



**HOLY CROSS COLLEGE OF CALINAN INC.
DAVAO-BUKIDNON HIGHWAY CALINAN, DAVAO CITY**

**ALTER: LIVED EXPERIENCES OF PEOPLE WHO CHOSE
TO UNDERGO COSMETIC SURGERY**

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TO UNDERGO COSMETIC SURGERY**

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ABSTRACT

This phenomenological qualitative study aimed to unravel the experiences, challenges, coping mechanisms, and valuable insights of people who have undergone cosmetic surgery. In this study, ten people who underwent cosmetic surgery were interviewed using self-made interview guide questions. Further, utilizing Colaizzi's method of analysis produced three major themes about the experiences of the patients that led them to undergo cosmetic surgery which includes: What Lies Beneath: The Truth Serum; The Desperate Symphony: Refurbish Beauty; and Transcending Voyage: The Journey Towards Aesthetic Operation. Two emergent themes were also generated regarding the challenges they encountered after the surgery: No Pain No Gain: The Spectrum of Emotion after Cosmetic Alteration and Whispers of Hypocrisy: The Irony of Authenticity. Moreover, two emergent themes were also formulated about the coping mechanisms that the participants implemented which are: Miracle of Elixirs: Battling Cosmetic Agony and The Emblem of Fire: Forged Resilience of Cosmetic Conquest. And lastly, five emergent themes were produced about the insights of the participants which include: The Scalpel and the Illuminating Soul; Ethereal Epiphanies: Ascending to Cosmic Contentment; Cosmic Crown: The Celestial Triumph of Empowered Radiance; Sacred Sovereignty: Liberation from Religious Chains for Self- Expression; and Wealth Reflection: The Economic Ascendancy of Cosmetic Mastery

Keywords: Cosmetic Surgery, Experiences, Challenges, Coping Mechanisms, Insights, Patients.

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Chapter 1

INTRODUCTION

Background of the Study

Fair skin, big eyes, perfect jawline, sharp nose, pouty lips, and slim figure—these are the beauty and body standards that are highly encouraged in 21st century. People are now having a hard time appreciating themselves, which has made them strive to fit these standards and with the fear of being judged. Instead of understanding that beauty is subjective, most people believe that grooming themselves in accordance with the standards of society will make them part of a community. With all things being mentioned, the most horrid belief is to completely change oneself after being influenced (Raaziya, 2023).

The global surveys by the International Society of Aesthetic Plastic Surgery (ISAPS) in 2023 reported an 11.2% overall increased in aesthetic procedures performed worldwide in 2022 which also shows that aesthetic surgery is continuously rising with 41.3% increase over the past 4 years. However, cosmetic procedures do not always achieve the desired results (Cleveland Clinic, 2022). For example, Linda Evangelista, a super model who disappeared for 5 years revealed in an interview that she underwent coolsculpting which left her unrecognizable as the procedure allegedly multiplied the cells in her face. According to her Instagram post, *“The reason is that I was brutally disfigured by [a procedure] which did the opposite of what it promised. Not only destroyed my livelihood, it has sent me into a cycle of deep depression, profound sadness and the lowest depths of self-loathing. In the process I have become a recluse. I’m so*

tired of living this way. I would like to walk out my door with my head held high, despite not looking like myself any longer” (Life & Style, 2023).

In the Philippines, 46.09% of surgical operations have been carried out according to the Philippine Society for Cosmetic Surgery (2021). However, over the years, several reports of problems and fatalities from cosmetic surgery operations have raised issues about the treatments’ safety. Such complications may vary depending on the procedure. In the case of Vinia Bernadez, who wanted to be attractive and chose to have Botox fillers in the hopes of enhancing her facial characteristics, the procedure did not work out as planned. According to her statement, *“When I was a child, I wanted to be beautiful which made me dream about it. It was also because I kept on seeing my friends having enhancements in their faces that made me interested.”* Cosmetic surgery was supposed to boost her confidence, but it turned into a nightmare instead (Evangelista, 2019).

On the local scene, the wife of the famous boxer, Manny Pacquiao, Jinkee Pacquiao openly admitted that she underwent liposuction. She stated, “I decided to get liposuction because I have a problem with excess fat. I feel ugly. I cannot wear tight clothes. I always wear big T-shirts to cover my big arms. I am fat and I just want to be sexy”. After the surgery, it made her a more confident, happy woman, and that it made her feel beautiful inside and out (Belo Medical Group, 2017).

The aforementioned effects of the surgery made the researchers to further conduct a research study of the experiences of people before and after they have undergone cosmetic surgery. The researchers carried out this study to determine factors concerning the altering of the appearance of a person. In the way of unraveling their encountered

challenges before and after the surgery, the mechanism they made to cope, and their insights regarding the changes in their lives

Purpose of the Study

The purpose of this study was to explore the experiences of people that led them to undergo cosmetic surgery, thereby leading to a greater understanding, empathy, and growth between individuals which would enrich relationships, and promote personal development. Secondly, the study aimed to know the challenges faced by individuals after undergoing cosmetic surgery, which is for providing effective support, promoting social awareness, and building an advocacy focusing on the social, emotional, and physical aspects of a person who has undergone cosmetic surgery.

Thirdly, this also determined the coping mechanisms implemented by the patients to cope up with the various challenges they encountered thereby providing effective support to cosmetic surgery patients during the recovery process. Lastly, this study aimed to gain the valuable insights from the patients which are an important factor in fostering connection, promoting dialogue, and collaboration between people who underwent cosmetic surgery and the society thereby serving as a source of mutual understanding, empathy, and inspiration.

Statement of the Problem

This phenomenological study sought to unravel the experiences, challenges, coping mechanisms, and insights of the people who underwent cosmetic surgery.

Specifically, this study aimed to answer the following questions:

1. What are the experiences of the patients that led them to undergo cosmetic surgery?
2. What are the challenges that the patients faced after undergoing cosmetic surgery?
3. What are the coping mechanisms of the patients?
4. What are the patients' insights in terms of how cosmetic surgery changed their lives?

Theoretical Framework

This study was anchored on Maslow's hierarchy of needs which was first introduced by Abraham Maslow in his paper entitled, "A Theory of Human Motivation" in 1943. The theory presents five types of models of human needs: physiological needs, safety needs, love and belongingness, esteem, and self-actualization. These needs are divided into two main sets: deficiency needs (physiological needs, safety needs, love and belongingness, esteem) emerge when an individual experiences deprivation and unmet needs, while growth needs (self-actualization) are associated with a realization of one's full potential and the need to self actualize. It is explained that the lack of fulfillment is not the root cause, but rather stems from the desire to grow as a person (Mcleod, 2024).

Maslow's Hierarchy of needs was related to the study of the researchers in understanding the reasons and motivations behind the satisfaction of an individual. The two are relatively connected as the study seeks to understand why an individual desires to change their physical appearance, while the previously mentioned theory explains the needs of a person. Therefore, the researchers used Maslow's hierarchy of human needs as the foundation of the study.

Significance of the Study

This study may be helpful to the people who underwent cosmetic surgery by divulging their experiences and challenges to the public. It gives the public a better understanding about cosmetic surgery alongside the patients, which helped them become more confident and true to themselves in the eyes of society. The study aims to make society more aware of the reasons patients undergo cosmetic surgery and help society understand their perspective. Further, this study also aims to make society more open to the existence of cosmetic surgery, provide support, and foster an inclusive environment where a sense of belonging is of importance. Furthermore, the Department of Education (DepEd) can use this study to better guide and educate pupils and students in their formative years. This can help them create advocacy and action that enhances and hones the perception of students on themselves, and become better version of themselves. This can also promote inclusivity and enculturation between students of diverse backgrounds and cultural views.

The Department of Health (DOH) may use this study to prevent the risks of future individuals from harming themselves physically, mentally, and emotionally. They may also create effective support especially when it comes to healthcare assistance as well as to better assess the support that suit their needs. For researchers, this study serves as an eye-opener throughout the entire research journey. It widened their horizons and developed their understanding and empathy for people who undergo cosmetic surgery. Lastly, for the future researchers, this study serves as their basis for further studies in the near future. Additionally, it might also help them in finding and developing new research ideas that would surely contribute to the world.

Scope and Limitation

The study focused on individuals who underwent cosmetic surgery. Specifically, the researchers interviewed people of any gender who resided within Davao City, aged 18 to 40 years old, with the sole purpose of beautifying themselves. However, to ensure the accuracy and relevance of the study, the researchers excluded individuals who were younger or older than the required age range, as well as cosmetic surgery patients who are not from Davao City. Based on the objectives, people who undergo surgeries for medical purpose were also excluded. Thus, the interviews were conducted through face-to-face and virtual methods, focusing on the experiences of the Identified participants.

Definition of Terms

This section presents some of the terms used by the researchers in their study.

The following are defined based on how they were used in this paper.

Cosmetic Surgery is a procedure wherein a person receives an operation, or invasive medical procedure, to change their physical appearance for cosmetic rather than medical reasons.

Patients refers to individuals who underwent cosmetic surgery for beautification purposes.

Experiences refers to the direct observation and first hand experiences of individuals to the events that led them to consider cosmetic surgery.

Challenges refers to the obstacles and difficulties experienced by the patients after undergoing cosmetic surgery.

Coping Mechanism refers to the ways how the patients overcome the hardships they had experienced, any conscious or unconscious adjustment or

adaptation that decreases tension and anxiety in a stressful experience or situation.

Insights refers to the personal perception of the individuals regarding how cosmetic surgery means to them.

Chapter 2

REVIEW OF THE RELATED LITERATURE

This chapter presents the related literature of this study were taken from published journal articles, books, publications, and interviews. It presents the various study and literature for a better understanding of the research study. This includes the Experiences Leading to Cosmetic Surgery, Challenges After the Cosmetic Surgery, Coping Mechanisms, the Insights about Cosmetic Surgery, and the Theology of the Church.

Experiences leading to Cosmetic Surgery

The main factors why individuals are swayed to undergo cosmetic surgery is because of psychological, psychosocial, and social relationships, as well as body image, experience of being teased, low self-esteem, media exposure, fashion trends, and beauty magazines (Li et al, 2019). Additionally, according to Salehahmadi & Rafic (2012), the

emphasis on fashion, beauty, and presented images in cinema, magazines, and media have significantly motivated individuals to undergo cosmetic surgery. Moreover, the people surrounding the individual are also influential like family, friends, and a spouse or a partner (Maisel et al, 2018). Supported by the study of Khattab et al (2022), a great pressure from a life partner to change their appearance, the influence of friends, and the opinions of their beauty show that there is a significant association of willingness to undergo cosmetic treatments.

The fear of experiencing age discrimination is one of the factors why people choose to undergo cosmetic surgery. A study suggests that cosmetic surgery is fueled by age discrimination or the fear of it that resulted in the increase of injectable botulinum toxin treatments by more than 800 percent since 2000 (Barnes, 2019). On the other hand, Milothridis et al (2016), assert that older people tend to seek cosmetic surgery to reverse the aging process while young adults and adolescents are most likely prone to be under the influence of media trends. This is supported by the study of Barnes (2019), result revealed that the discrimination of age emerged and started in an interpersonal context where individuals feel that they are excluded in friend groups, family members, colleagues and co-workers, and were teased and mock due to their age.

According to the American Society of Plastic Surgeons (2017), adolescents who experienced bullying are more likely to be prone for cosmetic surgery. They are self-conscious because of some features of their appearance that made them uncomfortable and the answer to these problems may be found through cosmetic surgery or any enhancement that can help them (Slack, 2019). Improving ones appearance is a dominant motivation where a person is using cosmetic surgery as a form of response to criticisms

(Chung & Kim, 2022). Hence, according to Galardi Bowen Rosenblum Plastic Surgery (2021), teasing is a powerful motivation to undergo cosmetic surgery in order to stop the humiliation and be more comfortable with their appearance.

In the study of Mohammed and Ibrahim (2023), self-esteem of an individual, happiness, and level of physical attractiveness are shaping an individual decisions into undergoing cosmetic surgery. A childhood bullying has been revealed that can increase the risk of undergoing cosmetic surgery in their adulthood and is consequently shows contribution in the rise of depression and anxiety. Meanwhile, it is also cited that cosmetic surgery can enhance the level of confidence of someone just by improving their physical appearance and attractiveness which can also inflict a positive influence in the mental health of an individual (Ho & Ip, 2019). On the other hand, Ho and Ip (2019) also found out in their study that even though cosmetic surgery can heal childhood trauma, cosmetic surgery still have its own downside which is the addiction that can not be satiated in which it occurred through the unending desire to for surgery.

Moreover, cosmetic surgery is a mean to attain a better position in the appearance oriented society, Chung and Kim, (2022). Additionally, Galardi Bowen Rosenblum Plastic Surgery (2021) stated that in the context of media and entertainment field, cosmetic surgery is a mean use for career growth that will make someone compete and look younger. It is a common motive to undergo cosmetic surgery to acquire a good quality of life where someone will be look good in social events, left a better impression in the eyes of others, and most especially is to acquire a professional look that will enable one to compete in their field of profession, Maisel, et al. (2018). Whereas, it is a tool that can help one maintain vitality and confidence that will help and aid one with career

resilience in the long run Peterson (2023), and According to Michaels (2015) stated that beautiful people makes more money and more opportunities for career advancements because physicallu attractive employees are seen as more able, more confident, and shows a great communication and social skills.

The clear emergence of social media greatly influenced the rise of cosmetic surgery because they are seeing numerous people with almost perfect faces, be it from an influencer or a celebrity Adam England, (2023). Most of the people are motivated to undergo cosmetic surgery with internal generated goal which is to please themselves, look younger, fresher, and to have a clear skin Maisel, et al., (2018). Additionally, millennials are investing in their physical appearance to maintain their youthful and vibrant demeanor in order to look great and feel better, (Garcia, 2016).

Social views and attitude are based on the appearance of an individual (Chung and Kim 2022). Supported this view, the pursuit of beauty through cosmetic surgery is a global phenomenon but differs depending on the country, race, and cultural as to how they will embrace the concept of cosmetic surgery. Numerous predictors are identified by Alotaibi (2022) that the acceptance and likelihood to undergo cosmetic surgery are based on their self-esteem, body image, psychological status, and body mass index. It is also stated by Arian, Alroudan, Alkandari, and Shuain (2023), that physical attractiveness and aesthetic standards really do vary in terms of cultural backgrounds and diverse ethnic groups. And that facial attractiveness is greatly influenced by an innate force and strong societal factors where beauty standards are continuously shifting over the passing of time and across different countries.

Further, to undergo cosmetic surgery, Garcia (2016) stated that to gather accurate information and have the best result, an individual must first seek for a qualified medical professional that one can trust, and it is significant to research the risks associated with cosmetic surgery in order to make a thorough and final decision. Having a proper consultation is crucial for the surgeon to better assess the patients and determine what they really need. Also, it is a form of discussion where expectations will be set to reality between the patient and the surgeon to proceed to the surgery (Jung, 2024).

In a world where appearance is equal to self – worth, immense peer pressure and the strong desire for social validation, individuals are often compelled to conform and fit in in their social circles and feel acceptance. Where the notion of beauty is generally embedded in human cultures, the definition of beauty is greatly different across societies and eras, and these cultural ideas are continuously shaping and swaying individuals aspirations in considering and undergoing cosmetic surgery (Zakhary, 2023). Meanwhile, with the help of digital transformation, our lives are now closely intertwined in the online world. As stated by Ramanadham cited by Peterson (2023), social media and digital media have undoubtedly shifted the standards of beauty and the surge of propagating beauty trends, with various risks that may lead to absolute disappointment and a long run dissatisfaction.

Challenges after Cosmetic Surgery

The pain after undergoing cosmetic surgery is temporarily painful and will eventually subside some of the consequences to be dealt after cosmetic surgery is physical discomfort pains, swelling, itching, bruising, and numbness Henry (2014).

Weeks, months, or years following the surgery, the desired final result might not be visible because of swelling, bruising, and scarring accumulated from the surgery itself Smith (2019). The common complications that can be acquired from cosmetic surgery is hematoma which is resembles a large painful bruise that can drain the blood, seroma which occurs when a serum pools beneath the skin surface which can cause swelling, blood loss which can potentially lead to death, infections, nerve damage that numbs and tingles the pain, organ damage, and permanent scarring, Schaefer (2019),. Additionally, in support to Henry (2014) and Smith (2019), according to Mayo Clinic (2022), complications and infections can happen after the surgery as well as bleeding, abnormal scarring, numbness and tingling in the nerves that can be permanent. But recovery time will take at least 6 to 12 weeks in minimum but still varies from person to person and depends on the surgery itself.

Numerous people are encouraged to undergo cosmetic surgery for being perceived as less beautiful or is lacking in some aspect of their physical appearance but are condemned after doing so which is known as the cosmetic surgery paradox Alleva, (2022). In the case of Sharon Osbourne, a full facelift last 2021 made her look like a cyclops according to her statement. She added that it hurts like hell and left her look horrendous, in her statement she said, “ *I had a full facelift done in October, and I looked like one of those f—king mummies that they wrap [with bandages],*” (Life & Style, 2023).

Cosmetic surgery takes time for someone to adjust especially to the changes that happened to ones appearance where sometimes one may not grow accustomed to their new self which can be an unsettling factor that may cause furthermore insecurities other than

where it started off, Flawless (2018). There are cases where friends and family members will give you a bad reaction upon the result of the surgery which is clearly a disadvantage. It is believed by many people that cosmetic surgery can fix and improve their psychological and mental well-being however, there are procedures that can worsen their psychological, mental, and emotional well-being where someone may experience post operative negative outcomes due to unmet expectations and unrealistic goals (Kloppers, 2024).

After cosmetic surgery there will be psychological effects that might impact someone like anxiety which is developed by feeling anxious by the significant changes in their appearance, depression that may stem from physical stress due to limited actions and mobility, but in some cases it can be due to unmet or unrealistic expectations, and disappointment due to undesired outcomes Dr. Cat Plastic Surgery (2023),. One definite example is Linda Evangelista who was once a known model who revealed that she underwent cosmetic surgery that left her unrecognizable which made her working career come to halt, and she stated *“It not only destroyed my livelihood, it has sent me into a cycle of deep depression, profound sadness and the lowest depths of self-loathing. In the process I have become a recluse,”* (Life & Style, 2023).

