



De La Salle University – Dasmariñas

**The Level of Adjustment of Gays
In Golden Gays Home and their Purpose in Life**

**An Undergraduate Thesis
Presented To
The Faculty of Behavioral Sciences Department
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**In Partial Fulfillment
Of the Requirements for the
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Major In Psychology**

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ABSTRACT

NAME OF INSTITUTION : De La Salle University –
Dasmariñas

ADDRESS : Bagong Bayan, Dasmariñas Cavite

TITLE : The Level of Adjustment of Gays in
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OBJECTIVES OF THE STUDY :

General:

The primary purpose of the study is to find out if there is a significant relationship between the level of adjustment and purpose in life of gays in Golden Gays Home.

Specific:

1. To determine the demographic profile of the respondents of their age, educational attainment and working status.



2. To determine the adjustment level of the respondents as revealed by the researcher-made questionnaire on physical, emotional and social adjustment.
3. To determine the purpose in life of the respondents as measured by the purpose in life standardized test.
4. To determine if there is a significant relationship between the level of adjustment in their purpose in life of gays in Golden Gays Home.

SCOPE AND COVERAGE:

The study sought to determine the level of adjustment of gays in Golden Gays Home and their purpose in life. The respondents of this study were 30 gays in Golden Gays Home aging 40-60 years old.

METHODOLOGY:

The descriptive correlational method was used to conduct this study. A Purpose in Life standardized test and Researcher-Made Questionnaire were used to collect the data to determine the level of adjustment and purpose in life of gays in Golden Gays Home.

In the analysis of data gathered, solving for the frequency, percentage, mean, chi square and Cramer's V were used to determine the relationship between the level of adjustment and purpose in life of gays in Golden Gays Home.



MAJOR FINDINGS:

The following are the findings of this study:

1. The majority of the respondents in terms of age showed that they belong to 40-60 age group. In terms of educational attainment, majority of them reached elementary. In terms of working status, bigger numbers of the respondents were working.
2. In terms of physical, emotional, social adjustment, the findings showed that most of the respondents were adjusted.
3. The purpose in life of the respondents presented a clear meaning of purpose in life.
4. There was no significant relationship between the level of adjustment and purpose in life of gays in Golden Gays Home.

CONCLUSION:

In the light of the findings as summarized, the following conclusions were drawn:

1. The profile of the respondents in terms of age shows that their age group had accepted their gender situation and has the courage to reveal their true selves. This may be due to the fact that after experiencing the different stereotypes and discrimination during their adolescent years it was easier for them to face the middle adulthood years with better self-acceptance and self-confidence. In terms of educational attainment majority of the respondents reached



elementary. A reason for this is that most of them belong to lower income families and they rather work than to see their families suffer. It was also concluded that they still have the capacity to work without any uncertainties and they have greater confidence that they can perform well.

2. The respondents were mostly adjusted in terms of their physical, emotional and social aspects. For the different data gathers by the researchers they easily adjust because at their age they have accepted their whole selves. They know how to function well even with the presence of different adjustments in their middle adulthood years.
3. The results of the Purpose in Life test brought up in the study is that most of the respondents have a clearer meaning of purpose in life that signifies that at their present situation they already knew the purpose of their existence. They establish their foundation as an individual due to the fact that they experience many things when they were still young that could help them in facing their present lifestyle.
4. It has been concluded that there is no significant relationship between the level of adjustment and their purpose in life of gays in Golden Gays Home. It is not how the gay adjust physically, emotionally and socially that would lead to what their purpose in life would be. Once adjusted it depends on the person on how they view life in his own perspective. One will accept the reality of life and could have a clearer meaning of



life at the same time but does not necessarily mean that they correlate with each other.

RECOMMENDATIONS:

1. Gays must prepare themselves upon entering their middle age by means of self-acceptance and love for self; this will create a positive and well-adjusted reflection of their selves.
2. The administrators of Golden Gays Home and other institutions should plan nutritionally balanced meals. A consistent schedule of recreation, medication and other physical check-up must be created for them. These are needed to maintain a healthy life.
3. The young generation should be aware of what is gay aging. Knowledge about this could lessen the discrimination gays are encountering from other people. Somehow, they could understand what gays are going through and it would help them perceive middle age in a more positive and accepting way.
4. The De La Salle University – Dasmariñas should have the sense of responsibility in helping the gays through their programs and activities. They should think of interesting activities wherein the students would be given a chance to interact with the gays.
5. The future researchers should pursue or conduct a more extensive study regarding "The Level of Adjustment of Gays in Golden Gays Home and Their Purpose in Life", for more generalized results.



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