



ABSTRACT

Name of the Institution:	De La Salle University – Dasmariñas
Address:	Dasmariñas, Cavite
Title:	Life Challenges and Coping Mechanisms among Individuals with Cerebral Palsy
Authors:	Alana L. Roldan Arrianeth A. Sandoval Inah Patricia L. Simon
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Statement of the Problem:	1. What is the demographic profile of the participants with Cerebral Palsy as regards to age, civil status, educational background, age when officially diagnosed with Cerebral Palsy as well as their length of involvement in the institution?



2. What are the life challenges encountered by individuals with Cerebral Palsy in areas such as self-care, vocation, sexual life and partner relation?

3. How do individuals with Cerebral Palsy cope with their life challenges in terms of self care, vocation, sexual life and partner relation?

Scope and Limitation

This research covered the study of individuals with Cerebral Palsy and their ways in coping with the life challenges. The study centers on determining the life challenges and coping mechanisms among individuals with Cerebral Palsy. The researchers would like to identify the demographic profile of the selected participants in this study. Consequently, life challenges would be given significant importance to further understand



their difficulties in life compared to typical individual in the community. In addition, the purpose of this research is to identify ways on how individual with Cerebral Palsy cope with their challenging life.

Research Procedure

It began from the selection of participants in an institution for Cerebral Palsy which is the Philippine Cerebral Palsy Incorporated. The institution provided the participants that would fit the requirement of the researchers. After selecting the participants, administration of the Life satisfaction checklist (LISAT 9) was conducted as well as the interview. Three (3) participants were accommodated on the first day and the two (2) remaining participants on the second day. The last part and third day of the administration



procedures was the focus group discussion wherein the five (5) participants were gathered together to discuss their own views, thought and emotion about their responses with the test and interview that the researchers had facilitated.

Major Findings

1. Majority of the participants in the study were male as to only one (1) female, while the range of the age was 26-36 which indicates that the participants fall under the category of young and middle adulthood. All of the respondents were single. And most of them have been enrolled in regular classes while attending therapies at PCPI.

2. The researchers have identified four domains which were classified as their life challenges these includes the following: selfcare, vocation, sexual life and partner



relation. Under the said domain specific challenges were identified such as difficulty with walking and eating, getting hired and maintaining a job, finding a partner and having a lasting relationship as well as sexual limitation.

3. The researchers have determined positive outlook, familial support, and spirituality as ways on how individuals with Cerebral Palsy cope with the said life challenges.

Conclusions

1. The years of involvement in the institution of each participant have helped them to have interaction with other people beside from their families or immediate guardians.

2. Cerebral Palsy could not be a hindrance in attending regular classes as majority of the participants have attained secondary and tertiary level.



3. Difficulty in disclosing personal issues in life such as sex and partner relationship were dominantly evident with male participants probably for the reason that the interviewers were all females.

4. Difficulty to managed self-care seems to be the basic challenge among the participants.

5. Educational achievement was not a guarantee that the participants would get hired or employed especially with their condition.

6. It is evident that finding romantic relationship among the participants was challenging.

7. It was manifested that people with Cerebral Palsy have similar ways of coping with the life challenges as compare with typical individuals.



8. Coping with different life challenges seems to be in general and not specific with regards to a certain problem.

Recommendations

1. One of the findings of the study is about partner relationship in which individuals with Cerebral Palsy has difficulty with. In order to overcome this challenge, the researchers recommended that individuals with Cerebral Palsy should engaged more in social activities especially in their community and in the institution where they were enrolled in.

2. The researchers identified that having a positive view in life is one way of coping among individuals with Cerebral Palsy. It is recommended for students to attend seminars and



convention related to having a positive outlook in life that can help them deal with their own struggles in life.

3. It was revealed that there are three domains on how to cope with such life challenges. The researchers recommended for regular education teachers to use a more interesting way of teaching especially for those regular classroom settings in which individuals with Cerebral Palsy were also included.

4. With regards to psychologists, it is recommended to use the LISAT 9, the standardized test used by the researchers for those psychologists who wanted to do a study related and/or similar to this research especially regarding to life



satisfaction of individuals with disability.

5. For Filipino Psychologists, the researcher would like to recommend identifying the life challenges among Filipinos with Cerebral Palsy in a larger context especially in those areas that only few have seen or went to.

6. Based on the findings of the study in which spirituality is one way of coping among individuals with Cerebral Palsy, the researchers would like to recommend for the family and relatives of individuals with Cerebral Palsy to have more exposure in their spiritual life. Attend mass and bible study more often with the whole family to be able to strengthen their faith with God.



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7. Researchers would like to recommend for future researchers to do more rigorous studies related to the life challenges and coping mechanisms among individuals with Cerebral Palsy. Maximize all the possible instruments and methods that can be used to be able to come up with a more challenging work.

