CONCEPTS AND PRACTICES OF HELPING OF SUMADEL TRIBE IN KALINGA: A BASIS FOR A COUNSELING MODEL

A Master's Thesis
Presented to the Faculty of the
College of Education Graduate Studies
De La Salle University-Dasmariñas

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts in Education,
Major in Guidance and Counseling

PAUL ANNE QUIBAEL
JULY 2017
Title of the Research: CONCEPTS AND PRACTICES OF HELPING IN SUMADEL VILLAGE OF TINGLAYAN, KALINGA: A BASIS FOR A COUNSELING MODEL
Author: PAUL ANNE QUIBAEL
Degree: Master of Education
Major: Guidance and Counseling
Date of Completion: July 2017

This study used ethnographic research design and katutubong pamamaraan ng pananaliksik to discover Filipino counseling through an intensive immersion with Sumadel tribe for sixty days, by learning their concepts and practices of helping. The researcher used purposive sampling and snowball sampling to gather data from Ismachers (village members) that have undergone, are undergoing, and are facilitating the helping process. By using interview guide questions and acting as participant observer, the researcher found out that helping process in Sumadel village exists. The concepts and practices of the Ismachers in helping revolve from their culture and what have they learnt from their man-amarung-ag (village elders) and Iliakay (village leaders). With this, the researcher concludes that the helping process of Sumadel village is considered traditional and indigenous. The researcher recommends a follow-up study with different tribe of focus to widen the understanding of the concepts and practices of Filipino counseling.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> THE PROBLEM AND ITS BACKGROUNDS</td>
<td></td>
</tr>
<tr>
<td>Introduction</td>
<td>9</td>
</tr>
<tr>
<td>Conceptual Framework</td>
<td>13</td>
</tr>
<tr>
<td>Statement of the Problem</td>
<td>14</td>
</tr>
<tr>
<td>Scope and Limitation of the Study</td>
<td>15</td>
</tr>
<tr>
<td>Significance of the Study</td>
<td>16</td>
</tr>
<tr>
<td>Definition of Terms</td>
<td>16</td>
</tr>
<tr>
<td><strong>2</strong> REVIEW OF RELATED LITERATURE</td>
<td></td>
</tr>
<tr>
<td>Geographical and Historical Foundations</td>
<td>21</td>
</tr>
<tr>
<td>Culture</td>
<td>24</td>
</tr>
<tr>
<td>The Kalingas</td>
<td>25</td>
</tr>
<tr>
<td>Multicultural Counseling</td>
<td>27</td>
</tr>
</tbody>
</table>
3 METHODOLOGY

Research Design
Sampling
Participants of the Study
Research Instrument
Validation of the Instrument
Data Gathering Procedure
Data Analysis

4 PRESENTATION, ANALYSIS AND INTERPRETATION OF DATA

Question 1. How are the members of the village being assisted in different issues?

Question 2. What are the concepts of Sumadel village in helping someone in need?

Question 3. How do the members of Sumadel village describe the following?

3.1 The relationship between Mansasausak and Isumacher

3.2 The process of resolving different issues

3.3 The end of helping process
Question 4. How can Sumadel village counseling be described? 97

Reflection 99

Counseling Model of Sumadel Village in Tinglayan Kalinga 110

5 SUMMARY, CONCLUSION, AND RECOMMENDATION

Summary of Methodology 112
Summary of Findings 113
Conclusions 117
Recommendations 118

REFERENCES 120

APPENDICES

Appendix A Research Guide: Criteria for Participants 123
Appendix B Recommendation Letters 124
Appendix C Informed Consent 125
Appendix D Informed Consent (Tagalog) 128
Appendix E Informed Consent (Native Dialect) 131
Appendix F Interview Guide Question 133
Appendix G Waiver of Liability 135
Appendix H Pictures for Documentation 136
Appendix I Profiles of the Participants 142
Appendix J Agreement between the Researcher and the Interpreter 143
| Appendix K Bodong Peace Pact between Sumadel Village and Butbut Village (English) | 144 |
| Appendix L Bodong Peace Pact between Sumadel Village and Butbut Village (Native Dialect) | 147 |
| Appendix M Basic Sumadel Village Dialect | 152 |
| Appendix N About the Author | 155 |
| Appendix O Deed of Declaration | 156 |

**LIST OF FIGURES**

Figure 1. Research Paradigm of discovering a Counseling Model of Sumadel Village in Tinglayan, Kalinga. 14

Figure 2. Demonstrates how Sumadel village resolves feryan suung 80

Figure 3. Demonstrates how Sumadel village resolved ili suung 81

Figure 4. Demonstrates how a teacher from Sumadel Village assists students concerns 88

Figure 5. Describes the relationship of Achawiyan 90

Figure 6. The Counseling Model of Sumadel Village in Tinglayan Kalinga 110