

## ABSTRACT

Title of Research: **THE EFFECTIVENESS OF  
ACKNOWLEDGING AND  
KNOWLEDGEABLE OF ONESELF  
(AKO) PROGRAM IN ENHANCING THE  
SELF-ACCEPTANCE OF  
INTERMEDIATE STUDENTS AT  
ST. SCHOLASTICA'S COLLEGE-  
WESTGROVE**

Author: **MA. SHEILA Q. RICALDE**  
Degree: **Master of Arts in Education**  
Major: **Guidance and Counseling**  
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This study evaluated the effectiveness of the Acknowledging and Knowledgeable of Oneself (AKO) Program in enhancing the self-acceptance of 5<sup>th</sup> and 6<sup>th</sup> grade students (N=32) of St. Scholastica's College-Westgrove. A quasi experimental method, specifically the two-group pre-test and post-test design, was used.

Findings from the study showed that: 1) The levels of self-acceptance of the experimental and control groups were below average before the intervention; 2) The levels of self-acceptance of the experimental group were average and below average for the control group after the intervention; 3) There was no significant difference in the pre test scores for both experimental and control group; 4) There was a significant difference in the pre-test and post-test scores of the control group; 5) There was a significant difference in the pre-test and post-test scores of the experimental group; and 6) There was

a significant difference in the post-test scores for both experimental and control groups.

The study concludes that the four dimensions of self-acceptance affect the totality of an individual's level of self-acceptance. Also, the experimental group's level of self-acceptance was enhanced after the implementation of the AKO Program, thus implying that the AKO Program effectively served its purpose as an intervention.

Integration of the AKO Program in the Homeroom Program to enhance the self-acceptance level of students is recommended. Likewise, replication of the study using males as respondents is highly suggested. Also, to look into the process of how the program is implemented can be evaluated.

