-19 pandemic affects their lives, particularly the parent beneficiaries.

## **7.2 Summary**

This qualitative study explored the economic and health-related challenges and coping strategies of 4P's parent beneficiaries in the Philippines—one of the countries affected by the COVID-19 pandemic. Specifically, this study was conducted in two selected barangays of Umingan, Pangasinan – Brgy. Diket and Poblacion West. The study selected five (5) 4P's parent beneficiaries using a purposive sampling technique. Semi-structured in-depth interviews were used as the primary research instrument and thematic analysis was employed as the method for data analysis.

## **7.3 Major Findings**

The present research has identified eight emerging themes that are categorized into three: a) economic challenges—*job losses* and *food insecurity*, b) health challenges—*mental health issues* and *physical stress*, c) coping strategies—*borrowing money*, *borrowing food*, *finding alternative ways to earn*, and *familial solidarity*.

## **7.4 Conclusions**

This study delved into the realities faced by the 4P's parent beneficiaries amidst the adversity of the pandemic. Specifically, it studied economics and health-related challenges and the coping strategies they employed. By examining these

challenges, we might be able to understand the ongoing struggle of the 4P's parent beneficiaries as we try to uncover many of their untold stories.

### **7.5 Recommendations**

In light of the result, the following are the recommendations for future research studies and policy recommendations to address the challenges identified: (1) conduct a Focus Group Discussion (FGD); (2) use a mixed-method approach that combines quantitative and qualitative techniques to determine the correlations between the sociodemographic characteristics of the 4P's parent beneficiary-participants to their challenges and coping strategies during the pandemic; (3) LGUs must work together with the MSWDO in developing an active and longer-term intervention or risk contingency planning aiming to protect the overall well-being of its residents against a crisis; (4) MSWD must promote programs addressing the mental health concerns of the parent beneficiaries; and (5) LGUs and MSWDO-Umingan must encourage future researchers to conduct a further study focusing on the living conditions of the 4P's beneficiaries in the locality.

## TABLE OF CONTENTS

	PAGE
TITLE PAGE.....	i
APPROVAL SHEET.....	ii
THESIS ABSTRACT.....	iii
ACKNOWLEDGMENTS.....	ix
TABLE OF CONTENTS.....	xi
LIST OF TABLES.....	xiv
LIST OF FIGURES.....	xv
LIST OF ABBREVIATIONS.....	xvi
 CHAPTER	
1. INTRODUCTION	
Rationale of the Study.....	1
Literature Review.....	5
Theoretical Framework.....	25
Conceptual Framework.....	27
Statement of the Problem.....	28
Definition of Terms.....	30
 2. MATERIALS AND METHODS	
Research Design.....	31
Research Locale.....	31

Sampling Method .....	32
Scope and Delimitations .....	33
Research Instrument.....	33
Data Gathering Procedure .....	35
Data Analysis.....	36
Ethical Considerations .....	37
<b>3. RESULTS AND DISCUSSION</b>	
Results of the Study.....	39
Discussions.....	58
Summary of the Findings.....	71
Conclusions .....	74
Recommendations.....	75
REFERENCES .....	77
<b>APPENDICES</b>	
A. Ethics Approval from the Ethics Review Committee .....	96
B. Request Letter Addressing the MSWD-Umingan Office .....	97
C. Permission Letter in Research Locale.....	98
D. Informed Consent for the Participants.....	100
E. In-depth Interview Semi-Structured Questionnaire.....	101
F. Certification of Translation Accuracy.....	102
G. In-depth Interview Transcription and Translation.....	103

H. Research Timetable .....	124
I. Detailed Line-item Budget .....	125
CURRICULUM VITAE .....	126

**LIST OF TABLES**

Table No.	Title	Page
Table 1.	Sociodemographic Profile of the 4P's Parent Beneficiary	39
Table 2.	Generated Codes and Themes in Open-Ended Interviews	41

**LIST OF FIGURES**

Figure No.	Title	Page
Figure 1.	Conceptual Model of the Study	27
Figure 2.	Map of Brgy. Diket and Poblacion West, Umingan, Pangasinan	31