In the beginning after the surgery, emotions might run very high, it can be a mixture of excitement, delight, and relief but can also be a form of trepidation and anxiety, Smith (2019),. After the surgery, physical discomfort and adjustments are to be observed and experienced during daily routines and to lessen the physical discomforts and pain, one must follow the instructions from the surgeon itself, one must also avoid smoking and drinking alcohol, observe a healthy diet, and hydrate with water always

(Rosdeutscher & Peters, 2023). Additionally after the surgery is the most difficult phase because it leaves a lot of time for doubt and regrets, it also takes a lot of time for someone to adjust their body and to physically settle on, doubts may also prevail months after the surgery while weighing their decisions (Kremer, 2018). One can be accompanied by a roller-coaster of emotional surge, an individual might also have difficulty in sleeping resulting to sensitivity, overly sensitive to the opinion of others especially from friends, family, and other people, wondering about the outcome of the surgery, missing daily activities, having second thoughts and might also experience depression, Gittos (2020), This is supported that 3000 women are reported increase in the risk of taking suicide after the surgery.

Further, people with addiction to cosmetic surgery may continuously desire to undergo multiple cosmetic surgeries to alter their appearances but will only result into dissatisfaction in the end which may stem from body dysmorphic disorder or BDD according to Sissons (2023). Several great examples for this are Jocelyn Wildenstein who is a billionaire socialite who wanted to look feline and was dubbed as “Catwoman” who spent \$2 million on her surgeries, Justin Jedlica who was dubbed as “Human Ken Doll” had undergone more than 150 procedures since 18 years old, Pixie Fox who removed 6 of her ribs just to achieve a tiny waist inspired by the cartoon “Jessica Rabbit” and she is now known for being the “living cartoon”, Natasha Crown who is striving for being the world’s biggest butt had 3 brazilian butt lifts but wants more and her butt is currently 85 inches round, and Byran Ray who had more than 90 surgeries just to achieve Britney Spears alike look and spent \$80,000 (Oswald, 2018).

Moreover, the United States Citizen in the Dominican Republic have a total of 73 deaths due to cosmetic surgery from 2009 to 2022 (Morbidity and Mortality Weekly Report, 2024). A Tennessee mother have died due to cosmetic surgery, Erica Russell is a 33 years old woman who left Tennessee to Miami in order to undergo a braazilian butt lift. According to the autopsy, Erica Russell died due to the deep injected fat into her buttocks which hit the muscles (Masihy, 2024). Luana Andrade who underwent a knee liposuction is an influencer, model, and reality star that had a cardiac arrest following 2 hours and half after the said surgery (Showbizz Daily, 2023). Christina Ashten Gourkani also known as the Kim Kardashian look alike have died od cardiac arrest while recovering from going under the knife (Firstpost Explainers, 2023). And Further, Adianet Galvan Gonzalez was reportedly brain dead and later on died because of the complications that happened during the surgery.

Coping Mechanisms after the Surgery

In coping with emotional challenges after the surgery, one should find a support group which can be a valuable resource for emotional well-being. Certain groups where one can freely share thoughts, experiences, feel the sense of community, and to combat the feeling of isolation. The wisdom and empathy collected from them is a lifeline during the dynamics of ones surgical journey (Dr. Cat Plastic Surgery, 2023). Also, one should be patient with the healing process and take the time to seek support from family and love ones espically that they will be a source of strength for one to hold unto, love ones whom you can talk about your anxieties and worries that can be valuable in order to combat the feeling of emotional breakdown (Kita, 2023). Similarly, enlist family or friend for support going through that stage of healing (California Skin Institute, 2018).

When in doubt, the surgeon can best help you beyond physical medications because the surgeon knows and understands what you are going through (Kita, 2023). Similarly, when in confusion, it is a good idea to communicate often with your surgeon (Moien, 2024). It is important to maintain a good communication with the surgeon rather than relying on what is in the internet, if physical pain or unexpected discomforts may arise, the doctor can be a great help to get in touch with. Also, adherence to the medications are essential especially taking the prescribed medications and abstaining oneself from doing strenuous activities because it could cause stress to the incision area of the surgery. Proper wound cleaning should be observe to avoid infections or any other complications (Centre For Surgery, 2024). After the surgery, long acting anesthetics are given by the doctor in order to block the pain brought by the surgery. It is also best to elevate the surgery area to reduce the risk of infections and for faster healing. It is also advised to use ice and cold compress as it will reduce the flow of white blood cells to decrease swelling and pain. And, a gentle massage is also good since one can take off the time to rest and not mind the pain, massage encourages better blood flow and promotes healing, Fischer (2023),

Further after the surgery, it is best to eat the freshest food one can ever find in order to restore body nutrients and it is best to drink plenty of water to stay hydrated, it will not only accelerate ones healing process but can also help in terms of emotional and mental healing process. It is also best to follow and drink the medications given by the doctor in order to lessen the physical body discomfort, also refrain oneself from doing strenuous activities until the doctor said so to prevent damaging and overexerting the body (Kita, 2023). One should also relax and get a plenty of sleep as well as give body the time

to repair itself (California Skin Institute, 2018). Similarly, regardless of the discomfort and restrictions, one should get a proper and adequate sleep because prioritizing it is important for an effective and efficient healing process (Moien, 2024). Additionally, rest should be prioritized during the healing process, one should not do tasks that might harm or cause pain, give the body ample of time for resting and recovering (Centre For Surgery, 2024.) During the healing process, one can entertain herself such as having a good books to read, wonderful movies to watch, and awesome games to play (California Skin Institute, 2018).

Insights about Cosmetic Surgery

Salehahmadi and Rafic (2022) stated that the benefits that can be accumulated by undergoing cosmetic surgery are improvement in appearance which can help to improve self-confidence and body image as well, it can improve psychological means and can make someone sexually attractive. In line, Garcia Plastic & Hand (2016) also stated that it can enhance self-confidence, can provide a better quality of living and life, energy, and happiness. The individuals who underwent cosmetic surgery are now more comfortable and satisfied with how they look and are now less self-conscious. And people who feel greatness in terms of their appearance, are more likely to be more outgoing, greatly motivated, and have the willingness to try and discover new things. People who were once shy and less outgoing, thanks to cosmetic surgery that they now have a renewed sense of enthusiasm and motivation for a refresh and zesty life.

Cosmetic surgery can improve mental health according to Excel Eye Center (2022) since it will uplift the emotional state of a person, cosmetic surgery can be the door to a healthier and happier life. Feeling good with how you look can give self-confidence and improve self-esteem because when you feel good, you have less anxiety with social interactions, and with less anxiety, social life can blossom with a renewed life of less stress and more friends. Similarly, Flawless (2019) stated that cosmetic surgery has psychological benefits because one may now more inclined in terms of socialization due to an improved state of mind regarding on how one feel about oneself. Additionally an improved body confidence can enhance and help improve social and emotional health, and overall well being as well as the general quality of life, Sissons (2022).

Further, improved self esteem is one of the benefits of cosmetic surgery, it is reported that people who underwent cosmetic surgery are now more confident and satisfied with their appearance which can contribute to the overall well being of a person. It increased self confidence in social gathering situations and professional life since cosmetic surgery will help people be comfortable with their own skin. Additionally, increase overall quality of life including a healthy mental state, and increased social life and career opportunities (Heights Plastic Surgery, 2023). People with more attractive faces have greater opportunities, they can also attract good life partners while enjoying their professional opportunities such as high salaries and promotions, Peterson (2023)

Theology of the Church

Dr. Muzammil Siddiqi, the former president of the Islamic Society of North America (ISNA), claimed that the general rule in islam is to be satisfied with the way Allah has created humans and that one should not be wasting time or money in changing

its shape and size. Instead, one should be preoccupied with worshiping Allah while doing righteous and charitable acts. In another hadith, the prophet is reported to have hate those women who even why dense that their teeth for the sake of beauty. Thus, in the aforementioned Qur'anic verse and prophet hadiths, Muslim jurists consider cosmetic surgery as haram unless it is done to correct a defect that causes difficulty to a person be it physical, psychologically, or to improve one's performance (Islam Online, 2023).

Cosmetic Surgery focuses on the correction and restoration of form and function of the physical features. The purpose of this is to meet the beauty expectations of the society. In Islamic perspective, there is a rule that every individual should be contented with the way what Allah has created them. But if having cosmetic surgeries or beautification that can benefit the patients, the Islam welcomes it differ on the situation (Aesthetic Plastic Surgery, 2021).

According to Davidson (2020), the body is not once personal property that must be treated as please. Human bodsies are on loan of people from God which makes us not authorized to mutilate in any way. As the face of jewish the torah commands to heal ourselves maintain our health and value lives. Thus, the fact that surgery requires general anesthesia means there is a risk and chance of complicating which is already a danger to our well-being.

Idrees (2018), the eminent Muslim states that there is nothing wrong with cosmetic surgery as long as it is used to treat deformities and gives a better quality of life. However, the slam denounces that beautifying oneself to the point of changing oneself as Allah created is considered a kind of alteration inspired by Satan who, “ will command them to change what Allah has created” (An-Nisa 4:199).

Cosmetic surgery may be a common procedure around the globe but the catholic church has still different perspective when it talks about altering the bestowed beauty from God. Changing once look is considered as a false beauty and bends cultural norms. However, Dr. K.O Paulose of the Jubileee Memorial Hospital in India shared that *“god is using me as an instrument of his healing ministry to fulfill his purpose.”* He even evoke a story in luke 22 of the holy bible wherein Jesus healed the lopped ear that jesus was performing cosmetic surgery. He also believes that there is a big difference between changing a person’s look helping a person live a normal life although radical Christians believe that God created you like this and therefore you shall not change your face “God is not going to look at the face of anyone but is going to look at the heart, that the heart is beautiful with a face. However, there is no definite indication in the bible whether it is right or wrong but, “ the bible once as not to be vain or conceited (Philippians 2:3-4) and not to draw attention to ourselves by the way look 1 Timothy 2:9” (Linky, 2015).

In conclusion, people are are more likely to undergo cosmetic surgery due to the strong desire to improve themselves. Influences from family, friends, or life partner, perception to beauty shaped by cultural views and values, experiencing years of teasing due to appearance, and sometimes is because cosmetic surgery can heal their psychological trauma. In terms of challenges after the surgery, individuals are expected to feel a lot and immense power of pain, mental distress due to post operative depressions, and also emotional distress after the surgery. In order to cope up with those challenges, one must seek help to a professional doctors of surgeons, take the prescribed medications, hydrated, observe healthy diets, and also strong network support. And lastly, the insights

about cosmetic surgery is that it can improve and enhance level of confidence, and enables one to prioritize and express themselves.

Chapter 3

METHODOLOGY

This chapter includes a detailed description of the research methodology that was utilized in this study. It is organized into several sections that provide teamwork within which to describe the research procedures. This chapter contains a brief description of the various components of the research design, research participants, research locale, research instrument, data gathering procedure, ethical considerations, trustworthiness, and data analysis.

Research Design

This research is a qualitative phenomenological study aimed at exploring the experiences, challenges, coping mechanisms, and insights of people who have undergone cosmetic surgery. According to Bhandari (2023), qualitative research involves collecting and analyzing non-numerical data in order to understand concepts, opinions, or experiences. Phenomenological study as described by Ho and Limpaecher (2022) is a qualitative research approach that seeks to investigate and understand the experiences of individuals and it studies the lived experiences of people to gather deeper insights. Hence, qualitative phenomenological design is utilized as it is primarily used to explore the experiences of the research participants which is befitting to the purpose of this research.

Research Participants

The researchers were able to 10 people as the participants of this study. In order to gather the necessary information, and inclusion criteria were set for the participants: an individual of any gender who underwent cosmetic surgery with the purpose of beautifying themselves, specifically 18 to 40 years old, and is residing inside Davao City. Moreover, the technique used to identify the participants was non-probability snowball sampling technique with the reason that referrals of people are significant in recognizing cosmetic surgery recipients (Human Research Protection Program International Review Board, 2010).

Research Locale

This study is conducted inside Davao City where several cosmetic surgical clinics are located, some of it are ICOHNS Rhinoplasty and Cosmetic Clinic Davao, Toledomed Skin & Body Centre – Davao Branch, and Partners in Plastic Surgery Davao City (Global Medical Treatment, 2024). Additionally, it is the home of one of the rising artists in the Art Industry named Shahanie S. Panonce, a 19year old girl whose illustrations and art style is inspired by the infamous Vincent Van Gogh (Albior, 2024).



Figure 1: Map of Davao City

Research Instrument

Research instrument refers to any tool utilized to obtain, measure, and analyze data (DiscoverPhBs, 2020). For the conduct of this study, the researchers used self-made interview guides with set of questions aligned with the research topic. The set of questions contained four major subjects which are the experiences, challenges, coping mechanisms, and insights with follow up questions each in relation to the subject matter. Hence, the aforementioned set of questions underwent thorough validation process conducted by credible, well-known, and expert individuals to ensure its validity.

Data Gathering Procedure

In gathering the data of the study, the researchers first issued a letter of approval for the administration mainly to the principal and school president. Moreso, the researchers oriented the the participants about the overview of the study, objectives, and ethical considerations. The participants were then given the consent as a sign and pledge of freedom of choice that guaranteed their voluntary engagement, and after that, the interview was conducted.

Ethical Considerations

The ethical principles adheres to protect the dignity, rights, and welfare of the participants (World Health Organization, 2013). This study considered confidentiality and beneficence principles for ethicality. Confidentiality means making use of aliases and codenames in order to keep personal information while beneficence means ensuring the

protection and welfare of the participants (Maheux-Pelletier, Frake-Mistak, & Popovic, 2016). In this study, the researchers strictly adhered the principles by using codenames instead of the personal information of the participants to ensure that they are well kept, and the researchers ensured the welfare of the participants by keeping the data obtained from being exploited, utilizing the information into good use, and by asking for their confirmation and permissions.

Trustworthiness

Trustworthiness refers to the quality, authenticity, and truthfulness of the results in relation to the degree of trust and confidence to support the arguments that the qualitative findings that are worth paying attention to (Cypress, 2017). This study relied on credibility and dependability in which credibility is a measure of accurate value and correct findings of qualitative research and dependability is used to measure the consistency and reliability of the result of the study (The Farnsworth Group). In ensuring the credibility of this study, the researchers familiarized the data before doing the analysis and going back to the participants for them to evaluate, check, and track accuracy, and in ensuring dependability, the researchers utilized triangulation method to vividly assess the credibility of the data gathered.

Data Analysis

In this study, the researchers utilized Colaizzi's method of analysis which means the generation of an exhaustive description of a certain phenomenon that focuses on the challenges and experiences of the people (Gumarang et al, 2021). Primarily, the researchers obtained and gathered the narrative data from the participants which illustrates each of their experiences in which the researchers have familiarized after

reading it numerous times and identified significant words, phrases, or statements related to the study. Following to that are the creation of codes which the researchers have decoded and extracted with meanings from what the participants are implying and expressing. Then, the researchers have formulated themes from the codes that hold similar ideas. Comprehensive explanations are provided which give clarity about the themes formulated. Finally, the researchers revisited the participants for them to check the conciseness and accuracy of the results.

Chapter 4

RESULTS

This chapter presents a comprehensive analysis and interpretation of the data collected in this study about the main subjects that were developed. The data are presented, examined, and interpreted in a structured manner that follows the research questions. Through a thorough analysis of the data, this chapter aims to provide insights and answers to the research questions and contribute to the existing knowledge in the field.

Research Question #1: What are the experiences of the patients that led them to consider cosmetic surgery?

For question number 1, there were three major themes generated: **What Lies Beneath: The Truth Serum, The Desperate Symphony: Refurbish Beauty, and Transcending Voyage: The Journey Towards Aesthetic Operation.** These themes are formed as a crucial part of their pre-surgery journey where the participants shared their experiences and preparations before undergoing cosmetic surgery.

Table 1. Thematic Analysis of the Experiences of the Patients that led them to consider cosmetic surgery

Significant Statement	Formulated Meaning	Theme
I really think that it will make me more beautiful to look at. And for more chances that people will be attracted or fall in love.	She wanted to imply that people will be attracted if she enhances herself.	
To be more attractive to others. And it is my goal.	As a member of the LGBTQ+ community, the reason behind her decision is to fully embrace the femininity inside of her as a gay person and to be perceived in a different level of attractiveness.	

It makes me more attractive when I wear sexy clothes	The impact of cosmetic surgery empowered her emotionally and improve her physically.	What Lies Beneath: The Truth Serum
It really for self- confidence. It's for me to enhance my confidence level and to feel beautiful.	The desire to enhance themselves.	
To enhance myself and to look more feminine.	As a woman of heart in a masculine body, she has the need and hunger to be feminine and improve her confidence which can only be resolved by undergoing cosmetic surgery.	
Well, it was my dream before, like it was really my dream to fulfill myself and become a woman.	Desire to attain fulfillment and reach her long time dreams.	
I don't appreciate myself looking like an Asian.	She perceived that looking like an Asian is less attractive that's why she wanted to enhance her features by undergoing cosmetic surgery.	
And I saw Asian people that are now with an American look which for me is the standard look that's why I decided to try it.	Perceiving yourself as someone average and completely wanting to reach the standard she set herself.	
I was bullied because of my chin.	She experienced being bullied because of her chin.	
Yes, it is. Also my insecurity.	Her insecurities motivated her to undergo cosmetic surgery.	

Yes, of course. Really need proper consultation, advice from experts, doctors, and surgeons.	Medical opinions in terms of changing a specific body part is crucial to become aware of the possible outcomes.	Transcending Voyage: The Journey Towards Aesthetic Operation
I did ask questions to my doctor about the consequences before taking the risk because I know that it will be dangerous if I won't consult her first.	To ensure the credibility of the result, one must know the possibilities and outcomes before deciding with certainty.	
Yes, before undergoing any procedures, I consulted and sought advice on what to do and potential effects. And it's okay because I know many acquaintances who have done it, and their bodies are fine, no issues or side effects.	To ensure her own safety. she sought medical professional's opinions before doing the procedure. Thus, she is also pacified knowing that she has a lot of acquaintances that underwent the same procedures with satisfactory results.	
I only asked those people who have undergone the same operation. I asked what it feels like and such. Also, I browse through youtube and google. And I watched several vlogs of my fellow transgenders who underwent beautifications.	To have an overview, she asked the people who have undergone the same energy.	
They said that my chin will be enhanced, then they also gave anesthesia, so I won't be afraid of the injections.	The consultation made her more aware about the surgery she was about to undergo.	
Before you undergo the surgery, you should inquire to the professionals, you have undergone a lot of process. They told me what the proper drinks are and instructed me what to eat, that I should take a proper balanced diet because I am an overweight.	To ensure a safe and secure outcome, following the prescription of the doctors can help increasing your awareness.	

