



The Teacher-Child-Parent Approach in Health and Nutrition
Education as Implemented in Silang II, Cavite Province
SY 1992-1993 to SY 1994-1995:
A Case Study

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A Thesis
Presented to
The Faculty of the Graduate School
of Education, Arts and Sciences
De La Salle University - Dasmariñas
Dasmariñas, Cavite

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

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May 1996



ABSTRACT

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Address : Dasmariñas, Cavite
TITLE : The Teacher-Child-Parent Approach
in Health and Nutrition Education
as Implemented in Silang II Cavite
Province SY 1992-1993 to SY 1994-
1995: A Case Study.
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OBJECTIVES OF THE STUDY:

A. General:

To determine and analyze the Teacher-Child-Parent (TCP) Approach in Health and Nutrition Education as Implemented in Silang II, Cavite Province, SY 1992-1993 to SY 1994-1995.

B. Specific:

This study answered the following questions:

1. What are the profiles of the following actors involved in the three-year implementation of the TCP Program at Tibig, Lumil and Kaong Elementary Schools?

1.1 Teachers in terms of age, sex,



educational qualifications, civil status and teaching load?

1.2 Pupils in terms of sex, order of birth, size of the family, nutritional status and academic achievement?

1.3 Parents (mothers) in terms of age, educational attainment, occupation, religious affiliation and presence/absence of extended family?

2. Is there a significant difference in the nutritional status of the sample pupils before and after the implementation of the TCP Approach?

3. Is there a significant difference in the academic achievement of the sample pupils before and after the implementation of the TCP Approach?

4. Are there significant differences in the health and nutritional practices of parents and pupils (mother - child pairs) before and after the implementation of the TCP Approach?

5. What are the implications of the findings in the realization of Philippines 2000?

SCOPE AND COVERAGE:

The focus of the study was set at the three pilot schools of Silang II District, Cavite Province, namely: Lumil, Kaong and Tibig Elementary Schools. One hundred sixty eight (168) mother-child pairs out of the total



population of 743 and the 26 teachers involved in the three-year implementation of TCP were the respondents of this study.

METHODOLOGY:

The study used the combination of qualitative and quantitative types of research.

The existing data (Permanent Records and Form 137) from the school files, the nutrition health record forms in the district/division offices and the Health and Nutrition Unit (HNU) in the Regional Office, Department of Education Culture and Sports (DECS) Region IV, Pasig City, were utilized in this study. Validated questionnaires and interview were the data gathering techniques while the mean, frequency count, percentage and t-test for the two correlated means were used in the statistical treatment.

MAJOR FINDINGS:

1. Majority of the teachers involved in the study were in their late 30's, graduates of the four-year course, married and teaching within the minimum of 360 minutes required in the Magna Carta for Teachers while their pupils with equal number of 84 boys and 84 girls, majority were in the middle in the order of birth and belonging to the family of six. Before the implementation of TCP, these pupils were suffering from



mild degree of malnutrition with few cases of obesity and severe malnourishment. They were only average in academic performance.

Majority of the mothers were in their late 30's, elementary school graduates, plain housewives, Roman Catholic and had no extended families.

2. The computed value of t is 1.68. This is higher than the tabular value of t which is 1.533. Thus, the null hypothesis that there is no significant difference in the nutritional status of the sample pupils before and after the implementation of TCP Approach is rejected.

3. The computed value of t is 2.25 which is higher than 1.725, the tabular value of t . Thus, the null hypothesis that there is no significant difference in the academic achievement before and after the implementation of TCP Approach is rejected.

4. The computed value of t which is 3.241 is higher than the tabular value of t (1.823). This means that the null hypothesis that there is no significant difference on the health and nutritional practices of mothers before and after the implementation of TCP Approach is rejected.

The computed value of t (2.626) is higher than the tabular value of t (1.823). This means that the null



hypothesis that there is no significant difference in the health and nutritional practices of the sample pupils before and after the implementation of TCP Approach is rejected.

5. The training of TCP implementors, the Information Education Communication (IEC) materials and the integration of health and nutrition messages in the four learning areas coupled with the relay to the parents would redound to EMPOWERED parents and children. This is more strengthened in the organization of the different committees in the community to undergo programs and projects on supplemental feeding, food production, health and environmental sanitation and income generation which are the component of TCP leading to IMPROVED QUALITY OF LIFE. This worth emulating outcome is embodied in the VISION of Philippines 2000. It has the element of SUSTAINABLE DEVELOPMENT where protecting mother earth is emphasized in the greening of environment and proper disposal of wastes to prevent pollution.

The findings of the study within the span of three years of TCP implementation is that there is an improved nutritional status vis-a-vis the improved academic achievement of the sample pupils.



To aim for GLOBAL COMPETITIVENESS for the graduates of elementary grades is too ambitious but the researcher believes in the long run that if TCP can produce healthy empowered youth who excel in performance either in academic or non academic aspects, the global competitiveness can be attained and can propel this country to progress. These positive signs of the TCP share in the realization of Philippines 2000.

Conclusions

Based on the above findings, the following conclusions were drawn:

1. Teachers who have these characteristics: young, graduates of a four-year course and still studying, married and with minimum teaching load are contributing factors to the success of TCP. They are open to change, responsible and have enough time to implement this innovation that requires their extra time and effort.

Majority of the children in the deprived areas are mostly having problems of malnutrition. They come from a big family and generally with average academic achievement.

Mothers in the deprived areas even though young have already many children. Mostly they are plain housewives and graduates of elementary grades. The findings seem to imply the negative relation of poverty



to educational attainment and occupation. That is, if there is prevalent poverty in the community, the inhabitants have lower educational attainment and with low educational attainment, there is less opportunity to look for a job with higher pay.

2. TCP is an intervention program that can improve both the nutritional status and academic achievement of pupils.

3. TCP improves the health and nutritional practices of the mothers.

4. TCP can pave the way to the realization of Philippines 2000.

Recommendations

1. Since TCP is institutionalized and ready for expansions, the teachers must be given just enough teaching load as per the Magna Carta for Teachers so that they can have the time to give support to any innovations to be implemented in the Department.

2. There must be more items for doctors, dentists, nurses and nutritionists in the DECS to examine and look after the health and nutrition of the pupils.

3. There is a need to intensify Family Planning Program especially to the most deprived areas to reduce population explosion that may lead to economic difficulties.



4. More funding must be allotted to the advocacy and monitoring of TCP so that the parents and other sectors of the community, the media, the government and non-government organizations, etc., would be encouraged to rally and support this program.

5. DECS, the Department of Health (DOH) and the Local Government Units (LGUs) must maintain their strong coordination for the provision of proper health care, deworming, vitamin supplementation and immunization to the pupils.

6. Another study is recommended regarding the roles played by the planners and how the program could be sustained with the help of the implementors.