## LIST OF ABBREVIATIONS

- 4P's** : Pantawid Pamilyang Pilipino Program
- ADB** : Asian Development Bank
- CCTs** : Conditional Cash Transfers
- COVID-19** : Corona Virus Disease 2019
- DOH** : Department of Health
- DSWD** : Department of Social Welfare and Development
- FAO** : Food and Agriculture Organization
- FDS** : Family Development Sessions
- ILO** : International Labour Organization
- LGUs** : Local Government Units
- MDGs**: Millennium Development Goals
- MSWD** : Municipal Social Welfare and Development
- MSWDO** : Municipal Social Welfare and Development Office
- NHTS-PR** : National Household Targeting System for Poverty Reduction
- NSO** : National Statistics Authority
- OXFAM** : Oxford Committee for Famine Relief
- PIDS** : Philippine Institute for Development Studies
- PSA** : Philippine Statistics Authority
- SAP** : Social Amelioration Program
- SDGs** : Sustainable Development Goals

**UNICEF** : United Nations Children's Fund

**UNU-WIDER** : United Nations University World Institute for Development  
Economics Research

**WFP** : World Food Programme

**WHO** : World Health Organization

**WIEGO** : Women in Informal Employment and Organizing

## REFERENCES

### A. BOOKS

- Bourdieu, P. (1986). The forms of Capital. In J. Richardson (Ed.), *Handbook of Theory and Research for the Sociology of Education*. Westport: Greenwood.
- Boyatzis, R. E. (1998). *Transforming qualitative information: Thematic analysis and code development*. Thousand Oaks, CA: Sage.
- Glesne, C. & Peshkin, A. (1992). *Becoming qualitative researchers*. White Plains, NY: Longman.
- González de la Rocha, M. (1994). The Resources of Poverty. Women and Survival in a Mexican City. *Oxford and Cambridge: Blackwell*.
- Richardson, J. G. (1986). *Handbook of Theory and Research for the Sociology of Education*. Greenwood.

### B. JOURNALS

- Adesina-Uthman, G. & Obaka, A. (2020). Financial Coping Strategies of Households during COVID-19 Induced Lockdown. *Empirical Economic Review, 3* (2), 83-114. <https://doi.org/10.29145/eer/32/030205>
- Alamgir, N. I., Naheed, A., & Luby, S. P. (2010). Coping strategies for financial burdens in families with childhood pneumonia in Bangladesh. *BMC Public Health, 10*(1). <https://doi.org/10.1186/1471-2458-10-622>
- Angeles-Agdeppa, I., Javier, C. A., Duante, C. A., & Maniego, M. L. V. (2022). Impacts of COVID-19 Pandemic on Household Food Security and Access to

Social Protection Programs in the Philippines: Findings From a Telephone Rapid Nutrition Assessment Survey. *Food and Nutrition Bulletin*, 43(2), 213–231. <https://doi.org/10.1177/03795721221078363>

Araos, C., & Siles, C. (2021). "Juntos pero no revueltos": Family residential dependence and care vulnerabilities along the life course. *Advances in Life Course Research*, 49, 100404. doi:10.1016/j.alcr.2021.100404

Attride-Stirling, J. (2001). Thematic networks: an analytic tool for qualitative research. *Qualitative Research*, 1(3), 385–405. <https://doi.org/10.1177/146879410100100307>

Basas, G. (2021). The Socio-economic conditions of the Household-Beneficiaries of Pantawid Pamilyang Pilipino Program (4Ps). *Interdisciplinary Journal of Applied and Basic Subjects* 1 (6): 52-73. <https://visnav.in/ijabs/wp-content/uploads/sites/11/2021/12/The-Socio-economic-conditions-of-the-Household-Beneficiaries-of-Pantawid-Pamilyang-Pilipino-Program-4Ps-1.pdf>

Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative research in psychology*, 3(2), 77-101. doi:10.1191/1478088706qp063oa

Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet (London, England)*, 395(10227), 912–920. [https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

- Cantillon, S., Moore, E., & Teasdale, N. (2021). COVID-19 and the Pivotal role of Grandparents: Childcare and income Support in the UK and South Africa. *Feminist Economics*, 27(1–2), 188–202.  
<https://doi.org/10.1080/13545701.2020.1860246>
- Cho, Y., Avalos, J. O., Kawasoe, Y., & Rodriguez, R. J. O. (2020). Optimizing Pantawid for Nutrition. *World Bank, Washington, DC EBooks*.  
<https://doi.org/10.1596/34784>
- Cho, Y. (2021). *The Impact of the COVID-19 Pandemic on Low Income Households in the Philippines*. Retrieved September 30, 2022 from  
<https://openknowledge.worldbank.org/handle/10986/35260>
- de Hoop, J., Friedman, J., Kandpal, E., & Rosati, F. C. (2017). Child Schooling and Child Work in the Presence of a Partial Education Subsidy. *World Bank, Washington, DC EBooks*. <https://doi.org/10.1596/1813-9450-8182>
- dela Luna, K.L. & Bullecer, E.R. (2020). Rural and Urban Differences in Household Food Insecurity and Diet Diversity of Preschool Children (PSC) in Occidental Mindoro. *Acta Medica Philippina*, 54 (5).  
<http://dx.doi.org/10.47895/amp.v54i5.2254>
- dela Torre, B. O. (2016). Financing Education through the Pantawid Pamilyang Pilipino Program (4Ps). *International Journal of Humanities and Social Science*, 6 (5).