Yes, because it is truly significant.	It is important to have an overview about the surgery.	
Before undergoing my first cosmetic surgery, I did extensive research on top-notch trans-friendly doctors. It took me about two years to decide. I looked into who had the best reputation, the procedures, their aesthetics, and all that. So, I didn't check or schedule an appointment with a doctor for consultation.	To ensure a secure and satisfactory result, extensive research has been done before taking risk to undergo the surgery.	
I actually decided to undergo cosmetic surgery because I saw Janine Berdin, an artist that had cosmetic surgery. I saw it on Tiktok because it went	A celebrity can be someone's aspiration and influencer which will greatly impact you as a person especially in distinguishing what's best for her well-being.	The Desperate Symphony: Refurbish Beauty
Also, I wanted to enhance myself to meet beauty standard, and I wanted to look like an American.	Attaining beauty that can reach the standard of beauty through cosmetic surgery.	
I actually got rhinoplasty because it is trending.	Due to the effect of social media, one's decision making is greatly influenced.	
Yes, because most guys nowadays are looking for someone similar to a woman with feminine features and a fit body.	She was motivated to undergo cosmetic surgery in order to suit with the standards out there my men.	
That's why they encouraged me to get fillers in my chin so that I can have improvements. That is the reason.	She was motivated to undergo cosmetic surgery due to the persuasion of her surroundings.	

My friends that also underwent fillers, they encourage me to have chin fillers so it will be enhanced.	Because of what people saying, she was motivated to undergo cosmetic surgery.	
Teenagers nowadays would say that you are ugly and you still have this and that. So I have decided that I really need to change and undergo cosmetic surgery	The desire to reach the standard of society.	
There are a lot of people around me saying that I should get surgery to at least look beautiful.	Motivated to undergo procedure due to the persuasion of her surroundings	

The first major theme produced for SOP #1 is: **What Lies Beneath: The Truth Serum.** This theme shows the interplay between beauty standards, personal desires, doubts, and insecurities. It emphasizes the underlying reasons of each individuals in considering cosmetic surgery and discusses how such experiences have affected their decisions. Conforming to the perceived beauty standards is one of the reasons why, this one shows that beauty standards can affect one's decisions especially after being influenced by people surrounding them. Some people have a strong wish to follow beauty standards, especially those related to Western concepts. Wanting to mirror a particular look common in the West shows how beauty norms are spreading globally and people's efforts to stay in line with current fashion. The strong sense of desire to beautify oneself shows how one wants to enhance themselves in order to feel more like their true self and be recognized and appreciated by other people.

Additionally, it explains how societal norms and judgments affect individuals' view of themselves, where doubts and insecurities are projected as reasons of undergoing

cosmetic surgery. The need to conform to standards of beauty leads many to seek cosmetic enhancements for validation. This highlights the strong influence of societal expectations on personal views of beauty and the intricate relationship between self-identity, societal pressures, and insecurities. In general, it provides a complex and thorough analysis of the various factors that lead people to undergo cosmetic surgery. It emphasizes the diverse aspects involved in these decisions, showing the complex relationship between various reasons leading to cosmetic surgery.

“We have to enhance ourselves to be more presentable and attractive to people's perspectives.”

“To be more attractive to others. And it is my goal”

“I really think that it will make me more beautiful to look at. And for more chances that people will be attracted or fall in love”

“It makes me more attractive when I wear sexy clothes.”

“It's really for self-confidence.”

“It's for me to enhance my confidence level and to feel beautiful.”

“To feel more in touch with my identity as a gay person, to embrace my femininity.”

“To be more attractive to others. And it is my goal.”

“To enhance myself to look more feminine.”

“Pangarap man gud nako ni since pagka ano pagkateenager”

“Well, it was my dream before, like it was really my dream to fulfill myself and become a woman.”

“To enhance my overall appearance”

“To be more attractive to others. And it is my goal”

“My long time dream ever since I became a teenager.”

“As a person born to be a man, and as a member of LGBTQ+ community now, we wanted to become a female. And we opted to undergo cosmetic surgery so we would feel more beautiful. And when you are in my shoe, this is what we want, to become a woman, to become beautiful, and to be accepted”

“And I don’t appreciate myself looking like a complete Asian.”

“And I saw Asian people that are now with an American look which for me is the standard look that’s why I decided to try it.”

“Because I’ve experienced discrimination before.”

“I was bullied because of my chin.”

“Yes, it is. Also my insecurity”

Transcending Voyage: The Journey Towards Aesthetic Operation, this second theme gives importance to the proper consultation and preparation before undergoing cosmetic surgery. It emphasizes the necessity of consulting with qualified surgeons and experts to understand the procedures and potential consequences of the procedure fully.

The individuals expressed the importance of discussing both the advantages and disadvantages of the procedures with their doctors. They highlight the need for thorough consultation to address any concerns or questions about the risks involved. Additionally, the text emphasizes the significance of seeking advice from professionals regarding pre-surgery preparations, such as dietary considerations and anesthesia options, to ensure a safe and successful outcome

Overall, the text underscores the critical role of consultation, informed decision-making, and proper preparation in the process of undergoing cosmetic surgery, emphasizing the importance of prioritizing safety and well-being throughout the journey.

“Yes, so whenever you do cosmetic surgery to a legit surgeon there's a consultation that will really happen first before you do the procedure.”

“I felt more comfortable entrusting the procedures to her. And, she discussed both advantages and disadvantages. She also oriented me on what could happen.”

“Yes, of course. Kailangan gyud kag uh ano uh consolation, i mean, among tawag jan, uhm... uhm, unsay tawag ana. Kailangan jud ka ug consultation, advices sa mga experts, sa mga doctors, sa mga surgeon. Ana. So first, ingon sila uhm naay mga daghang changes or naay daghang mga.. mga ano uhm... mga yon nga mga changes sa imong life. Yes, of course. Really need proper consultation, advice from experts, doctors, and surgeons. They said that there will really be a huge change in your life.” (CS4)

“Nag ask muna ako mga questions po sa doctor ah what are the consequences po before I'll do that before entering... before taking the risk po because i know it's dangerous.”

“I did ask questions to my doctor about the consequences before taking the risk because I know that it will be dangerous if I won't consult her first.” CS5

"Before ko nagpasurgery nagpaadvice ko daan kung unsay buhaton kung unsay effect nya okay man daw kay daghan man kog kaila nga okay man ilahang lawas wala may naunsa wala sad effect." CS6

"Yes, before undergoing any procedures, I consulted and sought advice on what to do and potential effects. And it's okay because I know many acquaintances who have done it, and their bodies are fine, no issues or side effects." CS6

Kanang muano daw, muenhance daw akong suwang ana ana then nagahatag silag pangpamanhid para dili ko mahadlok mapgpainject.

"They said that my chin will be enhanced, then they also gave me anesthesia so I won't be afraid of the injections". CS8

"Before you undergo the surgery, you should inquire to the professionals. you have to undergo a lot of process. they told me what are the proper drinks and instructed me what to eat, that I should take a proper balance diet because I am an overweight."

"Yes, because it is truly significant."

The Desperate Symphony: Refurbish Beauty, this third theme shows some factors that lead people to undergo cosmetic surgery, including the interplay between societal norms, peer pressure, and personal doubts. It emphasizes the influence of celebrity culture and social media, citing examples like Janine Berdin and trending TikTok videos as sources of inspiration for those considering cosmetic enhancements.

This highlights how media portrayal affects beauty ideals and decisions, demonstrating the strong influence of celebrities in today's society.

Peer pressure is identified as a key motivator, as friends and acquaintances are instrumental in urging people to get cosmetic procedures. Seeking validation from one's social circle underscores how relationships influence views on cosmetic surgery, impacting beliefs about beauty and self-esteem. This underscores the complexity of social networks and their impact on decision-making.

In general, it provides a complex and thorough analysis of the various factors that lead people to undergo cosmetic surgery. It emphasizes the diverse aspects involved in these decisions, showing the complex relationship between media, society, peers, and personal doubts in influencing individuals' ideas of beauty and decision to seek cosmetic procedures.

“Actually, I want to have a rhinoplasty because I saw Janine Berdin. Nakita ko sa mga tiktok then nagviral sya.”

“I actually decided to undergo cosmetic surgery because I saw Janine Berdin, an artist that had cosmetic surgery. I saw it on tik tok because it went viral.” CS5

“Also, I wanted to enhance myself to meet the beauty standard and I wanted to look like an American”

“I actually got rhinoplasty because it is trending.”

“Yes kay mao nay- kasagaran sa mga lalaki gani karun noh kay nangita silag kanang kaparehas sa babae nga naay totoy unya lamig lawas.”

“Yes, because most guys nowadays are looking for someone similar to a woman with feminine features and a fit body.” CS6

“That’s why they encouraged me to get fillers in my chin so that I can have improvements, that is the reason.”

“My friends that also underwent fillers, they encourage me to have chin fillers so it will be enhanced.”

“Teenagers nowadays would say that you are ugly and you still have this and that. So I have decided that I really need to change and undergo cosmetic surgery”

“In society today, standards are very high. In order for me to reach it, I have to look more presentable and beautiful”

“Well nag ingon sila nga dapat ma nag pachange ka kay para ano para at least ano uh nindot ka tan awon, ana.” CS4

“There are a lot of people around me saying that I should get surgery to at least look beautiful.” CS4

“That’s why they encouraged me to get fillers in my chin so that I can have improvements, that is the reason.”

Research Question #2: What are the challenges that the patients faced after undergoing cosmetic surgery?

In this part, two major themes were formed: **No Pain No Gain: The Spectrum of Emotion after Cosmetic Alteration** and **Whispers of Hypocrisy: The Irony of Authenticity**. These themes tackle various difficulties and challenges that the participants faced after the surgery. Encompassing both the physical and emotional challenges encountered by the participants which shows how hard things are after the surgery in terms of physical discomforts and whispers of irony from the society.

Table 2: Thematic Analysis of the challenges that the patients faced after undergoing cosmetic surgery.

Significant Statements	Formulated Meaning	Theme
You need to just stay at home and recover so we need to really make sure that we have enough supplies and also ensure that you have medicines and um some firsts aid um materials or medicines that you can use, it's a challenging part because your entire face will really is swollen because of the recovery stage so you need to also make sure that you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really	The cruciality of the needed resources for the recovery and that is prone for infections and death at its worth.	No Pain No Gain: The Spectrum of Emotion after Cosmetic

um sanitize so that um we can avoid some infection.		Alteration
I accidentally forgot that I am not allowed to eat any spicy sea foods that resulted in swelling to the point that I look like an avatar.	After the surgery, one must be mindful and meticulous in terms of the do's and don'ts said by the doctor because failure to submit on those will possibly result in an unwanted side effect or outcome.	
I felt pain in my chest part, it is somewhat suffocating. I take some medicines that was recommended by the doctor which is 2 times a day.	Experiencing pain after surgery is obviously normal such as the feeling of suffocation because brought by breast augmentation.	
I experienced pains when I forgot to sometimes take my medicines on time and yes, it really feels so suffocating	Experienced sensitivities and vulnerabilities after the surgery.	
It was part of my breast and then I gained weight afterwards. Sometimes I feel moody. On the otherhand, I get easily emotional everyday, and my appetite that's why prescription of the doctors are needed. Sometimes, I experienced nausea because I tend to be conscious around people.	Concerns about the sensitivity of recovery	
It triggered concerns was my lips. It seemed abnormal at first due to	There are restrictions after the surgery especially that it can be	

<p>swelling, but my surgeon assured me it's normal for freshly injected lips. You're not allowed to lift heavy things because the silicon moves, and you can't ride a tricycle because it wobbles, and it feels like the silicon might leak, although it doesn't really happen. So, you're restricted from lifting heavy things and doing excessive movements for about 3 months... because it's under the muscle, not under the skin, so the healing takes longer. I just endured it.</p>	<p>prone to infections that might delay the healing process.</p>	
<p>Yes, that was the main issue dealing with swelling.</p>	<p>Experienced the aftermath effect of cosmetic surgery</p>	
<p>The only after-effect is the initial pain, like my skin was being stretched, but aside from that, I'm 100 percent satisfied.</p>	<p>The surgery has an after effect but it differs from the procedure.</p>	
<p>Actually, it turned out that way because of my ignorance before; I got overwhelmed and kept poking at it, maybe before it was totally healed. And then, I noticed something came out of my chin which made it a little deformed so I am planning to have it fix soon</p>	<p>Experienced deformities due to ignorance and feeling overwhelmed.</p>	

<p>You need to just stay at home and recover so we need to really make sure that we have enough supplies and also ensure that you have medicines and um some firsts aid um materials or medicines that you can use, it's a challenging part because your entire face will really is swollen because of the recovery stage so you need to also make sure that you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really um sanitize so that um we can avoid some infection.</p>	<p>After the surgery, one must be mindful and meticulous in terms of the do's and don'ts said by the doctor because failure to submit on those will possibly result in an unwanted side effect or outcome.</p>	
<p>I accidentally forgot that I am not allowed to eat any spicy sea foods that resulted in swelling to the point that I look like an avatar.</p>	<p>Experienced sensitivities and vulnerabilities after the surgery.</p>	
<p>I felt pain in my chest part, it is somewhat suffocating.</p> <p>I take some medicines that was recommended by the doctor which is 2 times a day.</p>	<p>Concerns about the sensitivity of recovery</p>	

It was part of my breast and then I gained weight afterwards. Sometimes I feel moody. On the otherhand, I get easily emotional everyday, and my appetite that's why prescription of the doctors are needed. Sometimes, I experienced nausea because I tend to be conscious around people.	Concerns about the sensitivity of recovery	
"A lot actually. People on social media have this perception that your Facebook should match your real-life appearance." (CS 2)	People expects us to be someone as good as what we post on social media.	Whispers of Hypocrisy: The Irony of Authenticity
When I go to church, it's a bit challenging because people really notice. I have to adjust my outfit, wear loose shirts to avoid drawing too much attention, as it can be quite revealing. I get judged wherever I go, especially by men, who see me as a sex icon." (CS 3)	After the surgery, she experienced doubt, fear, and stereotypes after the surgery.	
"All I can hear is them saying that I look American. Also using the NGL app, I have received good feedbacks and hate messaged saying, asking, and objectifying why I underwent rhinoplasty." (CS 5)	She experienced and faced criticisms after the surgery	
"They said that I am not contented of who and what I am." (CS 5)	She experienced criticisms from other people by her decisions	
"A lot of them said that it	She experienced criticisms	

looked like a muscle because it was too high to be a breast." (CS 7)	from other people by her decisions.	
"Then there are others with negative comments, saying that the injection looks different or was poorly done. " (CS 8)	Some people negatively objectified the changes of her appearance.	
They would say that I am still a man and can't be pregnant. they would also say that you underwent cosmetic surgery that's why I became beautiful. And when it comes to objectifying my changed version, yes they would still comment but not as much as before. But actually, I am really hurt when people say that kind of things." (CS 9)	The challenges and hurtful comments that she faces from others with regards to her gender identity and physical appearance. Encountered disbelief or invalidation of their identity and expressed discomfort and pain from the comments that objectify or diminish their personal journey and transformation.	

No Pain No Gain: The Spectrum of Emotion after Cosmetic Alteration, highlights the physical and emotional discomforts faced by the participants after cosmetic surgery. This theme underscores the importance of preparing for the difficulties that follow the procedure. It gives an insightful glimpse into the participants' journey following the difficulties along the way with a lot of uncertainties. This implies that preparations before the surgery are important especially in expecting the difficulties after, understanding the restrictions, and also the meticulous attention for preparations in avoiding potential problems such as complications and infections. This encompasses the

physical restrictions of individuals following dietary guidelines, medications, and instructions.

“After the second week, like wala nako naavoid... nakalimutan ko magkain ng bawal na foods like bawal pala yong ano like spicy seafood after that like hubag siya and then mura siyag avatar tan awon.

“I accidentally forgot that I am not allowed to eat any spicy sea foods that resulted in swelling to the point that I look like an avatar” CS5

“I accidentally forgot that I am not allowed to eat any spicy sea foods that resulted in swelling to the point that I look like an avatar”.

“It was part of my breast and then I gained weight afterwards. Sometimes I feel moody. On the other hand, I get easily emotional everyday, and my appetite that’s why prescription of the doctors are needed. Sometimes, I experienced nausea because I tend to be conscious around people.

“It triggered concerns was my lips. It seemed abnormal at first due to swelling, but my surgeon assured me it’s normal for freshly injected lips”

I felt pain in my chest part, it is somewhat suffocating.”

The second theme **Whispers of Hypocrisy: The Irony of Authenticity** refers to the cosmetic challenges that pertain to the examination, criticism, or judgment that individuals face from their peers, society, or media regarding their decision to undergo cosmetic surgery. In today’s interconnected world, individuals are subject to scrutiny from various sources, including peers, employers, and even strangers. This constant evaluation can lead to pressure as people strive to meet societal expectations and avoid judgments. This experience includes when going outside, with the perception that one's

appearance is not authentic or true to oneself. Pressure on social scrutiny is much higher among people who have undergone cosmetic surgery or enhancement. They are commonly judged and subject to criticism, discrimination, stereotyping, and harassment that may result in low self-esteem, isolation, and disconnection from the real world.

"In today's society, it is normal for people to think that we only did enhancements, that we were ugly before and it really hurts our feelings." (CS 10)

"They would say that I am still a man and can't be pregnant. they would also say that you underwent cosmetic surgery that's why I became beautiful. And when it comes to objectifying my changed version, yes they would still comment but not as much as before. But actually, I am really hurt when people say that kind of things." (CS 9)

"Kasagaran lang nako nadunggan muana sila na hala americana. Naa poy nagatell na I am beautiful like that pero sa social media meron akong na ano like sa NGL. Marami akong na ano na haters doon like ga ano about why did you rhinoZ SWplasty you have already beautiful nose like that and then also like that and then also like mga ano po bad bad comments about my rhinoplasty." "All I can hear is them saying that I look American. Also using the NGL app, I have received good feedbacks and hate messaged saying, asking, and objectifying why I underwent rhinoplasty." (CS 5)

"They said that I am not contented of who and what I am." (CS 5)

"A lot of them said that it looked like a muscle because it was too high to be a breast." (CS 7)

"I'm not contented daw to my beauty like why did I ano like that." ("They said that I am not content with what I am.") (CS 5)

"Then naa poy uban kay negative kay lain daw pagkainject kay nihiwi daw." ("Then there are others with negative comments, saying that the injection looks different or was poorly done.")(CS 8)

"They said that I am not contented of who and what I am." (CS 5)

"A lot of them said that it looked like a muscle because it was too high to be a breast." (CS 7)

"Then there are others with negative comments, saying that the injection looks different or was poorly done. " (CS 8)

"They would say that I am still a man and can't be pregnant. they would also say that you underwent cosmetic surgerythat's why I became beautiful. And when it comes to objectifying my changed version, yes they would still comment but not as much as before. But actually, I am really hurt when people say that kind of things." (CS 9)

"You need to just stay at home and recover so we need to really make sure that we have enough supplies and also ensure that you have medicines and um some firsts aid um materials or medicines that you can use, it's a challenging part because your entire face will really is swollen because of the recovery stage so you need to also make sure that you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really um sanitize so that um we can avoid some infection."

