

DE LA SALLE UNIVERSITY

ABSTRACT

This study was conducted to evaluate the effects of the East Asian Pastoral Institute Community Experience on Personal Growth. A number of questions were answered. These are (1) What is the profile of the respondents?; (2) Is there a significant difference in the level of their personal growth before and after attending the EAPI community experience in terms of being a person (self-expression, self-acceptance, and capacity for intimate contact), a collaborator (ability to cooperate with others) and a communicator (interpersonal communication); (3) Is there a difference in the benefits/problems by subgroups namely: age, sex, status, nationality, and educational attainment?; (4) Which community activities are the most/least useful in bringing about personal growth?; (5) How can the community experience be improved?

This study employed a combination of quasi-experimental and descriptive design. Majority of twenty-eight (28) subjects were religious. Data were obtained by administering several psychological tests such as Personal Orientation Inventory (POI), Fundamental Interpersonal Relations Orientation- Behavior (FIRO-B), and the Interpersonal Communication Inventory (ICI). The t-test for correlated samples was used to analyze the data. For the responses to the questions, the survey content analysis was employed.

The findings revealed that self-expression and self-acceptance as measured by the POI did not change significantly after attending the EAPI community experience. Interpersonal communication as measured by the ICI also showed no significant change. Statistically significant changes were obtained on the capacity for intimate contact, measured by POI and FIRO-B ($P < .05$), and ability to cooperate with others (Synergy) also measured by POI ($P < .01$). The benefits derived by the participants are: understanding self and improving relationships. The Main Problem encountered by the participants was on interpersonal communication. The most useful activity in promoting personal growth was the small group setting. On the whole, results show the EAPI community experience did not have considerable effect in promoting personal growth.