[https://www.academia.edu/35720350/Financing\\_Education\\_through\\_the\\_Pantawid\\_Pamilyang\\_Pilipino\\_Program\\_4Ps](https://www.academia.edu/35720350/Financing_Education_through_the_Pantawid_Pamilyang_Pilipino_Program_4Ps)

Dulliyao, R. (2019). The implementation of Pantawid Pamilyang Pilipino Program (4Ps) and its socioeconomic impact to the living standards of the beneficiaries in Tabuk City. *International Journal of Advanced Research*, 7 (7), 291-303. <http://dx.doi.org/10.21474/IJAR01/9360>

Flores, M. J. S., Espinoza, C. a. B., Enrico, H., & Casimiro, R. R. (2019). Pantawid Pamilyang Pilipino Program (4Ps): Its Effect on the Academic Performance of Student-Beneficiaries in Calaba National High School in the Philippines. *Journal of Public Administration and Governance*, 9(2), 193. <https://doi.org/10.5296/jpag.v9i2.14762>

Frufonga, R. (2015). The Pantawid Pamilyang Pilipino Program (4Ps) in Iloilo, Philippines: An Evaluation. *Asia Pacific Journal of Multidisciplinary Research*. 3 (5). 59-65. [www.apjmr.com](http://www.apjmr.com)

Garnezy, N. (1991a). Resilience in Children's Adaptation to Negative Life Events and Stressed Environments. *Pediatric Annals*, 20 (9); 459-466. <https://doi.org/10.3928/0090-4481-19910901-05>

Garnezy, N. (1991b). Resiliency and Vulnerability to Adverse Developmental Outcomes Associated With Poverty. *American Behavioral Scientist*, 34(4), 416-430. <https://doi.org/10.1177/0002764291034004003>

- Gayatri, M., & Irawaty, D. K. (2022). Family Resilience during COVID-19 Pandemic: A Literature Review. *The Family Journal, 30*(2), 132–138. <https://doi.org/10.1177/10664807211023875>
- González de la Rocha, M., and Gantt, B. B. (1995). The Urban Family and Poverty in Latin America. *Latin Am. Perspect. 22* (2), 12–31. doi:10.1177/0094582X95022002021
- Hatefi, S., Smith, F., Abou-El-Hossein, K., & Alizargar, J. (2020). COVID-19 in South Africa: lockdown strategy and its effects on public health and other contagious diseases. *Public Health, 185*, 159–160. <https://doi.org/10.1016/j.puhe.2020.06.033>
- Huang, X., Shao, X., Xing, L., Hu, Y., Sin, D. D., & Zhang, X. (2021). The impact of lockdown timing on COVID-19 transmission across US counties. *EClinicalMedicine, 38*, 101035. <https://doi.org/10.1016/j.eclinm.2021.101035>
- Javed, S., & Parveen, H. (2021). Adaptive coping strategies used by people during coronavirus. *Journal of education and health promotion, 10*, 122. [https://doi.org/10.4103/jehp.jehp\\_522\\_20](https://doi.org/10.4103/jehp.jehp_522_20)
- Jee Y. (2020). WHO International Health Regulations Emergency Committee for the COVID-19 outbreak. *Epidemiology and health, 42*, e2020013. <https://doi.org/10.4178/epih.e2020013>