To just stay at home and recover so we need to really make sure that we have enough supplies and also ensure that you have medicines and some first aid materials or medicines that you can use, it's a challenging part because your entire face will really be swollen because of the recovery stage so you need to also make sure that you are careful and always follow the directions/instructions of the doctor or the surgeon and then make sure also to really um sanitize so that um we can avoid some infection”

“I accidentally forgot that I am not allowed to eat any spicy sea foods that resulted in swelling to the point that I look like an avatar.”

“The second week like na avoid na wala nko na avoid like na forgot na kalimotan ko mag kain ng bawal na foods like bawala pala yung ano like spicy seafood and after that like like after we kenold hubag siya and then mura siyag avatar tan awon”

“You need

“I felt pain in my chest part, it is somewhat suffocating.

I take some medicines that was recommended by the doctor which is 2 times a day.”

“I experienced pains when I forgot to sometimes take my medicines on time and yes, it really feels so suffocating.”

“It was part of my breast and then I gained weight afterwards. Sometimes I feel moody. On the other hand, I get easily emotional everyday, and my appetite that's why prescription of the doctors are needed. Sometimes, I experienced nausea because I tend to be conscious around people. “

“It triggered concerns was my lips. It seemed abnormal at first due to swelling, but my surgeon assured me it's normal for freshly injected lips.”

Yes, that was the main issue dealing with swelling.

“The only after-effect is the initial pain, like my skin was being stretched, but aside from that, I'm 100 percent satisfied.”

“Second month after the surgery, I felt a slight pain but it was completely normal since I underwent a surgery.”

“Maybe the pain that I felt at my back.”

“Actually, it turned out that way because of my ignorance before; I got overwhelmed and kept poking at it, maybe before it was totally healed. And then, I noticed something came out of my chin which made it a little deformed so I am planning to have it fix soon”

It's a bit challenging because people really notice. I must adjust my outfit, wear loose shirts to avoid drawing too much attention, as it can be quite revealing. I get judged wherever I go, especially by men, who see me as a sex icon.”(CS 3)

It is common for the people who undergone cosmetic surgery struggling in the challenges when facing with other people and some judgements hurts their feeling.

Research Question #3: What are the coping mechanisms of the patients?

This part consists of the mechanisms of the participants: **Miracle of Elixirs: Battling Cosmetic Agony** and **The Emblem of Fire: Forged Resilience of Cosmetic**

Conquest. These themes explain how the participants coped with all the difficulties encountered.

Table 3. Thematic Analysis of the coping mechanisms of the patients

Significant Statements	Formulated Meaning	Theme
"None, I have friends with me who are very supportive."	Strong support system can greatly help you cope up with the changes.	Emblem of Fire: Forged Resilience of Cosmetic Conquest.
"There are numerous changes." "I had already accepted it beforehand when I hadn't undergone enhancement yet."	Great acceptance of self is an act of loving it specifically the changes that happened which made one to cope up with it.	
"I am very delighted to the changes in my body. And I felt like I have already reached my goal."	Coped up with the changes due to the success of attaining her goal	
Three days after I had the injection, I was saying, "Wow, it really looks good after the injection. I almost look quite glamorous with my face. Yes, I can say that I am satisfied, very satisfied."	The satisfactory result of the surgery made her coped up with the changes. Cosmetic surgery brought her a sense of fulfillment.	

Significant Statements	Formulated Meaning	Theme
Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won't be really uncomfortable.	Coping up with the physical pain through the advised medicine. In order to tolerate the pain, painkillers are given.	
My surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.	She followed what her surgeon advised to reduce the swelling.	
I just had minimal movement, took vitamin C, which was prohibited at that time.	She took some vitamins to heal quickly	

Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.		Miracle Elixirs: Battling Cosmetic Agony
Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won't be really uncomfortable.	Coping up with the physical pain through the advised medicine.	
All I did was follow the instructions of my doctor like have a cold compress, take medicines, stay away from high temperature areas, stay at home, and just watch movies whenever I experience discomfort	In order to tolerate the pain, painkillers are given. After the surgery, it is crucial to follow the instructions given by the doctor to ensure a quick healing process and a complete recovery.	
Normal. There is nothing to cope up, it was like nothing. Especially down there because I used to pee while standing. The doctor way back in Thailand said that under part will really be uncomfortable and that feeling did not fade completely, it's still here.	The effects of surgery differ from person to person based on the procedure they take. The prescriptions and advice from the doctor must be follow in order to ease and lessened the pain.	
My surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.	She followed what her surgeon advised to reduce the swelling.	
I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case	She took some vitamins to heal quickly.	

Emblem of Fire: Forged Resilience of Cosmetic Conquest begins by expressing gratitude for the supportive presence of friends during their surgical journey, underscoring the importance of having a strong support system. They acknowledge the significant changes that have occurred as a result of the surgery, highlighting the transformative nature of the procedure and how it has impacted their outlook on themselves.

Before undergoing enhancement, the participants had mentally prepared themselves for the changes, showing proactive acceptance. Following the surgery, they express genuine delight with the alterations to their body, feeling as though they have achieved their aesthetic goals. This satisfaction is further emphasized by their positive reaction to seeing the results of the injection, indicating a high level of contentment with the outcome. Despite the initial period of adjustment, they find inspiration in the subtle alterations to their appearance on a daily basis. This newfound confidence extends to various aspects of their life, particularly in their professional interactions, where they receive positive feedback from customers, boosting their self-assurance.

In reflecting on their journey, the participants underscore the importance of allowing both the body and mind adequate time to adjust gradually to the changes, highlighting the necessity of patience in this evolution. They recognize the need for mental adjustment before fully embracing the changes, marking a journey of self-discovery and satisfaction. Overall, their narrative showcases the profound impact of surgery on both physical appearance and self-perception, as well as the importance of supportive relationships and patience in the recovery process.

"None, I have friends with me who are very supportive."

"There are numerous changes."

"Accept naman nako siya daan so katong wala pa ko nagpa enhance-"

"I had already accepted it beforehand when I hadn't undergone enhancement yet." CS6

"I am very delighted to the changes in my body. And I felt like I have already reached my goal."

"Katong mga ano na 3 days after ko nainjectan nga nakaingon ko nga "hala, nice jud sya pagkainject kay hapit ko na... bongga pud kaayo pagkakuan sakong suwang. Yes po, Im satisfies, very very satisfied po."

"Three days after I had the injection, I was saying, " Wow, it really looks good after the injection. I almost look quite glamorous with my face. Yes, I can say that I am satisfied, very satisfied."

"Three days after I had the injection, I was saying, " Wow, it really looks good after the injection. I almost look quite glamorous with my face. Yes, I can say that I am satisfied, very satisfied."

"Naa I feel complete I feel like kanang competitive nako more confident nako that time, gaapil man gud kog pageant before so dako siyag tabang nako ba physically, emotionally, amd mentality kay feeling nako fulfill naakong pagka tao ana gud. So one way or another naka tabang jud siya big help jud siya sakoa. Na boost akong confidence. "I feel complete I feel like I'm competitive and more confident that time, I join pageant before so it's a big impact and big help physically, emotionally, and mentality because I feel like I fulfill my personality as a human. It helps me to boost my confidence. " Cs3

Miracles Elixirs: Battling Cosmetic Agony delves into the details of medical care, especially regarding treatment guidance and post-surgery instructions. It stresses the importance of following medical advice closely, sticking to post-operative guidelines, and taking prescribed medications faithfully for managing discomfort and promoting a smooth recovery.

Furthermore, it highlights the crucial role healthcare providers play in offering personalized care and unwavering support during recovery. By tailoring recommendations and treatments, such as specific compress applications and medication schedules, healthcare professionals aim to ease discomfort and speed up healing. This personalized approach builds trust between patients and healthcare providers, demonstrating their commitment to patients' overall well-being.

Moreover, it emphasizes how individual experiences shape medical practices, with patient feedback leading to adjustments in protocols, like the adoption of vitamin C treatments. This collaborative partnership between patients and healthcare professionals in navigating post-surgery care complexities showcases the transformative potential of individual experiences in advancing medical knowledge and improving patient outcomes.

“Mag ano lang po, take lang po pagmusakit sya magtake lang ug medicine kanang pang paano... pangpawala sa pain.”(Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won’t be really uncomfortable.) CS8

Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won’t be really uncomfortable.

“My surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.”

“Actually gianuhan lang ko sa akoang surgeon nga mag ahh pulled compress naay something petroleum jelly something inana na ibutang sa lips hangtud naglessen ang kuan kabaga sa hubag hangtud naokay na siya.”

“My surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.”CS2

“I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case”

Like nanghuhag akong face like ifollow the doctors rules like mag ano lang sya magfollow sa mga cold compress, magtake ug medicine and then magpalayo sa hot areas like manatili lang sa house, dili mag laag laag like that and if I feel uncomfortable but it's like ah nagwatch lang ako nang movies.

“All I did was follow the instructions of my doctor like have a cold compress, take medicines, stay away from high temperature areas, stay at home, and just watch movies whenever I experience discomfort.”CS5

“Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won't be really uncomfortable.”

“All I did was follow the instructions of my doctor like have a cold compress, take medicines, stay away from high temperature areas, stay at home, and just watch movies whenever I experience discomfort”

“Normal. There is nothing to cope up, it was like nothing.”

“Especially down there because I used to pee while standing.”

“The doctor way back in Thailand said that under part will really be uncomfortable and that feeling did not fade completely, it’s still here.”

“My surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.”

“I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.”

Research Question #4: What are patient’s insights in terms of how cosmetic surgery changes their lives?

This part consists of five major themes which are: **The Scalpel and the Illuminating Soul, Ethereal Epiphanies: Ascending to Cosmic Contentment, Cosmic**

Crown: The Celestial Triumph of Empowered Radiance, Sacred Sovereignty: Liberation from Religious Chains for Self-Expression, Wealth Reflection: The Economic Ascendancy of Cosmetic Mastery. These themes contain the insights of individuals in terms of how cosmetic surgery changed their lives toward enhanced treatment, being respected, self-actualization, and empowered confidence.

Table 4. Thematic Analysis of the patient's in terms of how cosmetic surgery changes their lives.

Significant Statements	Formulated Meaning	Theme
My life is indeed better now compared to before because I am not degraded by people anymore.	The participant is now appreciated by people unlike before.	The Scalpel and the Illuminating Soul
I received more respect from others now.	She received respect the moment she enhanced her appearance.	
There were a lot of changes especially that people love me more now and every time I go out, strangers would stare at my face.	Cosmetic surgery brought a very delightful impact on her social well-being and improvement to her physical attributes.	
Unlike before when people would just mock You, label you as gay just because you have a man's body. Now, people appreciate the confidence that comes with it. That's a significant improvement.	Significantly, the treatment of people surrounding her changed drastically. In terms of what cosmetic surgery brought in, it is the great impact to her social and emotional well being that comes with it.	
That thing, every time I go out, I enjoy receiving compliments from people about me.	People appreciated her more as a person.	
In our generation of today, if you have the chance to	There is nothing wrong with enhancing one's appearance if	

make yourself beautiful, you have the money to do it, and if that really makes you happy, I don't really think that there is something wrong in doing that. So long as you are not stepping on other people's dignity. In my personal opinion to that, so long as you are gaining more confidence and that will make you really happy, I don't really think that there is something wrong? Because it's for your own benefit.	you have the means to do so. And always chose what benefits you.	Ethereal Epiphanies: Ascending to Cosmic Contentment
I just enjoy my life because we only live once, spend on what makes you happy because opportunities like that come rarely.	Prioritize the things that make you happy.	
I feel complete. I feel like I became more competitive and confident after the surgery. I used to join pageants before, so it greatly helped me physically, emotionally, and mentally because I feel fulfilled as a person.	After the surgery, it greatly impacted her physically, emotionally, and mentally that made herself more fulfilled as a person.	
So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now.	The patient's satisfaction in life brought a sense of confidence and freedom., liberating her from previous constraints.	
All I can say is that I am totally delighted. That I am satisfied	Satisfaction from the changes brought by cosmetic surgery brought pure bliss to her life. Due to the renewed self confidence, they have gained strength to strongly face others.	
I am a Roman Catholic and	Altering some parts of the body	

<p>I believe that God created you for who you are and that you need to accept what has been given. However, we can do whatever we want in life as long as you are being yourself and you are not stepping down on others.</p>	<p>can be a sensitive topic when it comes to religion. However, she openly accepted and considered the viewpoint of her church but not completely putting her stand aside that so long as she is not stepping down on others or inflicting them harm, then she can just continue being Hermes</p>	
<p>It is a positive impact especially, that I think I have now met the standard of beauty, I became more content, I kept getting attention, and I am now content with my enhanced nose.</p>	<p>Cosmetic surgery can greatly impact a person's social and emotional well being. Healing persons from past insecurities that once tormented them.</p>	
<p>I personally respect their opinion but in my perspective, I am only following what my heart desires and it is to be happy</p>	<p>She does respect the viewpoint of the church but still disregarding it while prioritizing what her heart desire.</p>	
<p>What I can say is my appearance looks really nice because of the surgery.</p>	<p>Cosmetic surgery brought her contentment.</p>	
<p>For me, it is really more of positive changes. after the surgery I gained more confidence, I also joined a lot of pageants, and aside from that, I don't need to put heavy make ups or a lot of things just to feel beautiful or confident. I'm happy not just because of my appearance, but because many now appreciate my beauty compared to before. It's like a boost to my confidence; I can face people more confidently now.</p>	<p>Cosmetic surgery made confident resulting to a more progressive and eventful life.</p>	

So, in one way or another, it really helped me. It boosted my confidence	Cosmetic Surgery positively impacted her self confidence.	Cosmic Crown: The Celestial Triumph of Empowered Radiance
And it really boosted my confidence, especially talking with people	Due to the renewed self confidence, they have gained strength to strongly face others.	
I become more confident when it comes to talking and socializing with people. A huge change ever since I went through the surgery.	The social factor in which the cosmetic surgery has greatly contributed to made her more confident in engaging herself to the society with openness and acceptance.	
And if there were any negative effects, maybe I just didnt feel them because I embraced everything. Its like I didnt have any reservations about it. I didnt see it as a loss or anything like that.	She implies that whatever negativities it may cause her, she souldnt regret it.	
And if I will ask if I have some regrets or given a chance not to do it, I will still do it and there's really no regrets in doing it. And yes, maybe my advice to other people who are thinking of doing some enhancement or surgery if it's what you want and if that's what your heart's desire then go for it.	Have no room for regrets because it was all worth it.	
I don't really care about that. Because no religion can save me, when they question changing what God created, many things have already changed, not just enhancements	Believing that no religion can actually save her and having in mind that many things have already changed in defiance to their supposed role and taboo thinking, she doesn't care anymore	
I don't care about those kinds of comments. Maybe some might criticize me for it, but for me, perhaps the Lord would understand that it's not enough for me... I still	Disregards the comments of the church.	

need to have it enhanced. Maybe it's not right to judge or dictate people on what to do with their body or face.		Sacred Sovereignty: Liberation from Religious Chains for Self- Expression
In the LGBTQ+ community, we don't really have any religion because we don't really need their opinion because religion is just a religion. Because what we think is what we consider not the viewpoints of the church.	She did not consider the viewpoint of her religion because right from the start, she doesn't have one. She doesn't see any reason to do so too because she believed that it is her wellbeing that should be prioritize and not the opinions of others.	
I don't have much to say because it seems like it's not prohibited in the Catholic faith. But, I don't know things are really changing now. People don't seem to strictly follow and listen to what the bible says anymore. But it brings me happiness.	People stopped following the church and started prioritizing themselves more.	
Especially in my line of work, it was really uncomfortable, still need to exert an effort to make yourself presentable. (CS 4) It's easier to find work now. (CS 10)	From the advantageous result of the surgery, she does not need to exert a lot of effort just to look presentable	Wealth Reflection: The Economic Ascendancy of Cosmetic Mastery
It's easier to find work now. (CS 10)	Being accepted in a job is now more easier.	
Impact... It really helped me. The changes made me earn money since foreigners are attracted to me and they fall in love. That's the reason why they are sending me money. (CS- 7)	Cosmetic surgery impacted positively her financial status	

The **Scalpel and the Illuminating Soul** highlights the positive impact of cosmetic surgery on the individual's life, particularly in terms of how they are perceived and treated by others. They express that their life has significantly improved since undergoing surgery, noting that they no longer experience degradation from people and receive more respect from others.

The participants also mentioned noticeable changes on how they are perceived by strangers, with people showing more love and admiration towards them. They contrast this with past experiences of being mocked and labeled unfairly, particularly regarding their appearance and gender identity. Now, they feel appreciated for their newfound confidence, which they attribute to the results of the surgery.

Overall, the statement reflects how cosmetic surgery has positively influenced the individual's self-esteem and social interactions. They enjoy receiving compliments from others and feel a sense of validation and acceptance in their appearance, marking a significant improvement in their overall well-being and quality of life.

“My life is indeed better now compared to before because I am not degraded by people anymore.”

“I received more respect from others now”

“There were a lot of changes especially that people love me more now and everytime I go out, strangers would stare at my face”

“Dili parehas sauna nga iro iroan lang ka inana bayot bayot lang ka nga lake kag lawas salamantalang karun maappreaciate naka sa mga tao, confidence naka... mao na sya ang dakong kabag ohan.”

“Unlike before when people would just mock You, label you as gay just because you have a man's body. Now, people appreciate the confidence that comes with it. That's a significant improvement” CS6

“Kanang everytime nga mulakaw ko... mulaag, ganahan ko sa compliments sa mga tao sa akoo.”

“Unlike before when people would just mock You, label you as gay just because you have a man's body. Now, people appreciate the confidence that comes with it. That's a significant improvement”

Ethereal Epiphanies: Ascending to Cosmic Contentment emphasizes the importance of self-satisfaction and fulfillment where participants showed great determination in defying their weaknesses and fears into being contented on what they are now. Also, this shows the importance of contentment after cosmetic surgery which can really give off the vibes of self-satisfaction from the previous hunger for beauty. It is a notable change observed after cosmetic surgery where people are greatly contented.

