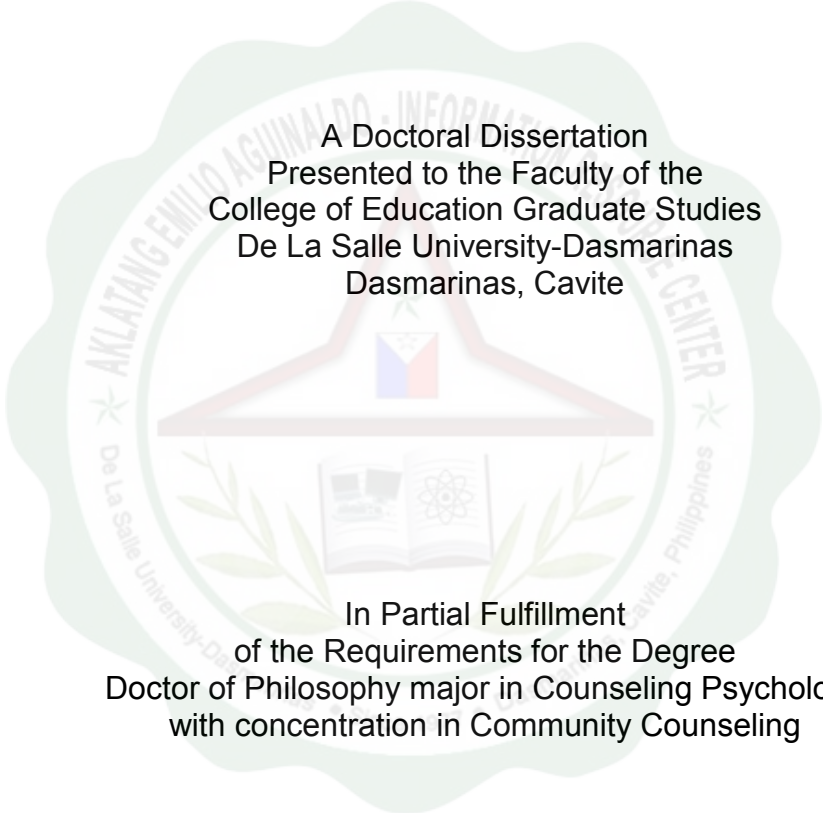


**RESILIENCY: PROTECTIVE FACTORS AMONG FILIPINO FEMALE
YOUNG ADOLESCENT SURVIVORS OF SEXUAL ABUSE**



A Doctoral Dissertation
Presented to the Faculty of the
College of Education Graduate Studies
De La Salle University-Dasmaringas
Dasmaringas, Cavite

In Partial Fulfillment
of the Requirements for the Degree
Doctor of Philosophy major in Counseling Psychology
with concentration in Community Counseling

SUSAN TUMOLVA-MOSTAJO

March 2009

ABSTRACT

Title of the Research: **RESILIENCY: PROTECTIVE FACTORS
AMONG FILIPINO FEMALE YOUNG
ADOLESCENT SURVIVORS OF SEXUAL
ABUSE**

Author : **SUSAN TUMOLVA-MOSTAJO**

Degree : **Doctor of Philosophy**

Major : **Counseling Psychology with
concentration in Community Counseling**

Date of Completion : **March 2009**

Guided by the principle of positive psychology, this descriptive-qualitative study on resiliency was conducted to find out the protective factors of survivors of sexual abuse (SSA) as basis in formulating general recommendations to enhance resiliency. Twenty five Filipino female young adolescent SSA who originated from various provinces in the country and housed in government and non-government institutions in Cavite were the main source of data. For protection and for ethical considerations, confidentiality of information as regard to the participants' identity and case were strictly maintained.

Several means of gathering data such as in-depth interview, observation, and administration and interpretation of projective tests and Resiliency Characteristics and Behaviors Inventory (RCBI) were employed.

The contents of the participants' responses in the semi-structured interview together with the results of the projective tests and behavioral observation were analyzed from which themes were formulated as protective factors that promote resiliency.

The findings revealed that aspirations in life, creative coping, desire to be helped, regard of oneself, sense of agreeableness, sense of discernment and sense of nurturing and companionship were perceived by the young adolescent survivors of sexual abuse as protective factors from the self. Likewise, they perceived love and support, encouragement to self-expression, and sense of harmony as protective factors from the family while interrelatedness, sense of being nurtured, sense of diversion/recreation and protection were from the community. Spirituality was also found as another source of protective factors with faith and submission to God's providence as specifics. Furthermore, findings showed that several characteristics and behaviors are being exhibited by the participants in different domains like social/interpersonal, cognitive/ intellectual, emotional/affective, spiritual/moral, attitudinal/behavioral and physical/biological.

Based on the findings, the study concludes that there are protective factors from the self, family, community and spirituality from which SSA draw power to overcome adversities, live functionally and eventually survive. Through the protective factors from the self, these individuals sustain a sense of self-worth which further facilitates in them the "will to live". In the same

manner, physiological and psycho-emotional security is being cultivated by the protective factors from the family and community. Spirituality, on the other hand, provides hope and peace of mind and heart. Collectively, these protective factors from the self, family, community and spirituality lead SSA to exhibit resiliency characteristics and behaviors.