- Philippine setting during the COVID-19 pandemic. *Health promotion perspectives*, 11(3), 267–270. <https://doi.org/10.34172/hpp.2021.34>
- Majumdar, A. (2018). *Thematic Analysis in Qualitative Research*. University of Calcutta, India.
- Maravilla, N. M. A. T., & Tan, M. J. T. (2021). Philippine Mental Health Act: Just an Act? A Call to Look Into the Bi-directionality of Mental Health and Economy. *Frontiers in psychology*, 12, 706483. <https://doi.org/10.3389/fpsyg.2021.706483>
- Mariani, R., Renzi, A., Di Trani, M., Trabucchi, G., Danskin, K., & Tambelli, R. (2020). The Impact of Coping Strategies and Perceived Family Support on Depressive and Anxious Symptomatology During the Coronavirus Pandemic (COVID-19) Lockdown. *Frontiers in Psychiatry*, 11. <https://doi.org/10.3389/fpsyg.2020.587724>
- Martinez, A. B., Co, M., Lau, J., & Brown, J. S. L. (2020). Filipino help-seeking for mental health problems and associated barriers and facilitators: a systematic review. *Social psychiatry and psychiatric epidemiology*, 55(11), 1397–1413. <https://doi.org/10.1007/s00127-020-01937-2>
- Moser, C. (1997). Household responses to poverty and vulnerability. Vol. 1, confronting crisis in Cisne Dos, Guayaquil, Ecuador. *Urban Management Programme Policy Paper. UMPP No. UMP 21 (Washington, DC: The World Bank)*. <https://doi.org/10.1596/0-8213-3847-1>

- Kakaei, H., Nourmoradi, H., Bakhtiyari, S., Jalilian, M., & Mirzaei, A. (2022). Effect of COVID-19 on food security, hunger, and food crisis. *COVID-19 and the Sustainable Development Goals*, 3–29. <https://doi.org/10.1016/B978-0-323-91307-2.00005-5>
- Kamaryati, N. & Malathum, P. (2020). Family Support: A Concept Analysis. *Pacific Rim Int J Nurs Res*, 24(3), 403-411.  
[https://www.researchgate.net/publication/343253776\\_Family\\_Support\\_A\\_Concept\\_Analysis](https://www.researchgate.net/publication/343253776_Family_Support_A_Concept_Analysis)
- Kharroubi, S. A., & Saleh, F. A. (2020). Are Lockdown Measures Effective Against COVID-19? *Frontiers in Public Health*, 8.  
<https://doi.org/10.3389/fpubh.2020.549692>
- Lally, J., Samaniego, R.M., & Tully, J. (2019). Mental health legislation in the Philippines: Philippine Mental Health Act. *BJPsych International*, 16 (3):65-67. <https://doi.org/10.1192%2Fbjj.2018.33>
- Lluz, L.P. (2020). Surviving And Quitting: The Case Of 4ps (Pantawid Pamilyang Pilipino Program) Student Dropouts. *International Journal of Research - GRANTHAALAYAH*, 8(8), 297-301.  
<https://doi.org/10.29121/granthaalayah.v8.i8.2020.971>
- Malolos, G. Z. C., Baron, M. B. C., Apat, F. A. J., Sagsagat, H. A. A., Pasco, P. B. M., Aportadera, E. T. C. L., Tan, R. J. D., Gacutno-Evardone, A. J., & Lucero-Prisno Iii, D. E. (2021). Mental health and well-being of children in the

- Philippine setting during the COVID-19 pandemic. *Health promotion perspectives, 11*(3), 267–270. <https://doi.org/10.34172/hpp.2021.34>
- Majumdar, A. (2018). *Thematic Analysis in Qualitative Research*. University of Calcutta, India.
- Maravilla, N. M. A. T., & Tan, M. J. T. (2021). Philippine Mental Health Act: Just an Act? A Call to Look Into the Bi-directionality of Mental Health and Economy. *Frontiers in psychology, 12*, 706483. <https://doi.org/10.3389/fpsyg.2021.706483>
- Mariani, R., Renzi, A., Di Trani, M., Trabucchi, G., Danskin, K., & Tambelli, R. (2020). The Impact of Coping Strategies and Perceived Family Support on Depressive and Anxious Symptomatology During the Coronavirus Pandemic (COVID-19) Lockdown. *Frontiers in Psychiatry, 11*. <https://doi.org/10.3389/fpsyt.2020.587724>
- Martinez, A. B., Co, M., Lau, J., & Brown, J. S. L. (2020). Filipino help-seeking for mental health problems and associated barriers and facilitators: a systematic review. *Social psychiatry and psychiatric epidemiology, 55*(11), 1397–1413. <https://doi.org/10.1007/s00127-020-01937-2>
- Moser, C. (1997). Household responses to poverty and vulnerability. Vol. 1, confronting crisis in Cisne Dos, Guayaquil, Ecuador. *Urban Management Programme Policy Paper. UMPP No. UMP 21* (Washington, DC: The World Bank). <https://doi.org/10.1596/0-8213-3847-1>