“I just enjoy my life because we only live once, spend on what makes you happy because opportunities like that come rarely”

“I feel complete. I feel like I became more competitive and confident after the surgery. I used to join pageants before, so it greatly helped me physically, emotionally, and mentally because I feel fulfilled as a person.”

“So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now.”

“All I can say is that I am totally delighted. That I am satisfied”

“I am a Roman Catholic and I believe that God created you for who you are and that you need to accept what has been given. However, we can do whatever we want in life as long as you are being yourself and you are not stepping down on others.”

“It is a positive impact especially, that I think I have now met the standard of beauty, I became more content, I kept getting attention, and I am now content with my enhanced nose.”

“I personally respect their opinion but in my perspective, I am only following what my heart desires and it is to be happy”.

“What I can say is my appearance looks really nice because of the surgery.”.

Cosmic Crown: The Celestial Triumph of Empowered Radiance shares the positive impact of cosmetic surgery on the individual's confidence and daily life. After the procedure, they experienced a notable increase in confidence, allowing them to participate in pageants and interact with others without relying heavily on makeup. They expressed happiness and felt more appreciated for their appearance, which has significantly boosted their self-esteem and ability to face social situations confidently.

The individuals also highlighted how the surgery has improved their mobility and reduced discrimination when moving around in public spaces. They attributed these positive changes to the confidence boost provided by the surgery, emphasizing its significant role in enhancing their overall well-being and social interactions. Overall, the

text underscores the transformative effect of cosmetic surgery on the individual's confidence and self-image, highlighting the importance of feeling comfortable and accepted in one's own skin for a happier and more fulfilling life.

For me, it is really more of positive changes. after the surgery I gained more confidence, I also joined a lot of pageants, and aside from that, I don't need to put heavy make ups or a lot of things just to feel beautiful or confident.

"I'm happy not just because of my appearance, but because many now appreciate my beauty compared to before. It's like a boost to my confidence; I can face people more confidently now.

"So, in one way or another, it really helped me. It boosted my confidence And it really boosted my confidence, especially talking with people"

"Changes, it boosted my confidence."

"I become more confident when it comes to talking and socializing with people."

"A huge change ever since I went through the surgery."

"It gave me more confidence, allowed me to move properly, and walk on the street without much discrimination."

"And it really boosted my confidence"

"It is significant because it boosts my confidence to face them"

Sacred Sovereignty: Liberation from Religious Chains for Self- Expression

delves into various perspectives of cosmetic surgery, highlighting personal beliefs and experiences. One individual expressed a sense of acceptance and lack of regrets about their surgeries, emphasizing that they embraced the process fully and didn't see it as a

loss. They also dismissed concerns about religion, stating that their faith does not influence their decision to undergo cosmetic procedures.

Another participant reflected on how religion plays a role in their view of cosmetic surgery, suggesting that they do not feel constrained by religious beliefs and prioritize personal desires. They emphasized the importance of following one's heart and desires when considering enhancements.

There is also a mention of the LGBTQ+ community's perspective, with one individual indicating that they prioritize their own beliefs and opinions over those of organized religion. Despite some uncertainties about the alignment of cosmetic surgery with religious teachings, they found happiness in their decisions. Overall, these perspectives shed light on the complex interplay between personal beliefs, societal norms, and individual happiness in the context of cosmetic surgery.

“And if there were any negative effects, maybe I just didnt feel them because I embraced everything. Its like I didnt have any reservations about it. I didnt see it as a loss or anything like that.”

“So my religion has nothing to do with the cosmetic surgeries that I have gone through”.

“And if I will ask if I have some regrets or given a chance not to do it, I will still do it and there’s really no regrets in doing it. And yes, maybe my advice to other people who are thinking of doing some enhancement or surgery if it’s what you want and if that’s what your heart’s desire then go for it”.

“Wala may relihiyon nga makaluwas. Kanang nag quest- baguhon ang gibuhay sa Ginoo daghan man gud ang gibago gud dili lang man retoke. ”

“I don't really care about that. Because no religion can save me, when they question changing what God created, many things have already changed, not just enhancements”

“I don't care about those kinds of comments”

“Maybe some might criticize me for it, but for me, perhaps the Lord would understand that it's not enough for me... I still need to have it enhanced. Maybe it's not right to judge or dictate people on what to do with their body or face.”

“In the LGBTQ+ community, we don't really have any religion because we don't really need their opinion because religion is just a religion. Because what we think is what we consider not the viewpoints of the church.”

“I don't have much to say because it seems like it's not prohibited in the Catholic faith. But, I don't know things are really changing now. People don't seem to strictly follow and listen to what the bible says anymore. But it brings me happiness.”

Wealth Reflection: The Economic Ascendancy of Cosmetic Mastery is about religion, stating that their faith does not influence their decision to undergo cosmetic procedures. Another participant reflects on how religion plays a role in their view of cosmetic surgery, suggesting that they don't feel constrained by religious beliefs and prioritize personal desires. They emphasize the importance of following one's heart and desires when considering enhancements.

Oo, kay lalo na sa industry sa among trabaho murag dili kaayo ka comfortable.

Especialty in my line of work, it was really uncomfortable, still need to exert an effort to make yourself presentable. (CS 4)

It's easier to find work now. (CS 10)

Impact... It really helped me. The changes made me earn money since foreigners are attracted to me and they fall in love. That's the reason why they are sending me money. (CS- 7)

Chapter 5

DISCUSSIONS

This chapter delves into the discussions of various themes regarding the experiences, challenges faced, coping mechanisms implemented, and the insights of the patients who have undergone cosmetic surgery.

Reasons Why They Consider Cosmetic Surgery

Some people are influenced by what they see in social media wherein they see seemingly perfect faces which made them to consider undergoing cosmetic surgery whereas Adam England (2023) stated that there is a clear relationship between the emergence of media and the growing popularity of cosmetic surgery. Also, some of them experienced bullying or teasing which made them seek to undergo cosmetic surgery, according to the study of American Society of Plastic Surgeons (2017), adolescents who experienced bullying are more likely to undergo cosmetic surgery in their adulthood, Chung and Kim (2022) also stated that undergoing cosmetic surgery for some are their form of response to the criticisms that they received about their appearance. Additionally, people who wanted to feel sense of belongingness are considering cosmetic surgery because they wanted to fit in with their social circles and feel accepted (Zakhary, 2023). Further, some individuals wanted to renew their self-confidence which cosmetic surgery can give them with a renewed appearance that they can be confident of without the fear of being judge and criticize according to Mohammed and Ibrahim (2023). Furthermore, peer pressure or social influences are also one of motivations where people are encouraged by their families or close friends (Khattab et al, 2022).

Challenges that they faced after the Surgery

After undergoing cosmetic surgery, pain is really expected. According to Henry (2014), some of the consequences to be dealt after cosmetic surgery is physical discomfort pains, swelling, itching, bruising, and numbness. This is supported by Mayo Clinic (2022), complications and infections can happen after the surgery as well as bleeding, abnormal scarring, numbness and tingling in the nerves that can be permanent. But recovery time will take at least 6 to 12 weeks in minimum but still varies from person to person and depends on the surgery itself. According to Dr. Cat Plastic Surgery (2023), there are also psychological consequences are experienced after cosmetic surgery like the growing anxiety, depression, and disappointment. Also, Smith (2019) stated that after the surgery, emotions are running high.

Additionally, according to Gittos (2020), one can be accompanied by a roller-coaster of emotional surge, an individual might also have difficulty in sleeping resulting to sensitivity, overly sensitive to the opinion of others especially from friends, family, and other people, wondering about the outcome of the surgery, missing daily activities, having second thoughts and might also experience depression. After the surgery, physical discomforts and limitations are to be observed, people who underwent cosmetic surgery are expected to not lift heavy things and follow the medications given by the surgeon, and observed healthy diet (Rosdeutscher & Peters, 2023).

Combating Physical and Emotional Discomfort after the Surgery

To reduce the pain after the surgery, it is best to follow the given medications by the surgeon, it is to mitigate the pain, alleviate healing, and accelerate the recovery

process (Centre For Surgery, 2024; Fischer, 2023). Also, it is best to seek emotional and social support from friends, family, and love ones since they are a valuable source of strength whenever an individual is facing some internal conflicts, a family whom one can easily and comfortably share thoughts, worries and express emotions (Kita, 2023; California Skin Institute, 2018). Most importantly is to prioritize rest the most like giving self ample time to recover and repair itself, also to not do strenuous activities that might harm the body, get adequate sleep and observe health diet and hydration (Moien, 2024; California Skin Institute, 2018; & Centre For Surgery, 2024).

Insights About How Cosmetic Surgery changed their lives

After undergoing cosmetic surgery, patients felt more confident socially where they can now face people with ease and less conscious about their appearance (Salehahmadi and Rafic, 2022). And people who feel greatness in terms of their appearance, they are more likely to be more outgoing, greatly motivated, and have the willingness to try and discover new things. People who were once shy and less outgoing, thanks to cosmetic surgery that they now have a renewed sense of enthusiasm and motivation for a refresh and zesty life (Garcia Plastic & Hand, 2016). Also, cosmetic surgery improves their mental well-being (Excel Eye Center, 2022) since it uplifts the emotional state of a person, cosmetic surgery can be the door to a healthier and happier life. Feeling good with how one looks can give self-confidence and improve self-esteem because when one feels good, there is less anxiety with social interactions, and with less anxiety, social life can blossom with a renewed life of less stress and more friends. Also, there is an increased self-confidence in socialization and professional life since cosmetic surgery helps people to be comfortable with their own skin. Additionally, participants

experienced increase overall quality of life including a healthy mental state, and increased social life and career opportunities (Heights Plastic Surgery, 2023). According to Peterson (2023), people with more attractive faces have greater opportunities, they can also attract good life partners while enjoying their professional opportunities such as high salaries and promotions.

Chapter 6

IMPLICATIONS AND CONCLUDING REMARKS

This chapter serves as the discussion of the conclusion and potential implications of our findings referring to the research questions as stipulated in Chapter 1. Part of this chapter also is the closing remarks that discuss the learnings and realizations in the conduct of this study.

Implications

The various experiences and testaments of diverse individuals who underwent cosmetic surgery hold profound implications to the society, expanding beyond each transformation to a widened shape of societal norms and values. Whereas, individuals navigated various challenges involving physical discomforts, societal norms, and social scrutiny, they also confronted ethical questions surrounding the perception of beauty. It is imperative to cultivate a more inclusive and supportive environment, focusing on different advocacies that can improve the perception of society in terms of beauty and its standards, and medical assistance especially for the people aspiring for having cosmetic enhancements in the future.

It can be achieved through educational initiatives that aim to promote body positivity, advocacy for the diverse perceptions of beauty and its standards, and challenges to the societal norms that continuously set unrealistical standard. For medical support, government and non-governmental agencies must work together to better assess and provide the needs of patients.

Further, through comprehensive support and cultivation for inclusivity, it will empower individuals to decide, free them from coercion or external pressures. With these initiatives, the society can progress toward a more ethical and inclusive approach to cosmetic surgery, approaches that prioritize the well-being, autonomy, and diversity of every individuals. By fostering open discourse and deeper reflection, everyone can move to a world that celebrates authenticity and embraces diverse expression of beauty.

Concluding Remarks

Cosmetic surgery is a paradox wherein people are persuaded to beautify themselves and condemned them after doing so. Between conforming and resisting, both are mentally, emotionally, and socially draining for individuals who often hear criticism either before or after beautifying themselves. This study sheds light on the various challenges that cosmetic surgery patients have faced, before and after they decided to alter their physical appearance which is continuously shaping their future. One of the main obstacles that they faced is the high regard for beauty standard of the society that resulted into a battle of self-doubt and loss of self confidence, which made them question their convictions and personal values. This study reveals that after undergoing cosmetic surgery, they still experienced setbacks like physical discomforts and social scrutiny. Addressing these issues surrounding cosmetic surgery will require multifaceted approach where everyone, including different organizations must work together to create an inclusive society that everyone has envisioned.

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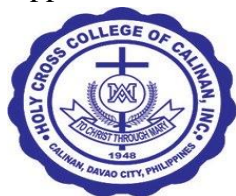
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Appendix 1a: Letter of Permission

**HOLY CROSS COLLEGE OF CALINAN, INC**

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 13, 2023

Sr. Cherie Eloisa Garrote, PM

School President

Holy Cross College of Calinan

Dear Sister,

Greetings of solidarity and humility!

We are writing this letter to inform you that we will be conducting a research study entitled: **ALTER: THE LIVED EXPERIENCES OF PEOPLE WHO CHOSE TO UNDERGO COSMETIC SURGERY** as the major requirement in our Practical Research 1 and 2. The objective of our study is to discover and explore the bittersweet experiences of people that drove them to undergo cosmetic surgery, to identify the challenges they have encountered after under-the-knife surgery, to determine their ways of coping and overcoming those hardships, and to know their perception in terms of how cosmetic surgery changed their lives.

In line with this, we would like to ask permission to conduct an interview with our participants outside the school premises. During the interview, we will be under the supervision of our research adviser. In the absence of our adviser, our parents will be the ones to accompany us in our data-gathering process so that we are safe and secure. The study will focus on the lived experiences, hardships, challenges, and insights about cosmetic surgery.

Participation in this study is completely voluntary, therefore, participants are free to withdraw from the study at any time without moral obligation to the researcher and to the school. Further, the participants have the right to verify the data to be included in the final manuscript.

Should you wish to know more about the study, please feel free to contact:

Elaiza Calingacion- 09093719319/ Calingacionellaiza@gmail.com

Thank you very much.

Very truly yours,



Elaiza Calingacion
Researcher



Ma. Dorothy Claire De Leon
Researcher



Jezrel Bato
Researcher



Gabriel Sarangsang
Researcher

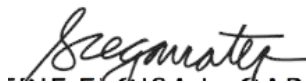
Prince Troy Monroid
Researcher

Noted by:



Ms. Cherry Rose S. Tacay
Research Adviser

Approved by:



Sr. Cherie Eloisa L. Garrote, PM
School President

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644

Appendix 1b: Letter of Permission

**HOLY CROSS COLLEGE OF CALINAN, INC****Davao- Bukidnon Highway, Calinan Poblacion, Davao City**

December 13, 2023

Ma. Corazon C. Suñga, PhD
School Principal
Holy Cross College of Calinan

Dear Dr. Suñga,

Greetings of solidarity and humility!

We are writing this letter to inform you that we will be conducting a research study entitled: **ALTER: THE LIVED EXPERIENCES OF PEOPLE WHO CHOSE TO UNDERGO COSMETIC SURGERY** as the major requirement in our Practical Research 1 and 2. The objective of our study is to discover and explore the bittersweet experiences of people that drove them to undergo cosmetic surgery, to identify the challenges they have encountered after under-the-knife surgery, to determine their ways of coping and overcoming those hardships, and to know their perception in terms of how cosmetic surgery changed their lives.

In line with this, we would like to ask permission to conduct an interview with our participants outside the school premises. During the interview, we will be under the supervision of our research adviser. In the absence of our adviser, our parents will be the ones to accompany us in our data-gathering process so that we are safe and secure. The study will focus on the lived experiences, hardships, challenges, and insights about cosmetic surgery.

Participation in this study is completely voluntary, therefore, participants are free to withdraw from the study at any time without moral obligation to the researcher and to the school. Further, the participants have the right to verify the data to be included in the final manuscript.

Should you wish to know more about the study, please feel free to contact:

Researchers	Mobile number	E-mail Address
Elaiza Calingacion	09093719319	Calingacionellaiza@gmail.com
Ma. Dorothy Claire De Leon	09488070562	dorothyclaire07@gmail.com
Jezrel Bato	09949105200	Jezrelbato02@gmail.com

Thank you very much.

Very truly yours,



Elaiza Calingacion
Researcher



Ma. Dorothy Claire De Leon
Researcher



Jezrel Bato
Researcher



Gabriel Sarangsang
Researcher

Prince Troy Monroid
Researcher

Noted by:



Ms. Cherry Rose S. Tacay
Research Adviser

Approved by:



Ma. Corazon C. Suñga, PhD
School Principal

Complaints about this research:

The Holy Cross College of Calinan requires that all the participants are informed and if they have complaints regarding the manner in which the research is conducted, it may be given to the researcher, or if an independent person is preferred, to the Research and Publication Head, Research Office, Holy Cross College of Calinan with the following numbers: 295-0797 or 09491985644

Appendix 2a: Letter to the Validator

**HOLY CROSS COLLEGE OF CALINAN, INC****Davao- Bukidnon Highway, Calinan Poblacion, Davao City**

December 7, 2023

Ms. Vallerie Joy T. Escolano
School Teacher
Holy Cross College of Calinan

Dear Ms. Escolano,

Greetings of solidarity and humility!

We, Elaiza Calingacion, Ma. Dorothy Claire De Leon, Jezrel Bato, Gabriel Sarangsang, and Prince Troy Monroid enrolled in the class of Practical Research 2 and conducting research entitled: **“ALTER: LIVED EXPERIENCES OF PEOPLE WHO CHOSE TO UNDERGO COSMETIC SURGERY”**. This study aims to discover and explore the bittersweet experiences of people that drove them to undergo cosmetic surgery, to identify the challenges they have encountered after under-the-knife surgery, to determine their ways of coping and overcoming those hardships, and to know their perception in terms of how cosmetic surgery changed their lives. The following are the research questions to be addressed in this study:

1. What are the experiences of the patients that led them to consider cosmetic surgery?
2. What are the challenges that the patients faced after undergoing cosmetic surgery?
3. What are the coping mechanisms of the patients?
4. What are the patient’s insights in terms of how cosmetic surgery changed their lives?

May we request your kind assistance in validating the questionnaire of the research study. Would you please fill up the attached validation sheet and give suggestions/comments for the improvement of our questionnaire.

Should you wish to know more about the study, please feel free to contact:

Ma. Dorothy Claire E. De Leon- 09488039141/ dorothyclaire07@gmail.com

Thank you very much for your help.

Very truly yours,



Elaiza Calingacion
Researcher



Ma. Dorothy Claire De Leon
Researcher



Jezrel Bato
Researcher



Gabriel Sarangsang
Researcher

Prince Troy Monroid
Researcher

Noted by:



Cherry Rose S. Tacay
Research Adviser

Approved by:



Ms. Vallerie Joy T. Escolano
Validator

Appendix 2b: Letter to the Validator

**HOLY CROSS COLLEGE OF CALINAN, INC**

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

December 7, 2023

Mrs. Jovelyn M. Bangcot
 School Teacher
 Holy Cross College of Calinan

Dear Mrs. Bangcot,

Greetings of solidarity and humility!