This study recommends that survivors of sexual abuse should be assisted in enhancing sense of optimism, self-respect, trust and confidence that will eventually lead to realization of “self-worth”. Also, programs should be introduced in the family system to strengthen relationships and values among its members. Moreover, programs should be developed and implemented in the community for the preservation of Filipino community values and effective interpersonal relationships to consequently promote sense of belongingness, feelings of security and protection, and trust. Recommendations also include providing activities that would enhance, and/or strengthen the spirituality of SSA which may lead them to have courage, hope, peace of mind and trust in God’s loving kindness and providence and creating program to develop, enhance and/or maintain the resiliency characteristics and behaviors exhibited by the survivors of sexual abuse. It is hoped that through the findings and recommendations of this study, professionals in the field will be guided more effectively in assisting survivors of sexual abuse develop, enhance and/or maintain resiliency.

TABLE OF CONTENTS

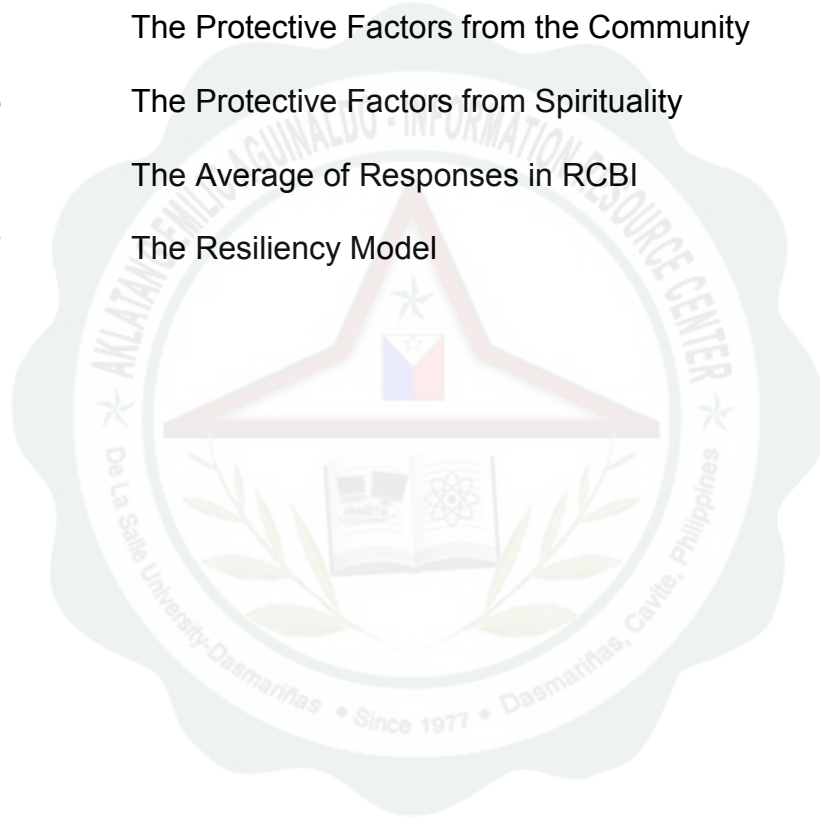
	PAGE
TITLE PAGE	
ABSTRACT	2
APPROVAL SHEET	5
ACKNOWLEDGMENTS	6
TABLE OF CONTENTS	9
LIST OF FIGURES	12
LIST OF TABLES	13
CHAPTER	
1 THE PROBLEM AND ITS BACKGROUND	
Introduction	15
Conceptual Framework	20
Statement of the Problem	26
Scope and Delimitation	27
Significance of the Study	28
Definition of Terms	32
2 REVIEW OF RELATED LITERATURE	
Conceptual Literature	35
Research Literature	55
Synthesis	72

Problem 5. The characteristics and behaviors exhibited by the participants to indicate resiliency.	226
5 SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	
Summary	261
Findings	265
Conclusions	268
Recommendations	269
REFERENCES	277
APPENDICES	
A Resiliency Characteristics and Behaviors Inventory	288
B Interview Guide	291
C Letter of Request to Conduct Research	296
D DSWD IV-A Endorsement Letter	297
E Bahay Tuluyan ng mga Bata	298
F Bukid Kabataan Center	299
G Ma-ma's Hope Haven of Norway	300
H The Valley Cathedral Children's Home	301
I Sample of Interview Transcription	302
J Sample Coding Sheet	312
K Curriculum Vitae	313

LIST OF FIGURES

FIGURE

1	The Paradigm of the Study	22
2	The Protective Factors from the Self	156
3	The Protective Factors from the Family	184
4	The Protective Factors from the Community	210
5	The Protective Factors from Spirituality	226
6	The Average of Responses in RCBI	249
7	The Resiliency Model	251



LIST OF TABLES

TABLE		
1	The Profile of the Participants	82
2	The Scores of the Participants from the RCBI	84
3	The Organized Themes as Protective Factors of the Participants from the Self	94
4	The Creative Coping Strategies of the Participants	109
5	The Compensatory Behaviors of the Participants based on the HTP Results	119
6	The Participants' Age, Educational Attainment and Expected Educational Level	146
7	The Organized Themes as Protective Factors of the Participants from the Family	158
8	The Relationship of the Participants to their Respective Perpetrators	180
9	The Organized Themes as Protective Factors of the Participants from the Community	186
10	The Organized Themes as Protective Factors of the Participants from Spirituality	212
11	The Participants' Responses as Regard to their Belief in the Presence of God	216

12	The Social/Interpersonal Characteristics/Behaviors of the Participants	229
13	The Cognitive/Intellectual Characteristics/Behaviors of the Participants	232
14	The Emotional/Affective Characteristics/Behaviors of the Participants	235
15	The Spiritual/Moral Characteristics/Behaviors of the Participants	237
16	The Attitudinal/Behavioral Characteristics/Behaviors of the Participants	239
17	The Physical/Biological Characteristics/Behaviors of the Participants	241