- Moser, C. (1998b). The asset vulnerability framework: Reassessing urban poverty reduction strategies. *World Development*, 26(1), 1–19.  
[https://doi.org/10.1016/s0305-750x\(97\)10015-8](https://doi.org/10.1016/s0305-750x(97)10015-8)
- Nuzhat, S., Hasan, S. M. R., Palit, P., Afroze, F., Amin, R., Alam, A., Alam, B., Chisti, M. J., & Ahmed, T. (2022). Health and nutritional status of children hospitalized during the COVID-19 pandemic, Bangladesh. *Bulletin of the World Health Organization*, 100(02), 98–107.  
<https://doi.org/10.2471/blt.21.285579>
- Orbeta, A., Melad, K.A., & Araos, N.V. (2021). Longer-term Effects of the Pantawid Pamilyang Pilipino Program: Evidence from a Randomized Control Trial Cohort Analysis. *Philippine Institute for Development Studies*.  
<https://www.pids.gov.ph/publication/discussion-papers/longer-term-effects-of-the-pantawid-pamilyang-pilipino-program-evidence-from-a-randomized-control-trial-cohort-analysis-third-wave-impact-evaluation>
- Palma, J. & Araos C. (2021). Household Coping Strategies During the COVID-19 Pandemic in Chile. *Frontiers in Sociology* 5: 728095.  
<https://doi.org/10.3389/fsoc.2021.728095>
- Palma, J., & Scott, J. (2020). The implications of changing living arrangements for intergenerational relations in Chile. *Contemporary Social Science*.  
<https://doi.org/10.1080/21582041.2018.1460487>

- Pescador, E. (2019). A Qualitative Study on the Impact of the 4P's Program in Lingayen, Pangasinan. *Asian Journal of Business and Technology*, 2(1). <https://asianjournal.org/online/index.php/ajbts/article/download/326/132>
- Pineda, M., & Fabella, F. E. (2019). The Lived Experiences of Former Pantawid Pamilyang Pilipino Program (4PS) Student-Beneficiaries. *Social Science Research Network*. <https://doi.org/10.2139/ssrn.3367381>
- Rönkkö, R., Rutherford, S., & Sen, K. (2022b). The impact of the COVID-19 pandemic on the poor: Insights from the Hrishipara diaries. *World Development*, 149, 105689. <https://doi.org/10.1016/j.worlddev.2021.105689>
- Santana, C. L. A., Manfrinato, C. V., Souza, P. R. P., Marino, A., Condé, V. F., Stedefeldt, E., Tomita, L. Y., & do Carmo Franco, M. (2021). Psychological distress, low-income, and socio-economic vulnerability in the COVID-19 pandemic. *Public health*, 199, 42–45. <https://doi.org/10.1016/j.puhe.2021.08.016>
- Singh, D., Sunuwar, D. R., Shah, S., Sah, L. K., Karki, K., & Sah, R. K. (2021). Food insecurity during COVID-19 pandemic: A genuine concern for people from disadvantaged community and low-income families in Province 2 of Nepal. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0254954>
- Swarna, N.R., Anjum, I., Hamid, N.N., Rabbi, G.A., Islam, T., Evana, E.T., Islam N., Rayhan, I., Morshed, K., Said, A., & Miah, J. (2022) Understanding the

impact of COVID-19 on the informal sector workers in Bangladesh. *PLoS ONE* 17(3). <https://doi.org/10.1371/journal.pone.0266014>

Sy, J. M. E. (2019). The Benefits of 4p's (Pantawid Pamilyang Pilipino Program) Towards Academic Performance of Selected Senior High Students of Emiliano Tria Tirona Memorial National High School. *Ascendens Asia Journal of Multidisciplinary Research Abstracts*, 3 (21).  
<https://ojs.aaresearchindex.com/index.php/AAJMRA/article/view/7406#:~:text=Majority%20of%20the%20senior%20high,assistance%20to%20buy%20their%20needs.>

Torres, D. R. & de Guzman, M.F. (2022). Impact Evaluation of COVID Crisis on Household Recipients of Pantawid Pamilya Conditional Cash Transfer (CCT). *United International Journal for Research & Technology* 3(3): 66-75.