We, Elaiza Calingacion, Ma. Dorothy Claire De Leon, Jezrel Bato, Gabriel Sarangsang, and Prince Troy Monroid enrolled in the class of Practical Research 2 and conducting research entitled: **“ALTER: LIVED EXPERIENCES OF PEOPLE WHO CHOSE TO UNDERGO COSMETIC SURGERY”**. This study aims to discover and explore the bittersweet experiences of people that drove them to undergo cosmetic surgery, to identify the challenges they have encountered after under-the-knife surgery, to determine their ways of coping and overcoming those hardships, and to know their perception in terms of how cosmetic surgery changed their lives. The following are the research questions to be addressed in this study:

1. What are the experiences of the patients that led them to consider cosmetic surgery?
2. What are the challenges that the patients faced after undergoing cosmetic surgery?
3. What are the coping mechanisms of the patients?
4. What are the patient’s insights in terms of how cosmetic surgery changed their lives?

May we request your kind assistance in validating the questionnaire of the research study. Would you please fill up the attached validation sheet and give suggestions/comments for the improvement of our questionnaire.

Should you wish to know more about the study, please feel free to contact:

Ma. Dorothy Claire E. De Leon- 09488039141/ dorothyclaire07@gmail.com

Thank you very much for your help.

Very truly yours,



Elaiza Calingacion
Researcher



Ma. Dorothy Claire De Leon
Researcher



Jezrel Bato
Researcher



Gabriel Sarangsang
Researcher

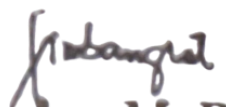
Prince Troy Monroid
Researcher

Noted by:



Cherry Rose S. Tacay
Research Adviser

Approved by:



Mrs. Jovelyn M. Bangcot
Validator

Appendix 3a: Validation Sheet

**Holy Cross College of Calinan, Inc**

Davao-Bukidnon Highway, Calinan Pobalcion, Davao City

Research Assessment Tool and Validation Sheet

Name of Evaluator : Ms. Vallerie Joy T. Escolano
 Degree : BSED English
 Position : Subject Area Coordinator
 Institution : Holy Cross College of Calinan, Inc.

To the Evaluator: Please check the appropriate box for your ratings.

POINT EQUIVALENT: 1 – Poor 3 – Good 5 - Excellent
 2 - Fair 4 – Very Good

Criteria/ Indicators		1	2	3	4	5
1	CLARITY OF DIRECTIONS AND ITEMS The vocabulary level, language structure and conceptual level of questions suit to level of respondents. The test directions and items are written in clear and understandable manner.					
2	PRESENTATION/ ORGANIZATION OF ITEMS The items are presented and organized in logical manner.					
3	SUITABILITY OF ITEMS The items appropriately represent the substance of the research. The questions are designed to determine the condition, knowledge, perception and attitudes that are supposed to be measured.					
4	ADEQUATENESS OF ITEMS PER CATEGORY The items represent the coverage of the research adequately. The number of questions per area category is representative enough of all the question needed for the research.					
5	ATTAINMENT OF PURPOSE The instrument as a whole fulfills the objectives for which it was constructed.					
6	OBJECTIVE Each item question requires only one specific answer or measure only one behavior and no aspect of questionnaire suggest bias on the part of the researcher.					
7	SCALE AND EVALUATION RATING SYSTEM The scale adapted is appropriate for the items.					

Comments and Suggestions:

Vallerie Joy T. Escolano 12/11/2023
 Signature Evaluator

Appendix 3b: Validator's Sheet

**Holy Cross College of Calinan, Inc**

Davao-Bukidnon Highway, Calinan Pobalcion, Davao City

Research Assessment Tool and Validation Sheet

Name of Evaluator : Mrs. Jovelyn M. Bangcot

Degree : Master of Arts in Theology

Position : Subject Area Coordinator

Institution : Holy Cross College of Calinan, Inc.

To the Evaluator: Please check the appropriate box for your ratings.

POINT EQUIVALENT: 1 – Poor 3 – Good 5 - Excellent
 2 - Fair 4 – Very Good

Criteria/ Indicators		1	2	3	4	5
1	CLARITY OF DIRECTIONS AND ITEMS The vocabulary level, language structure and conceptual level of questions suit to level of respondents. The test directions and items are written in clear and understandable manner.					
2	PRESENTATION/ ORGANIZATION OF ITEMS The items are presented and organized in logical manner.					
3	SUITABILITY OF ITEMS The items appropriately represent the substance of the research. The questions are designed to determine the condition, knowledge, perception and attitudes that are supposed to be measured.					
4	ADEQUATENESS OF ITEMS PER CATEGORY The items represent the coverage of the research adequately. The number of questions per area category is representative enough of all the question needed for the research.					
5	ATTAINMENT OF PURPOSE The instrument as a whole fulfills the objectives for which it was constructed.					
6	OBJECTIVE Each item question requires only one specific answer or measure only one behavior and no aspect of questionnaire suggest bias on the part of the researcher.					
7	SCALE AND EVALUATION RATING SYSTEM The scale adapted is appropriate for the items.					

Comments and Suggestions: _____

Signature Evaluator

Appendix 4a: Interview Protocol



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion,
Davao City

INTERVIEW GUIDE

**ALTER: LIVED EXPERIENCES OF PEOPLE WHO CHOSE TO UNDERGO
 COSMETIC SURGERY**

This interview protocol is designed to uncover the experiences, challenges, coping mechanisms and insights before and after the surgery of the patients. Rest assured that your responses and insights to the queries will be dealt with utmost care and confidentiality. If you have concerns to this protocol or to the study as a whole, please do not hesitate to call our attention. The interview will be done when you are ready and at your most convenient time and place.

Thank you very much.

The following are the research questions to be addressed in this study:

Research Question #1: What are the experiences of the patients that led them to consider cosmetic

surgery?

1.1. What is the reason that prompted you to undergo cosmetic surgery?

(Unsay rason nga nagtulak sa imuha nga magpa cosmetic surgery?)

1.2. Have you sought second opinions to medical professionals regarding cosmetic surgery?

(Nigahin ka ba ug oras mangayo ug opinion sa mga propesyonal/)

1.3. What is your unforgettable experience that made you decide to have surgery?

(Unsay dili gayod nimo malimtan nga panghitabo nga nagtulak gayod sa imo na magpa cosmetic surgery?)

Research Question #2: What are the challenges that the patients faced after undergoing cosmetic surgery?

2.1. What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?

(Unsay epekto sa cosmetic surgery nga wala nimo damha nga mahitabo?)

2.2. What are the challenges you have faced objectifying the changes of your appearance?

(Aduna bay mga panghitabo nga nagatudlo sa kabag-ohan sa imuhang lawas?)

2.3. Did you experience unexpected setbacks or challenges during the recovery process?

(Nakasinata ba ka ug mga wala damha nga mga negatibong panghitabo sa panahon nga ikaw nagpaayo/)

Research Question #3: What are the coping mechanisms of the patients?

3.1. How did you cope with the changes within yourself after surgery?

(Giunsa nimo pagbangon o pagdawat sa mga kabag-ohan sa imong kaugalingon pagkahuman sa surgery?)

3.2. How did you cope with the physical and body discomfort during recovery?

(Giunsa nimo paglampas sa mga dili komportableng kasinatian sa imong lawas adtong mga panahon nga ikaw nagapaayo?)

Research Question #4: What are the patient's insights in terms of how cosmetic surgery changes their lives?

4.1. What can you say in terms of the drastic changes in your life after the surgery?

(Unsa imong masulti sa dakong kabag-ohan sa imong kinabuhi human ipahigayon ang surgery?)

4.2. What is your take about surgery with respect to your religion?

(Unsa ang imong baruganan mahitungod sa surgery inubanan sa pagrespeto sa imong relihiyon?)

4.3. What is your stand about the viewpoints of the church on cosmetic surgery?

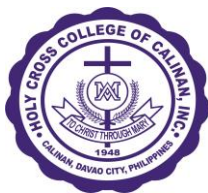
(Unsa imong baruganan mahitungod sa panlantaw sa simbahan sa cosmetic surgery?)

4.4. How has cosmetic surgery impacted your overall quality of life?

(Giunsa o unsa ang dakong kabag ohan nga gidala sa cosmetic surgery sa imong kinabuhi?)

THANK YOU VERY MUCH AND GOD BLESS!!

Appendix 5a: Participant Informed Consent

**HOLY CROSS COLLEGE OF CALINAN, INC.**

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Eugene Requimen Omboy**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

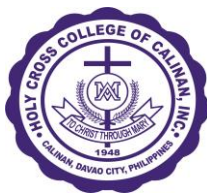
For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature_____
Date_____
Researcher's signature_____
Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5b: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Gwen Darwin**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5c: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I **Hailly Holy**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# of adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5d: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Rica Gappy**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

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Participant's signature

Date

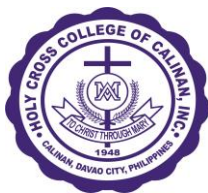
Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5e: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, Allison, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5f: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Mary Lina**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

 Researcher's signature

 Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5g: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Nam Laniba**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5h: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Hyuna Laniba**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

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For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

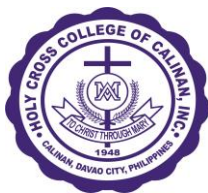
Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 5i: Participant Informed Consent



HOLY CROSS COLLEGE OF CALINAN, INC.

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery

I, **Jade Inojales**, agree to participate in the study in which purpose is to I am fully aware that the study will be conducted by to know and explore the experiences of people who chose to undergo cosmetic surgery. I am fully aware that the study will be conducted by Elaiza B. Calingacion, Ma. Dorothy Claire E. De Leon, Jezrel A. Bato, Prince Troy, and Gabriel Sarangsang and will be supervised by Miss Cherry Rose Tacay, their research adviser.

Before the onset of the study, the researchers explained to me the nature and extent of my involvement in this project. Also during the orientation, participants were informed of the following:

- a. that there are no known risks in our participation;
- b. that my participation will involve interviews about cosmetic surgery;
- c. that the information they obtained from me will be kept confidential and that only them and their research adviser will have access on it; and
- d. that my name and the organization where I am connected will never be mentioned in the final report.

In this study, my participation is entirely voluntary and I am free to withdraw at any time without affecting my relationship with the researchers and Holy Cross College of Calinan.

For possible queries and complaints regarding the conduct of the study, contact details of the researchers and their adviser, Miss Cherry Rose Tacay are provided.

Participant's signature

Date

Researcher's signature

Date

Complaints about this research:

This project has been approved by his/their research adviser. Should you have concerns about your rights as a participant in this research, or should you have a complaint about the manner in which the research is conducted, please feel free to contact Miss Cherry Rose Tacay through his/her number (mobile# od adviser) or email him/her at (email ad of adviser). Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797.

Appendix 6: Raw and Translated Transcripts

Participant 1

Interviewee: Okay po for the first first question po what is the reason that prompted you to underfo cosmetic surgery (*Okay for the first first question what is the reason that prompted you to undergo cosmetic surgery*)

Interviewer:um it's really for self(*um it's really for self*)
confidence it's for me to enhance my confident level and um also to feel beautiful
(*confidence it's for me to enhance my confident level and um also to feel beautiful*)

Interviewee: Okay (*okay*)

Interviewer:Um have you sought um second opinions to medical professionals regarding cosmetic surgery (silence) (*Um have you sought um second opinions to medical professionals regarding cosmetic surgery*)

or like ask their opinion if this is safe or something. (*or like ask their opinion if this is safe or something*)

Interviewee:um yes actually so uh whenever you douch cosmetic surgery to a legit you know surgeon there's a consultation that will really um happen first before you do the procedure. so I've and they went to a consultation and then right after that we did the um surgery so that's important. (*yes actually so uh whenever you douch cosmetic surgery to a legit you know surgeon there's a consultation that will really um happen first before you do the procedure. so I've and they went to a consultation and then right after that we did the um surgery so that's important.*)

Interviewer: so um what is your unforgettable experience po that made you decide to have um surgery(*what is your unforgettable experience po that made you decide to have um surgery*)

Interviewee: well there's actually I was actually bullied before um because of that um because of I think that's that's my nose so um that's one of the factories that I've considered also to undergo um a surgery and enhance my my nose so um that's one of the uh triggering factors (*well there's actually I was actually bullied before um because of that um because of I think that's that's my nose so um that's one of the factories that I've considered also to undergo um a surgery and enhance my my nose so um that's one of the uh triggering factors*)

Interviewer: okay po.(*All right*)

Interviewer: for the second part po this is after the surgery question so um what are the unexpected effects in terms of your physical appearance after having cosmetic surgery was there any. (: for the second part this is after the surgery question so um what are the unexpected effects in terms of your physical appearance after having cosmetic surgery was there any.(*for the second part this is after the surgery question so um what are the unexpected effects in terms of your physical appearance after having cosmetic surgery was there any.*)

Interviewee: yeah there's actually some negative comments where there's also a lot of positive comment so maybe it's really a matter of fact that you um whatever other people will say after the procedure so there are actually um some people will say that it's um a good result and others will say that it doesn't suit to you or hindi bagay sayo so whatever the result or comment will receive make sure you are also um willing and ready to accept it. *(yeah there's actually some negative comments where there's also a lot of positive comment so maybe it's really a matter of fact that you um whatever other people will say after the procedure so there are actually um some people will say that it's um a good result and others will say that it doesn't suit to you or hindi bagay sayo so whatever the result or comment will receive make sure you are also um willing and ready to accept it.)*

Interviewer: Okay (okay)

Interviewer: so for uh uhm for clarification po you have faced um object um um people objectifying the changes of your appearance?(*for clarification po you have faced um object um um people objectifying the changes of your appearance?*)

Interviewer: yes okay so (yes okay so)

Interviewer: Um did you experience po unexpected setbacks or challenges during the recovery process? *(Um did you experience po unexpected setbacks or challenges during the recovery process?)*

Interviewee: yeah there is because um basically um you need to just stay at home and and recover so we need to really make sure that we have enough supplies and also um ensure that you have medicines and um some firsts aid um materials or medicines that you can use. So in my case when I'm just actually living um alone hearing that well so I actually see keyword that I have enough um supplies so that they won't really go out to buy food and just stay at home um it's a challenging part because um your entire face will really um is swollen because of the recovery stage so you need to also make sure that um you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really um sanitize so that um we can avoid some infection (inaudible). *(yeah there is because um basically um you need to just stay at home and and recover so we need to really make sure that we have enough supplies and also um ensure that you have medicines and um some firsts aid um materials or medicines that you can use. So in my case when I'm just actually living um alone hearing that well so I actually see keyword that I have enough um supplies so that they won't really go out to buy food and just stay at home um it's a challenging part because um your entire face will really um is swollen because of the recovery stage so you need to also make sure that um you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really um sanitize so that um we can avoid some infection)*

Interviewer: um how did you cope with the changes within yourself after the surgery ?(*how did you cope with the changes within yourself after the surgery?*)

Interviewee: Um actually my parents is really not um all in with the with the changes uh at first uh I really did not ask for permission because I know that uh whenever I tell them

that this is my plan they are really against it and they will not allow me to do it so I actually just mentioned it right after the procedure (*actually my parents is really not um all in with the with the changes uh at first uh I really did not ask for permission because I know that uh whenever I tell them that this is my plan they are really against it and they will not allow me to do it so I actually just mentioned it right after the procedure.*)

Interviewee: um how did you cope with the changes within yourself after the surgery ?(how did you cope with the changes within yourself after the surgery ?)

Interviewee: Um actually my parents is really not um all in with the with the changes uh at first uh I really did not ask for permission because I know that uh whenever I tell them that this is my plan they are really against it and they will not allow me to do it so I actually just mentioned it right after the procedure (inaudible). So im right after that of course there are some disappointments and they've actually expressed um that they are not really support happy happier with the result but right after that that they actually um i have seen (inaudible) changes also in myself that I became more confident I also became more happy on the changes that I have right now um they actually accepted me so it's actually a matter of time of not really um rushing things because we cannot also you know make uh then accept it immediately.(*actually my parents is really not um all in with the with the changes uh at first uh I really did not ask for permission because I know that uh whenever I tell them that this is my plan they are really against it and they will not allow me to do it so I actually just mentioned it right after the procedure. So im right after that of course there are some disappointments and they've actually expressed um that they are not really support happy happier with the result but right after that that they actually um i have seen (inaudible) changes also in myself that I became more confident I also became more happy on the changes that I have right now um they actually accepted me so it's actually a matter of time of not really um rushing things because we cannot also you know make uh then accept it immediately.*)

Interviewer: so how about po the phy-physical and body discomfort discomfort how did you cope with it (*how about physical and body discomforts? How did you cope with it?*)

interviewee:umm..well actully our body will um will just adjust through time so at first its reallyy... uh hh unusual because um you will really feel that you know y-you, t-the changes (*well, actually our body will just adjust through time. so, at first its really unusual because you will really feel the changes*)

is really not t-the same thing as what you have been used to before soo you need to make sure that uh you give time to your body also to cope up to the changes and adjust to it (*It's really not the same thing as what you have been used to before, so you need to make sure that you give time to your body also to cope up with the changes and adjust to it*)

interviewer: ok po so this one is your insights, so what can you say interms of the drastic changes in your life after the surgery (*okay, this one is your insights, so what can you say interms of drastic changes in your life after surgery?*)

interviewee: umm for me its really more of a positive way umm its really more of a lot of positive changes in my life (inaudible) surgery (*for me, its really more of a positive way. Its really more of a lot of positive changes in my life?*)

maybe it really depends on the person also know because we cannot also umm i-im just stating this base on my experience na after the surgery i i i gained more confidence 8 actually joined more umm pagents and aside from that is um i really dont need to put a heavy make up or maybe umm a lot of things t-to do just to feel beautiful or confident because its already in it parang its in it na you dont need to do change anything uh or i mean you dont need to put alot of things uh sa face mo so uhm for me its a good change(*Maybe it really depends on the person as well because we cannot generalize. I'm just stating this based on my experience. After the surgery, I gained more confidence. I actually joined more pageants, and aside from that, I really don't need to put on heavy makeup or do a lot of things just to feel beautiful or confident because it's already there. It's like it's already within you, so you don't need to change anything or put a lot of things on your face. For me, it's a positive change.*)

interviewer: okay thankyou for that so um this one is quite sensitive so what is your take about surgery with respect to your religion(*Okay, thank you for that. So, um, this topic is quite sensitive. What is your opinion about surgery in relation to your religion?*)

interviewee: umm actually my take to that is tho a-as mention by my parents that they are not really into changing umm your body parts because you should be happy right? because thats what truly were really used to it that umm (*actually, my take on that is, as mentioned by my parents, that they are not really into changing your body parts because you should be happy, right? Because that's what we're truly used to*)

specially to to the elderlies that umm what ever god gave you you should be happy and contented but in reality in our generation right now if you have umm the chance to make yourself more beautiful and if you have the money to do it and if that will you happy i really dont think that there is something worng in doing that so long as your not really umm so long as your not stepping others peoples dignity(*Epecially for the elderly, whatever God gave you, you should be happy and contented. But in reality, in our current generation, if you have the chance to make yourself more beautiful and if you have the money to do it, and if that will make you happy, I really don't think there is something wrong in doing that, as long as you're not stepping on other people's dignity.*)

and maybe y-your your name (inaudible) as your body then (inaudible) and just make sure in the moderate umm to figurity (inaudible) because our body takes (inaudible) right so just make sure you (inaudible)(*maybe your... your name as your body, then... and just make sure in the moderate umm to... because our body takes... right so just make sure you.*)

Interviewer. Okay so this is connect to the former question. (*Okay so this is connect to the former question.*)

Interviewee What is your stand about the view point of the church and cosmetic surgery?
(What is your stand about the view point of the church and cosmetic surgery?)

