

# DE LA SALLE UNIVERSITY

## THE LEVEL OF SELF-ACTUALIZATION AMONG THE YOUTH INVOLVED INSACRED HEART PARISH YOUTHFORMATION ACTIVITIES AT KAMUNING, QUEZON CITY

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A Thesis  
Presented to  
The Faculty of the College of Education  
De La Salle University

In Partial Fulfillment of  
the Requirements for the Degree  
Master of Science in Guidance and Counseling

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September 1992



**ABSTRACT**

This study used a descriptive-comparative-correlational design in investigating and determining the level of self-actualization among Parish youth and its correlation with their involvement in Kamuning Parish Youth Formation Program/Activities. It attempted to find out whether or not the formation program/activities influence the level of self-actualization of the participant by investigating and comparing the significant difference among the groups of the participants according to age, length and frequency of involvement, and type of activities they joined in; and also by measuring the correlation between the level of self-actualization and the involvement in terms of age, length and frequency of involvement, and type of activities.

The subjects were 90 Sacred Heart Kamuning Parish youth who were involved in Kamuning Parish Youth Formation Program/ Activities. They were classified according to age (Group I: 15-18 years old,  $n=18$ ; Group II: 19-22 years old,  $n=50$ ; and Group III: 23 years old and above,  $n=22$ ), length of involvement in formation activities (Group I: 0-2 years,  $n=26$ ; Group II: 3-5 years,  $n=26$ ; and Group III: 6 years and above,  $n=38$ ), frequency of involvement in formation activities (Group I: high frequency,  $n=30$ ; Group II: medium frequency,  $n=28$ ; and Group III: low frequency,  $n=32$ ), and type of activities participated in (Group I: Spiritual activities,



**$n=29$ ; Group II: Social-environmental activities,  $n=37$ ; and Group III: Guidance and Counseling activities,  $n=24$ ).**

**The Personal Orientation Inventory (POI) and a personal profile and evaluation information questionnaire were used as the dependent measures measuring the level of self-actualization. The instruments were administered to all the subjects once for all the groups.**

**Based on statistical analysis using measures of central tendency and dispersion (mean and standard deviation), One-way ANOVA test, and Spearman rho test, three main findings were obtained in this study, namely: (a) the level of self-actualization among the youth involved in Kamuning Parish Youth Formation Program/Activities is low-average, based on American Norms for the POI; (b) except for the age groups, there were significant differences (at .05 level) in mean scores among the groups of the parish youth according to their length and frequency of the involvement in formation activities, and type of activities they participated in. Except in the age groups, there were significant differences (at .05 level) in means scores between group I and group II, group II and group III, group I and group III of each classification variables; (c) except for the age groups, there were positive correlations between the level of self-actualization, as measured by 12 POI scales, and the factors of length and frequency of involvement, and type of activities. The study showed that the length and frequency of involvement in formation activities, and the type of activities the youth**



participated in were associated with the level of self-actualization of the Kamuning Parish youth.