### C. INTERNET SOURCES

Abasola, L. (2022, October 16). *4Ps system needs review to achieve goals: solon*. Philippine News Agency. Retrieved May 5, 2023 from <https://www.pna.gov.ph/articles/1186269#:~:text=In%20a%20radio%20interview%20on,but%20ineffective%20in%20poverty%20alleviation>

Administration for Children & Families. (2021, March 25). *Pandemic Emergency Assistance Fund*. Retrieved November 1, 2022 from <https://www.acf.hhs.gov/ofa/data/pandemic-emergency-assistance-fund>

- Anand, M., & Anand, M. (2020, December 2). *Salary advances are helping gig workers in India make essential purchases during COVID-19 - BFA Global*. BFA Global - Finance, Data, and Technology Innovations for an Equitable World. Retrieved October 29, 2022 from <https://bfaglobal.com/catalyst-fund/insights/salary-advances-helping-gig-workers-in-india-during-covid-19/>
- Asian Development Bank. (n.d.). *Impact Evaluation of the Pantawid Pamilyang Pilipino Program*. Retrieved October 1, 2022 from <https://www.adb.org/sites/default/files/linked-documents/52257-001-sd-02.pdf>
- Asian Development Bank. (2009). *Poverty in the Philippines: Causes, Constraints and Opportunities*. Retrieved from September 19, 2022 from <https://hdl.handle.net/11540/191>
- Department of Health. (Accessed 2022, October 28). *COVID-19 Tracker*. <https://doh.gov.ph/covid19tracker>
- Department of Social Welfare and Development. (2019, August 8). *4Ps remains on track with objectives to send children to school, keep them healthy*. Retrieved October 15, 2022 from <https://www.dswd.gov.ph/4ps-remains-on-track-with-objectives-to-send-children-to-school-keep-them-healthy/>
- Department of Social Welfare and Development. (2020). *Policy brief: Rapid qualitative assessment of the impact of Pantawid Pamilyang Pilipino*

*Program (4Ps) on nutrition outcomes of beneficiary children in selected municipalities.* Retrieved October 10, 2022

<https://pantawid.dswd.gov.ph/wp-content/uploads/2020/02/5-Policy-Brief-Rapid-Qualitative-Assessment-of-the-Impact-of-4Ps-on-Nutrition-Outcomes-in-Beneficiary-Households-in-Selected-Municipalities.pdf>

Department of Social Welfare and Development. (2020, July 14). *4Ps Beneficiaries Channel Honesty and Empathy Amidst COVID-19.* Retrieved December 27, 2022 from <https://car.dswd.gov.ph/2020/07/4ps-beneficiaries-channel-honesty-and-empathy-amidst-covid-19/>

Department of Social Welfare and Development. (2021, March 29). *Pandemic Heroines.* Retrieved December 27, 2022 from <https://www.dswd.gov.ph/pandemic-heroines/>

Department of Social Welfare and Development. (2022, January 28). *Community vegetable garden helps 4P's beneficiaries amid COVID lockdown.* Retrieved December 27, 2022 <https://fo7.dswd.gov.ph/community-vegetable-help-4ps-beneficiaries-amid-covid-lockdown/>

Food and Agriculture Organization. (n.d.). *Chapter 2. Food security: concepts and measurement.* Retrieved April 4, 2023 from <https://www.fao.org/3/y4671e/y4671e06.htm#:~:text=Food%20insecurity%20exists%20when%20people,to%20food%20as%20defined%20above>

- Food and Agriculture Organization. (n.d.). *Income Generating Activities*. Retrieved April 4, 2023 <https://www.fao.org/3/x0206e/x0206e03.htm>
- Google Maps. Retrieved December 28, 2022 from Poblacion West to Diket, Umingan, Pangasinan, Philippines - Google Maps
- Ho, K. (2020, March 31). *Hong Kong low-income families face unemployment as economy slumps amid coronavirus outbreak*. Hong Kong Free Press HKFP. Retrieved November 23, 2022 from <https://hongkongfp.com/2020/03/10/hong-kong-low-income-families-face-unemployment-economy-slumps-amid-coronavirus-outbreak/>
- Holtz-Eakin, D. (2019, September 17). *The Economic Benefits of Educational Attainment - AAF*. AAF. Retrieved September 30, 2022 from <https://www.americanactionforum.org/project/economic-benefits-educational-attainment/>
- International Labour Organization. (2020, May). *Impact of lockdown measures on the informal economy A summary*. Retrieved April 10, 2023 from [https://www.ilo.org/wcmsp5/groups/public/---ed\\_protect/---protrav/---travail/documents/briefingnote/wcms\\_743534.pdf](https://www.ilo.org/wcmsp5/groups/public/---ed_protect/---protrav/---travail/documents/briefingnote/wcms_743534.pdf)
- International Labour Organization. (n.d.) *What is child labour*. Retrieved November 13, 2022 from <https://www.ilo.org/ipecc/facts/lang-en/index.htm#:~:text=The%20term%20%E2%80%9Cchild%20labour%E2%80%9D%20is,to%20physical%20and%20mental%20development>