Interviewee: Well between the church and science when it comes to cosmetic I don't really think that we heard that there's a priest who's trying to convince all people not to conduct surgery, It's just stated maybe on one verses in the bible that we should be contented but there's no specific information there that we are not allowed to do some surgery or beautification. In my personal opinion to that so long as you are gaining more confidence and that will make you really happy I don't really think that there is something wrong? Because it's your own benefit right? And that has nothing to do with doing some kindness to other people. Maybe outreach programs or giving back to the community, because that wouldn't define yourself from who you are but it's just going you to make feel Self Gratification and being confident by doing the procedure. *(Well between the church and science when it comes to cosmetic I don't really think that we heard that there's a priest who's trying to convince all people not to conduct surgery, It's just stated maybe on one verses in the bible that we should be contented but there's no specific information there that we are not allowed to do some surgery or beautification. In my personal opinion to that so long as you are gaining more confidence and that will make you really happy I don't really think that there is something wrong? Because it's your own benefit right? And that has nothing to do with doing some kindness to other people. Maybe outreach programs or giving back to the community, because that wouldn't define yourself from who you are but it's just going you to make feel Self Gratification and being confident by doing the procedure.)*

Interviewer. Okay so this is the last question po. How was Cosmetic Surgery impacted your overall quality of life?*(Okay so this is the last question . How was Cosmetic Surgery impacted your overall quality of life?)*

Interviewer: Well with the changes that we have experience or we are currently experience, I am actually thankful because as we all know we have this kind of easy access of surgery before. Whether we like it or not before for you to have some maybe surgery or enhancement we need to go to manila to have that enhancement. But for the changes we have right now maybe with a lot of competitors we actually have a lot of clinic now in Davao we actually are legit and that you can really trust. I am actually thankful and as we mention before that there's really a good impact or positive impact in my life with the surgery that I've underwent and if I will ask if I have some regrets or given a chance not to do it I will still do it and there's really no regrets in doing it because I already had this parang plan still even my high school your age right know. I already had this plan na if given a chance given enough money to do it I will still really do it. One of the again the thrilling fact of course I was bullied before so in the society that we are living here, whether you like it or not, as what they always say that beauty is in the eye of the beholder the beauty should be inside, but in reality we can't really say that right we still being judge physically. And yes maybe my advice to other people who are thinking

to do some enhancement or surgery if it's what you want and if that's really your heart's desire. Do it and go for it and never really think twice and what other people tell you because in the end of the day it's your self. That's all. (*Well with the changes that we have experience or we are currently experience, I am actually thankful because as we all know we have this kind of easy access of surgery before. Whether we like it or not before for you to have some maybe surgery or enhancement we need to go to manila to have that enhancement. But for the changes we have right now maybe with a lot of competitors we actually have a lot of clinic now in Davao we actually are legit and that you can really trust. I am actually thankful and as we mention before that there's really a good impact or positive impact in my life with the surgery that I've underwent and if I will ask if I have some regrets or given a chance not to do it I will still do it and there's really no regrets in doing it because I already had this plan still even my high school your age right know. I already had this plan if given a chance given enough money to do it I will still really do it. One of the again thrilling fact of course I was bullied before so in the society that we are living here, whether you like it or not, as what they always say that beauty is in the eye of the beholder the beauty should be inside, but in reality we can't really say that right we still being judge physically. And yes maybe my advice to other people who are thinking to do some enhancement or surgery if it's what you want and if that's really your heart's desire. Do it and go for it and never really think twice and what other people tell you because in the end of the day it's your self. That's all.*)

Participant 2

Interviewer: What was the reason (inaudible) that pushed you to undergo cosmetic surgery?

Interviewee: Actually, um, it's a recent surgery. Before, I had a lot of insecurities about my body and appearance. I have a boyfriend, and my ex-boyfriend told me I looked ugly and not feminine. That affected how people saw me, especially on dating apps where I was criticized for my teeth not being white enough. So, after we broke up, I decided to undergo facial surgery to address these issues.

Interviewer: But before undergoing cosmetic surgery, did you seek opinions from professionals, like surgeons?

Interviewee: My surgeon is actually a high school classmate, and now she's a licensed aesthetic doctor specializing in surgery like chin, lips, and jaw. I chose her because she's not just a friend but a licensed professional. She knows the ins and outs, so I felt more comfortable entrusting the procedures to her.

Interviewer: What does she call this procedure?

Interviewer: How did she convince you?

Interviewer: Was she thorough about the safety aspects?

Interviewee: Yes, she discussed both advantages and disadvantages. She also oriented me on what could happen.

Interviewer: Did she clarify what's possible or likely to occur?

Interviewee: Um, yes.

Interviewer: Just to clarify, your ex-boyfriend's comments were memorable, right?

Interviewee: Yes, hahaha! It was unforgettable, and my dad would rather not hear about it.

Interviewer: Did you experience any unexpected or negative effects on your physical appearance after the surgery?

Interviewee: Actually, the only thing that triggered concerns was my lips. It seemed abnormal at first due to swelling, but my surgeon assured me it's normal for freshly injected lips. She advised using cold compress until it settles, and it eventually did.

Interviewer: Have you faced any objectification or criticism from people about the changes in your face, like someone saying they prefer the old you?

Interviewee: Many, a lot actually. People on social media have this perception that your face on Facebook should match your real-life appearance, so when I didn't change my profile picture for a while, they didn't realize the changes. Some commented negatively, saying my result was ugly, which made me doubt my decision. It might be because they're insecure or unable to afford cosmetic surgery, making them critical of those who undergo it.

Interviewer: Is it quite expensive, especially for procedures like the chin, lips, and jaw?

Interviewee: Yes, the chin is 15, lips are 10 each, and the jaw is 10 as well.

Interviewer: Were there any unexpected setbacks or challenges during the recovery process, particularly when dealing with swelling?

Interviewee: Yes, that was the main issue.

Interviewer: Okay, thank you for sharing that. If you don't mind me asking, how did you decide on the specific procedures and their costs?

Interviewer: How did you cope with the changes within yourself after the surgery? Did you notice many improvements in yourself?

Interviewee: Actually, I'm more confident in facing people now, especially in my own business. Many customers appreciate my appearance, unlike before when people would criticize me for being unattractive, not looking feminine, especially in public places. Saunas were particularly challenging because people had certain expectations and judgments. Now, I'm confident facing people, even men – though some, inaudibly, may still express negative opinions – I'm confident in dealing with people and smiling, taking

pictures anywhere. Despite feeling like I have small eyes, I find myself enjoying how I look. I do have plans to enhance my lips further, but it's not happening yet; however, it's definitely in my plans.

Interviewer: *Did you experience any bodily discomforts or physical discomforts during the recovery process, like how did you deal with it, especially with regard to, let's say, the coping mechanism for the lips? How did you cope with that?*

Interviewee: *Well, my surgeon advised me to use a pulled compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.*

Interviewer: *Alright. So, for question number 4, what can you say about the significant changes, whether it's in your personal growth or physical appearance, since you underwent this transformation?*

Interviewee: *I'm really happy, genuinely happy. I've undergone significant positive changes since I started transitioning two years ago.*

Interviewer: *That's great to hear.*

Interviewee: *Yeah, it's been quite a journey.*

Interviewee: *It's been 2 years now, and it feels like only now that I've truly found happiness. I'm happy not just because of my appearance, but because many now appreciate my beauty compared to before. It's like a boost to my confidence; I can face people more confidently now. Excuse me for saying this, but it's like I'm a different person. I'm more confident, genuinely happy, and it's just different. I used to have insecurities about being compared to others, but one reason for insecurity is not being content with oneself, not being content with one's beauty. So, I worked hard to be comfortable and happy—that's the reason, that's one of the reasons. It's about striving to achieve what you want in life. I made an effort, and here I am.*

Interviewer: *So, before you underwent cosmetic surgery, did you consider your religion or what would religious people say about this?*

Interviewee: *Actually, I don't care. I really don't care because they're not the ones who paid for it.*

Interviewer: *I see.*

Interviewee: *They didn't spend on it, and besides, even if I enter a church, it's like, "Okay, fine." It's not like there's a rule in my religion against it. We're in 2024 now, not in some old era where it should be considered normal not to enhance oneself because that's how God made you. No, we have to enhance ourselves to be more presentable and attractive to people's perspectives. When you reach heaven, don't you want to look beautiful? (laughing)*

Interviewer: *What's your religion? What religion do you follow?*

Interviewee: Catholic.

Interviewer: Hmm, so how has cosmetic surgery impacted your overall quality of life? How did it affect you?

Interviewee: I can't exactly quantify the impact, but for me, it's about what makes me happy in life. I just enjoy my life because we only live once, right? If you have the means, go ahead and spend on what makes you happy because opportunities like that come rarely. Others may have negative results, but that's part of life, and you learn from mistakes. Get back to what you were before, be positive, and don't dwell on the negatives. There's nothing good that comes from being negative all the time.

Interviewer: But can you truly say that your life is better now?

Interviewee: My life is indeed better now compared to before because I am not degraded by people anymore. I receive more respect from others now.

Interviewer: Oh, I see.

Interviewee: Yes, because being a trans man, especially part of the LGBT community, if you transition and you desire a more feminine look, you should be curvy and beautiful to be presentable. That's how people perceive you. For me, I just enjoy and focus on being happy always.

Interviewer: Did your decision to undergo cosmetic surgery stem from a day when you were bullied or judged, something traumatic?

Interviewee: Yes, actually until...

Interviewer: That's where it came from?

Interviewee: Yes, it took a few months of doubting, not wanting to go out.

Interviewer: Hmmmm?

Interviewee: Yes, I didn't want to go out. There was a time when I didn't want to face people. It was like I stayed home, especially when we didn't have a business yet. If I went out, it was almost like I didn't want to be seen. I'd stay near the window and say hello if someone approached. But for several months, even on social media...

Interviewee: -Huh? Seriously?

Interviewee: It's really intense, especially on social media. Even with just a small post, people would say, "Wow, you look so beautiful!" They'd call me beautiful, but then I'd think, "Am I really beautiful?" They say I'm beautiful, but here I am, saying I'm ugly. It's like, "Where's the beauty in me?" It's confusing, caught between being called beautiful and ugly, and it's as if people don't realize they're mocking you.

Interviewer: Oh no.

Interviewee: Anyway, in the past, they might leave positive comments on your posts, but little do you know they're mocking you behind your back. You're not part of their circle, so if they see you on social media, they'll say, "Wow, you look beautiful," but secretly they're making fun of you. It's like, "Feeling beautiful much?"

Interviewer: (inaudible)

Interviewer: Feeling overly beautiful, right? That's how it is now, so be careful. Don't trust people, especially your friends. Oh my God, don't trust them, Lord. That's why having fewer friends means less stress.

Interviewer: Oh my God.

Interviewee: That's why you shouldn't believe in people, my God. When you're still young, don't trust too much. You're still young.

Interviewer: Hmm.

Interviewee: You're still young, and you can enhance yourself. If you want to enhance, there's nothing wrong with that. It's a part of your appearance and your life. If you want to be more presentable to people, then go ahead and spend. That's what my friend says, "If you want to look beautiful, spend on it."

Interviewer: Ahh.

Interviewee: That's what I mean—I express myself that way. I have my own money, and I can pay for it. That's why I confidently invest in enhancing myself—my face, my body. I used to be very overweight, like 72 kilos, seriously excessively overweight. It was a challenge being that fat, and you wonder, "Why am I so fat?" Maybe it's because I felt feminine, associating my weight with feeling more like a woman.

Interviewer: Hmmm

Interviewer: Okay, thank you so much.

Interviewee: Well, you know, back then when I was a bit chubby, some people thought I had a more feminine look because of my chubby cheeks. When you're chubby, your features stand out. So during that time, I felt like I looked very girly because of my weight, but as time passed, I realized that my shorts weren't fitting anymore.

Interviewer: Hmmm.

Interviewee: Yeah, it was a different experience, so I felt the need to lose weight. I started to shed some pounds. And during that weight loss journey, I eventually decided to undergo surgery.

Interviewer: Hmmm.

Interviewee: Yeah, it was like I wanted to see how I would look if I were slim, and my chin wasn't as high, my lips weren't as plump, especially when I smiled. Actually, my lips

were normal, but when I smiled, they seemed to disappear. So, I had them injected – it took about two sessions. The first one felt insufficient, and the second one did the trick.

Interviewee: Actually, the third thing I did was inspired by Andrea Briliantes. I really liked her lips, and I told the doctor I wanted mine to look like hers, so he injected them accordingly. I also had some wrinkles around my eyes, so I had those injected as well.

Interviewee: I had botox, too. I spent a lot of money on these procedures. But if it's not feasible, don't push too hard. It's not good to pressure your parents just to get what you want, right? So, let's not pressure ourselves too much to look as gorgeous as others who have undergone improvements. Your time will come; it's a process, so take your time.

Interviewee: There comes a time when what's meant for you will come to you. You shouldn't rush things, thinking someone else looks very pretty or handsome, and you should be at that level.

Interviewee: That's also a disadvantage of undergoing surgery – it can fuel envy and insecurities. When you're insecure, and you rush to enhance your looks, it can lead to mistakes and regrets.

Interviewee: Some people, for example, have lips that are too big, or they go too far with enhancements, like having a high nose or excessive changes. That's why some of my friends does "backjob" its a word that, if they're unsatisfied and will undergo surgery again and again

Interviewer: Ohhhhh

Interviewee: Yes, that's it. We shouldn't rush things; it's a gradual process. That's why you all

Interviewer: HAHAHA

Interviewee: We, on our part, really need this.

Interviewer: Hmmm, not really

Interviewer: For men, it's actually a plus point.

Interviewer: For women?

Interviewee: It's not just for women; even if you're a trans man, men can also undergo surgery. In fact, many men opt for nose jobs.

Interviewee: It's actually a plus point for men like us in the LGBTQ+ community. It's considered a bonus for men to have a higher nose for a more feminine look. Some men enjoy teasing others, playing around with them. It's like, you become a target for playful banter. Because in 2024, men have evolved; they're different now.

Interviewee: *You might not know who your partner is, but there are girls who are skilled, hey hey hahah. I didn't say anything, I'm not judging, hehe. Actually, that's how high school kids talk these days.*

Interviewee: *You know how active high school kids are; it's all about cosmetic surgery these days.*

Interviewer: *HAHHAHA*

Interviewee: *Anyway, it's a plus point for guys because they prefer a more feminine look. That's why trans individuals with male partners often go unnoticed because they look very feminine after surgery. People say, "They added this, they reduced that," that's what they call it. That's why I say, don't rush, it's a process. Don't be too anxious. In my case, it's not something done consecutively; there's a gap between each procedure. After the first one, there's another after a month, and so on. That's how I approach it – being content is important, content with my life, but...*

Interviewer: *More.*

Interviewee: *You just really like it when you wake up and see yourself in the mirror like, "Wow, I look stunning!"*

Interviewer: *Ohh.*

Interviewee: *It's really different, like back then, my face looked different. I've improved, and now I'm more confident facing people. Anyway, there are judgmental people who make comments, but I don't really mind. Sometimes they just mess with your head, and then they call you "sir."*

Interviewer: *HAHAHAHAHAH*

Interviewee: *That's why I don't like being called "sir." Sir? Sometimes, I show my bra, and they still call me sir? Then they apologize and call me ma'am. I mean, come on. That's enough of that.*

Interviewer: *Thank you so much.*

Participant 3

Interviewer: first question po is unsay hugot nimo or like kanang unsay imohang kanang motivation or drive nga nag kuan ka nga magpa cosmetic surgery or magpa enhance ka (The first question is, what is your "hugot" or what motivates you and drives you to undergo cosmetic surgery or enhancements?)

