



### Abstract

The research entitled “The Lived Experiences of People Exposed to Armed Conflict” seeks to answer the following research questions regarding: 1) What are the experiences of people exposed to armed conflict, and 2) How they interpret the experiences. There were eight (8) participants in the study gathered through purposive sampling. The research used an Interpretative Phenomenological Analysis (IPA).

The following themes emerged such 1) Various forms of violence or macro aggression, Experiences relating to Socio-political aspect, and Experiences relating to Economic aspect 2.)The role of Spirituality, Perception on peace and violence, and Coping and healing. The findings have proved that even though there are several negative experiences and effects regarding armed conflict, Filipinos have greater positive view and effects regarding exposure to armed conflict. The values, as well as the coping mechanisms of Filipino, have emerged in this study.