- Panchal, N., Saunders, H., Rudowitz, R., & Coax, C. (2023). *The Implications of COVID-19 for Mental Health and Substance Use*. KFF. Retrieved April 28, 2023 from <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/#:~:text=Symptoms%20of%20anxiety%20and%20depression,compared%20to%20their%20male%20peers>
- Parrocha, A. (2020, March 17). *Duterte to employers: Give 13th-month pay in advance*. Philippine News Agency. Retrieved January 1, 2023 from <https://www.pna.gov.ph/articles/1096852>
- Philippine Atlas. (n.d.). *Umingan*. Retrieved November 5, 2022 from <https://www.philatlas.com/luzon/r01/pangasinan/umingan.html>
- Philippine Statistics Authority. (n.d.). *Characteristics of Poor Families in the Philippines (Findings from the 2008 Annual Poverty Indicators Survey)*. Retrieved May 10, 2023 from <https://psa.gov.ph/article/characteristics-poor-families-philippines-findings-2008-annual-poverty-indicators-survey>
- Philippine Statistics Authority. (2015, December 9). *Estimated Number of Working Children 5 to 17 Years Old Who Worked During The Past Week Was 3.3 Million (Final Results of the 2011 Survey on Children)*. Retrieved November 19, 2022 from <https://psa.gov.ph/statistics/survey/labor-and-employment/survey-on-children>

- Philippine Statistics Authority. (2020, June 5). *Employment Situation in April 2020*. Retrieved May 10, 2023 from <https://psa.gov.ph/content/employment-situation-april-2020>
- Philippine Statistics Authority. (2022, August 15). *Proportion of Poor Filipinos was Recorder at 18.1 Percent in 2021*. Retrieved October 16, 2022 from <https://psa.gov.ph/poverty-press-releases/nid/167972#:~:text=This%20translates%20to%20around%2019.99,to%205.9%20percent%20in%202021.>
- Philippine Institute for Development Studies. (2022, September 2). *Pandemic deepened income gaps, hurt poor*. Retrieved December 27, 2022 from <https://pids.gov.ph/details/news/in-the-news/pids-pandemic-deepened-income-gaps-hurt-poor>
- Rivas, R. (2020, September 29). *Philippine economy to recover slower vs most peers – World Bank*. Rappler. Retrieved November 1, 2022 from <https://www.rappler.com/business/philippine-economy-forecast-2020-world-bank-report/>
- Robertson, N. (2020, September 1). *COVID-19 Has Harmful Effects on Children in Low-Income Families, Researchers Find - Georgetown University*. Georgetown University. Retrieved October 9, 2022 from <https://www.georgetown.edu/news/covid-19-has-harmful-effects-on-children-in-low-income-families-researchers-find/>

- Robison, M.C. (2018, February 17). *The Extreme Effects of Poverty in the Philippines*. The Borgen Project. Retrieved October 3, 2022 from <https://borgenproject.org/effects-of-poverty-in-the-philippines/>
- Senate of the Philippines. (n.d.). *Republic Act No. 11306*. Retrieved April 24, 2023 from [http://www.senate.gov.ph/republic\\_acts/ra%2011036.pdf](http://www.senate.gov.ph/republic_acts/ra%2011036.pdf)
- Senate of the Philippines. (2021, October 2). *Press Release- De Lima Urges DSWD to accommodate more qualified beneficiaries of 4Ps*. Retrieved November 13, 2022 from [https://legacy.senate.gov.ph/press\\_release/2021/1002\\_delima1.asp](https://legacy.senate.gov.ph/press_release/2021/1002_delima1.asp)
- Siegle, D. (2019, June 18). *Qualitative Research. Educational Research Basics by Del Siegle*. Retrieved December 10, 2022 from [https://researchbasics.education.uconn.edu/qualitative\\_research/](https://researchbasics.education.uconn.edu/qualitative_research/)
- Simeon, L.M. (2021, August 16). *Prioritize informal workers in economic recovery*. Philippine Star. Retrieved May 5, 2023 from <https://www.philstar.com/business/2021/08/16/2120161/prioritize-informal-workers-economic-recovery>
- UN Women. (n.d.) *The role of women in rural development, food production and poverty eradication*. Retrieved May 6, 2023 from <https://www.unwomen.org/en/news/in-focus/rural-women-day/2013>

UN Women. (n.d.). *Women in informal economy*. Retrieved May 6, 2023 from <https://www.unwomen.org/en/news/in-focus/csw61/women-in-informal-economy>

UNICEF. (n.d.). *Education*. Retrieved December 17, 2022 from <https://www.unicef.org/education#:~:text=Without%20quality%20education%2C%20children%20face,for%20themselves%20and%20their%20societies>

UNICEF Philippines. (2020, November 1). Making the 4Ps inclusive for all children of currently enrolled households. *Social Policy Brief | Philippines*. Retrieved November 9, 2022 from <https://www.unicef.org/philippines/media/1961/file/Social%20policy%20brief%20-%204Ps.pdf>

United Nations. (n.d.). *Sustainable Development Goals*. Retrieved May 13, 2023 from <https://www.undp.org/sustainable-development-goals>

United Nations University World Institute for Development Economics Research. (2020, April 8). *UNU-WIDER: Press Release: COVID-19 fallout could push half a billion people into poverty in developing countries*. Retrieved October 21, 2022 from <https://www.wider.unu.edu/news/press-release-covid-19-fallout-could-push-half-billion-people-poverty-developing-countries>

Women in Informal Employment Globalizing and Organizing. (2020, July). *Informal Workers in the COVID-19 Crisis: A global picture of sudden impact and long-*

*term risk.* Retrieved May 7, 2023 from [https://www.wiego.org/sites/default/files/resources/file/Informal%20Workers%20in%20the%20COVID-19%20Crisis\\_WIEGO\\_July\\_2020.pdf](https://www.wiego.org/sites/default/files/resources/file/Informal%20Workers%20in%20the%20COVID-19%20Crisis_WIEGO_July_2020.pdf)

World Bank. (2020). *Impacts of COVID-19 on Households in the Philippines.* Retrieved December 26, 2022 from <https://thedocs.worldbank.org/en/doc/ab24c2a718fb53a344c5942d236b2fe6-0070062021/original/Philippines-COVID-19-High-Frequency-Survey-Household-Results-Slides.pdf>

World Bank. (2021, December 20). *Survey Finds Coping with Household Finances Biggest Worry for PNG Families during the COVID-19 Pandemic.* Retrieved December 27, 2022 from <https://www.worldbank.org/en/news/press-release/2021/12/20/survey-finds-coping-with-household-finances-biggest-worry-for-png-families-during-the-covid-19-pandemic>

World Health Organization. (2018). *Mental Health Atlas 2017 Member State Profile.* Retrieved April 15, 2023 from [https://www.who.int/mental\\_health/evidence/atlas/profiles-2017/PHL.pdf?ua=1](https://www.who.int/mental_health/evidence/atlas/profiles-2017/PHL.pdf?ua=1)

World Health Organization. (2021). *Prevention and management of mental health conditions in the Philippines. The case for investment.* Retrieved April 15, 2023 from <https://www.who.int/docs/default-source/wpro--->

Food Insecurity and Malnutrition Reports. <https://www.usaid.gov/our-work/food-aid/food-insecurity-and-malnutrition-reports>. Retrieved May 3, 2023. From <https://www.usaid.gov/our-work/food-aid/food-insecurity-and-malnutrition-reports>.

World Food Programme. (2022). *The Philippines Food Security Monitoring*. Retrieved May 3, 2023. From <https://www.wfp.org/publications/philippines-food-security-monitoring-october-2022>.

#### D. IN-DEPTH INTERVIEW AUDIO RECORDINGS

In-Depth Interview with Maria. February 04, 2023

In-Depth Interview with Elena. February 05, 2023

In-Depth Interview with Elsa. February 09, 2023

In-Depth Interview with Jessie. February 09, 2023

In-Depth Interview with Rose. March 1, 2023

#### E. DATA GATHERED FROM THE MSWDO-UMINGAN

Number of Active AP's Grantees in Brgy. Divisadero Population West. December 28, 2022