Interviewee: ummm dream nako siya before like dream jud nako siya ba na to fullfill myself to be a woman kanang mao na siya akong drive everytime na makakita kog babae na kanang gwapa sexy murag ma motivate ko na to to to go for the and push for the

cosmetic surgery and enhance myself... Ana... So mao to siya (*Well, it was my dream before, like, it was really my dream to fulfill myself and become a woman. That's my drive every time I see a beautiful, sexy woman.(SOP 1- 1.1) It motivates me to go for the cosmetic surgery and enhance myself. So, that's it.*)

Interviewer: okay po, ummm before ka nagpa ano po change or nagpa cosmetic surgery naga ano ba kag ano naga seek ba kag medical proffesionals regarding sa safe ba ni siya unsay dapat nga eexpect nimo (*Okay, before undergoing cosmetic surgery, did you seek guidance from medical professionals regarding its safety?What were you expecting from the procedure?*)

Interviewee:mmmm, ummmm wala jud ko literally nag nag nag nag adto og unsa gani na?? Unsa na oyy, kanang mga trans gud na doctor i have done my research before ko nag undergone first nakong uhhmmm uhhmmm cosmetic surgery man gud is best in branch so mga two years ko nag decide jud as in nag research jud ko kinsay best doctor asa ang nice ubsa ang procedure ang gwapo og inana and all of that so literally wala jud ko nag nag check og og nagpa appoint og doctor to consult duritso nako.... Inana (*Well, I didn't actually go to consult directly with a doctor. Before undergoing my first cosmetic surgery, I did extensive research on top-notch trans-friendly doctors. It took me about two years to decide. I looked into who had the best reputation, the procedures, their aesthetics, and all that. So, I didn't check or schedule an appointment with a doctor for consultation. That's how it went.*)

Interviewer: okay po so diba po ingon nimo ganiha it is your childhoodream- ohmygod sorry for the noise, it is your childhood dream pero is there an kanang unforgettable jud kaayo na memory na kani na kani na jud mao ning rason nganong kanang mao na jud *smirk ohmygod get nimo po?? (*okay, so as you mentioned earlier, it was your childhood dream. But is there an unforgettable memory that truly solidified your decision, that made you say, "Yes, this is the reason"?*)

Interviewee: aah yess, aaah ooo naa naa diay tung one time na na broken hearted ko ba kanang its like my second boyfriend unya gi ano ko niya gipagpalit ko niya ka girl to dictated kay ko so kanang murag only way to for me to cook this things up nag defence mechanism nako sa akong self na dapat magpa retoki na siguro ko kay mao naning dahilan nganong gi byaan ko sa akong boyfriend because im lacking of something which is akong huna huna akong tits mao to maong nagpa breast implant ko isa siya sa mga rason mao pud tung- isa siya pud sa mga drive na push jud ko para magpa breast implant (*Yes, there was this one time when I experienced a heartbreaking situation. It was like my second boyfriend, and he left me for another girl.(SOP 1-1.3)I felt dictated and controlled in that relationship. It was as if the only way for me to cope with it was to initiate a defense mechanism within myself, thinking that maybe I should undergo some enhancements. That's why I went for breast implants—it was one of the reasons. It became part of the driving force for me to pursue that enhancement.*)

Interviewer: okay po soo ummm lets go for the umm second questions second part this is po ahmm after the surgery (*Okay, let's move on to the second part of the second question. After the surgery*)

Interviewee: oo (yes)

Interviewer: so ano po uhmmm are there any uhmm unexpected effects po saimohang physical appeaeance during katong kuan human sa cosmetic surgery or like naa bay mga deperensiya nga nahitabo or negative (*So, were there any unexpected effects on your physical appearance after undergoing cosmetic surgery? Did any deformities or negative outcomes occur?*)

Interviewee: mmm so far kung implant man gud is like 11 years na ron uhmmm wala man like ang after effects lang niya kay sakit lang jud siya like mura kog gi pak ganon murag gi inat akong mga skin but prior to that wala jud siya as in 100 percent okay satisfied kaayo ko wala koy mga side effects or something nga na feel (*So far, it's been 11 years since the breast implant, and there haven't been any unexpected effects. The only after-effect is the initial pain, like my skin was being stretched, but aside from that, I'm 100 percent satisfied. I haven't experienced any side effects or issues.*)

Interviewer: okay po good- thats good po uhmmm how about po mga challenges nga kanang nga na face gani nimo like mga people kanang naga ingon nimo na kana siya kay nagpa kuan shshshs kanang mga daghan ganig comments saimong life (*Okay, that's good to hear. Now, how about the challenges you faced, like people making comments or having opinions about your decision to undergo surgery?(SOP2-2.2) Have you encountered a lot of remarks or comments in your life?*)

Interviewee: oo normal siya sa mga dili ka afford mu comment jud na sila hahah so uhmm 10 years ago dili pa kaayo siya ingana ka open ang breast implant so mga seldom ra kaayo ang maka afford og ang maka- kaya naka foreigner man ko ato that time so kanang murag nakapag breast implant ko soo ahh dili tanan pa- dili pa- dili pa kaayo inana ka accesible ba sa tanan so pila palang mi ang naay- naay breadt implant ato that time karon kay daghan naman so ako is normal jud siya naa jud siyay kuan labi na ako dako kaayo akoang gipa implant like muadto kog church mag lisod ko kay tanawon jud ko ba tanawon jud ko sa mga tao ato mag adjust jud ko sa akong outfit like dapat ano jud siya loose siya na t shirt para di jud siya mag lakra kay kung mag fit ko kay mu ano man jud siya ma lakra jud siya makita- muuyog baya siya noh so makit an jud siya ma klaro jud siya mmmm ana siya anaa akong mag struggles unya normal jud siya nga bisag asa ka muadto libakon ka unya syempre ang mga lalake ang tanaw sa imoha kay ano na dayun sex icon na dayun inana so part jud siya..... Harsh ra ba kaayo ko?? Okay ra?? (*Yes, it's normal for those who can't afford it to make comments, hahah. About 10 years ago, breast implants weren't as openly discussed. It was rare, especially for locals. I had a foreigner at that time, and not everyone had access to or could afford it. So, there were only a few of us with breast implants back then. Now, it's more common. For me, it's normal to face challenges, especially with the size of my implants. When I go to church,*)

it's a bit challenging because people really notice. I have to adjust my outfit, wear loose shirts to avoid drawing too much attention, as it can be quite revealing. I get judged wherever I go, especially by men, who see me as a sex icon. It's just a part of it... Am I being too harsh? Is it okay?

Interviewer: its okay lang po actually sad siya (*It's okay; actually, it's quite sad.*)

Interviewer: ahm Diba po before ka nag pa before ka nag pa cosmetic surgery kanang kanang imoha gyud na syang gi process gyud og maayo before ka nag decided gyud or like kanang wala ka nahadlok nga kani sakit gyud ni siya or kaning basig kani negative ang effect (inaudible) result ani unsa po wala wala kay ano (inaudible) (*So, before undergoing cosmetic surgery, did you indeed go through a thorough and careful decision-making process? Were there no fears about the potential pain or negative effects? Can you share what specific aspects you considered, and did you not have any reservations about the outcome?*)

Interviewee: wala nko wala nko nag second mind because nag research gyud ko over and over kay daghan kog friends na na back job actually na na usab sa ilang totoy or isa nalang ilang totoy ana so grabeh ang research so nag search gyud ko og best doctor sa davao ah maka cater sa akong gusto kay dako gyud kaayu ako gipa butang (inaudible) 500cc so dako gyud kay na siya na na implant during that time ako ang pinaka dako na gi butangan sa akong doctor murag experimental pa gni to amoa so (inaudible) ako is nag hunahuna ko naa (inaudible) naa ko sa im in the good hands nag nag sign pud mig waiver sa akong doctor na ok ra tanan tanan and everything so murag akong gi relay sa iyaha tananall of that (*I didn't have second thoughts. I extensively researched repeatedly because many friends had similar procedures, some even from the same surgeon. The research was extensive; I searched for the best doctor in Davao who could meet my preferences. I opted for a substantial 500cc implant, quite unique at the time. It felt like an experiment, but my doctor assured me, and we even signed a waiver, confirming everything was okay. I trusted that I was in good hands and communicated all of this to my doctor.*)

Interviewer: ahmm diba po nay changes nahitabo sa imong body nag pa-(inaudible) implant ahmm how did you cope up with those changes po na (inaudible) how did you cope up with it? (*Right, so there were changes in your body after getting the implant. How did you manage those changes, and what was your coping mechanism?*)

Interviewee: ahmm i think ahmm first nag adjust gyud ko mentally kay dili man gud nmo siya ma process critically kung dili nmo siya i accept sa imong mind na naa na siya and whether you like it or not dili na gyud siya basta basta ma tanggal so ive to undergo another process of operation para ipa tanggal siya so not unless i have to live with it. So mao to ah ah the the first thing i did is kanang mentally gyud siya ako gyud siya gidawat (inaudible) na i have to live with it i have to to to to wake up every morning na knowing na i have this kay sauna mag dedma rabaya ko mag hukas hukas rko ana so lain na baya laswa na siya so kailangan gyud ko mag daghan gyud siyag certain preparation na i have to do kay i have to live my self like a whole women na gyud kay syempre naa na gud koy ano so mao to siya

isa sa mga coping mechanism nako na i have to deal with it jud mentally. *(I think, first, I really had to mentally adjust because you can't critically process it unless you accept it in your mind that it's there, and whether you like it or not, it's not something that can be easily removed. So, I had to undergo another operation to have it taken out, unless I chose to live with it. So, the first thing I did is, mentally, I accepted it. I had to live with it. I wake up every morning knowing that I have this.(SOP 3-3.1) Before, I used to ignore it and avoid dealing with it, but now it's different. I have to make various preparations because I have to live myself like a whole woman, considering that I now have it. So, that's one of my coping mechanisms – dealing with it mentally)*

Interviewer: ahmm so balik ta didto po sa pikas katong challenges gni kato diba ana ka ganina po na kanang sakit gyud siya sakit gyud siya human sa operation pero um unsay poy kanang naa bay gi tambag or kanang mga medicine ang (inaudible) provide ang imohang doctor? *(Now, going back to the other aspect, the challenges you mentioned earlier about the pain after the operation. Can you share if there were specific remedies or medications recommended by your doctor to alleviate the pain?)*

Interviewee: oo naa ko-(inaudible) i remember gi resitahan ko niya og (rproxsa) pero ako sa akong ka isog wala nko ga wala nko ga inom og rproxsa murag nag self healed lng gyud ko mahadlok lgi ko kay daghan kog friends na nanga back job unya felling nko dili siguro nila ma feel ang sakit or nag ka infection naba sila so sa sge nilag inom og pain reliver dili to nila ma feel ang pain so murag nag nag think ko ba for may self na what if dili ko mo inom og pain reliver total dili man tolerate ra man gud ang sakit dili mn gud siya na sakit na sakit kaayu na like mura kag mamatay pero sakit lng gyud siya kay because naay gi butang na inat na stretch akong skin so ako wala gyud ko nag inom og rproxsa na naa koy gi recita sa ako og pain reliver isa tong rproxsa sa pinaka kusog na na pain reliver so wala ko nag drink ato. So akong gi inom is vitamin c lng bawala gni daw tung vitamin c pero akong gi push so kalooy sa ginoo dali ra gyud kayko one week kng akong (inaudible) tapos na uga dayun akong samad nangutana akong doctor na amazed siya (inaudible) nisulti mn kong foreigner n wala ko ga inom og kanang rproxsa (inaudible) hala gi unsa nmo sakit mn ka-(inaudible) wala lang doc (inaudible) nag menimal lng kog kanang lihok ana and everything tas nag inom kog vitamins c which is bawal ang vitamins c that time nakuratan siya ngano nga (inaudible) nauga mn dayun akong samad so from that day on gina recita na niya ang vitamin c sa mga client because of me. *(Yeah, I had a prescription for (inaudible), but I chose not to take it. I felt quite confident in not using it (rproxsa), even though my doctor suggested it. I got a bit scared because I knew friends who had similar procedures, and I wasn't sure if they really felt the pain or got infections. They relied a lot on pain relievers, so I thought, "What if I skip pain relievers altogether?" The pain was manageable, just some discomfort from the stretching caused by the implant. So, I decided not to take the prescribed (inaudible), a strong pain reliever. Instead, I stuck to the pain reliever my doctor suggested, one of the strongest. And, I didn't drink alcohol during that time, sticking to my plan for healing. So, I only took vitamin C; they said it's not allowed, but I insisted. Fortunately, through God's mercy, my recovery was quick. In just one week, my (inaudible) was healed, and when I asked my doctor, they were amazed. I told a foreigner that I didn't take any prescription. They asked about my illness, but I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.)*

Interviewer: okay po (okay0

Interviewer: so katong human po sa surgery (inaudible) i mean katong after sa sa sa surgery (inaudible) naa bay na kanang na limitahan ba imong lihok or imong everyday life during sa recovery process? *(After the surgery (inaudible), I mean, after after the surgery (inaudible), were there any limitations in your movements or daily life during the recovery process?)*

Interviewee: Oo bawala mn ka mag alsa og bug at kay mo lihok ang silicon tapos bawal ko mag kanang like sakay og tricycle kay untol untol baya murag ma tagak ang silicon pero dili gud siya feeling lng nmo so bawal sa mag alsa og bug at bawal mag kanang mag ambak ambak bawal mag lihok lihok kaayo og too much for like 3 months gyud..... para ano gyud siy- kay under the muscle mn gud akong surgery dili siya under the skin so mas dugay iyahang healing. *(Yes, you're not allowed to lift heavy things because the silicon moves, and you can't ride a tricycle because it wobbles, and it feels like the silicon might leak, although it doesn't really happen. So, you're restricted from lifting heavy things and doing excessive movements for about 3 months... because it's under the muscle, not under the skin, so the healing takes longer)*

Interviewer: okay po.. so diba po for clarification lng physical and body discomfort during the recovery ano lng gyud imo lng gyud siyang gi tolerate or like gi tolerate lng gyud nko siya (inaudible) as in uh uhm *(Okay. So, for clarification, did you solely endure the physical and body discomfort during the recovery?)*

Interviewee: ako ra siyang gi antos *(I just endured it (inaudible))*

Interviewer: okay po So next is your insights, so unsa po imong masulti sa drastic changes or dako naka bagohan saimohang or naabay kabagohan na nahitabo saimohang life after the surgery?*(Okay, so next is your insights, what can you say about the drastic changes or significant improvements in your life after the surgery?)*

Interviewee: Naa I feel complete I feel like kanang competitive nako more confident nako that time, gaapil man gud kog pageant before so dako siyag tabang nako ba physically, emotionally, amd mentality kay feeling nako fulfill naakong pagka tao ana gud. So one way or another naka tabang jud siya big help jud siya sakoa. Na boost akong confidence.*(I feel complete. I feel like I became more competitive and confident after the surgery. I used to join pageants before, so it greatly helped me physically, emotionally, and mentally because I feel fulfilled as a person. So, in one way or another, it really helped me. It boosted my confidence.)*

Interviewer: Okay po so aside sa social factor sa lain factor po naa bay effect ang cosmetic surgery ay kanang after surgery ay ang changes na nahitabo saimoha? *(Okay, aside from the social factor, are there any other factors affected by cosmetic surgery, like the changes that happened to you after the surgery?)*

Interviewee: Ah wala man, wala koy nakitan na disadvantage. You mean disadvantages mga ingon ana? Wala man kay murag before man gud ko nag pa implant ano jud akong mind kanang naka set jud akong mind na I want this. This is my dream murag ana ba wala ko na pugos unya and so kung unsa man tong mga kung naa man gani siguroy negative na effect di nanako siya ma feel kay gi imbrace man gud nako siya sa tanan, ako siyang wala nakoy labot ba ana gud wala koy “L” ingon ana siya. *(Oh, none. I haven't seen any disadvantage. You mean disadvantages like those? Well, because I was the one who decided to get implants, you know, it was already set in my mind that I want this. It was my dream, so I didn't feel forced into it. And if there were any negative effects, maybe I just didn't feel them because I embraced everything. It's like I didn't have any reservations about it. I didn't see it as a loss or anything like that)*

Interviewer: Okay po so for clarification po cosmetic surgery change you mentally, physically
(*Okay, so for clarification, cosmetic surgery change you mentally, physically?*)

Interviewee: And Emotionally. (*And emotionally*)

Interviewer: Okay po this one what is your take cosmetic surgery with respect with you religion?
(*Okay, so what is your take on cosmetic surgery with respect to your religion?*)

Interviewee: ahmm I think I don't my religion has nothing to do with it because it's my choice and as human as I am I believed I had my freedom of choice. I belived my body is holy and sacred but I know that ahm I have to deal with my emotions and I as a human I have my needs. So I my religion has nothing to do with the cosmetic surgeries that I have gone through. (*Hmm, I think my religion has nothing to do with it because it's my choice, and as a human, I believe I have my freedom of choice. I believe my body is holy and sacred, but I also know that I have to deal with my emotions and as a human, I have my needs. So my religion has nothing to do with the cosmetic surgeries that I have gone through.*)

Interviewer: Okay po so ahm gi unsa po pag impact sa changes saimohang kuan, saimohang physical appearance ang imohang overall quality of life like kanang imoha jung overall quality?(
Okay, so what impact did the changes in your appearance, your physical appearance, have on your overall quality of life, like just your overall quality?)

Interviewee: So holistically it made my life easy and kay because I want to be a woman, I just don't wanna act like a woman dress like a woman but I want to be a woman from within inside out . So those drastic changes made my life more comfortable kay I don't need to pretend man kay because naa gud koy boobs. Like when I go out kay kanang ma'am najud kay because kanang wala palang ko ni tingog babae najud ko kanang an aba with my looks. Kanang sauna kay pretend pami ga bra palang mi mahalata baya jud na sa mata sa tao na naay something like bayot jud siya pero kung naa nakay totoy mag duha-duha najud ang tao maka ma'am najud sila maka miss najud sila ma address nagyud ka nila the way you wanted to be address isa na siya. So that's it. (*So, holistically, it made my life easier because I want to be a woman not just in actions or appearance, but from within, inside out. So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now. Like when I go out, people address me as "ma'am" because, without saying anything, my appearance reflects that. Before, we used to pretend by wearing bras, but people could still tell, they could sense something, that I'm gay. But now, if you have breasts, people are convinced, they address you the way you want to be addressed. So, that's it*)

Interviewer: So that's all po thankyou so much po.(*So that's all, thank you so much.*)

Participant 4

Interviewer: ako deay si elaiza tapos kining akong kauban murag kaila naman jud ka ani niya, siya si dorothy. amoang study po, amoang research, kanang nagakuan sa mga tao gani, sa ilang experiences, ilang mga naagian sa una, ug kanang mga nabag o sa ilang kinabuhi. kanang, human sa plastic surgery. or sa kanang changes. okay po, so, ready na po ba? (*I am Elaiza and I*

am with Dorothy. Our study will explore the experiences, challenges, and changes encountered by people who underwent cosmetic surgery. Are you ready, Ma'am?)

interviewee: yes go ahead, no problem. *(Yes. Go ahead. No problem).*

interviewer: okay po so kuan lang po, iinform ka lang namo po na ang imuhang kanang mga personal information dili na sya mugawas sa uban... kanang safe jud ka sa amoa. okay po, so ready na jud po? okay na? *(So let me just inform you ahead of time po that you identity will be keep safe. So first question, what really prompted you to undergo cosmetic surgery?)*

interviewee: im ready. *(im ready)*

interviewer: sa first question po, kanang... unsa juy hugot nimo nganong nagpacosmetic sugery ka? *(So first question, what really prompted you to undergo cosmetic surgery?)*

interviewee : hugot... base on my experience, no. kabalo na ka nowadays uhm uso ang mga bullying, right? *(Prompted me... Based on my experience, you know. Bullying are really rampant nowadays, right?)*

interviewer: mmm, yes po. *(mmm,yes)*

interviewee: so para dili ka mabully or ano, kailangan nimo mag change para at least maappreciate ka sa laing tao. so first thing, na a-akong naencounter since na nabully ko, di-dili ka nice ug personality, di ka nice ug appearance, so that's the time nga nag uhm nag decide ko nga go through for a surgery. so amo na sya ang hinungdan. *(In order to protect your self against bullying, you need to change to at least paople will appreciate you. When you don't have a nice personality and appearance, people will really say things about you. And that's the time thst I decided to undergo cosmetic surgery.)*

interviewer: okay po... so, kanang before ka nagpakuan po nagpachange or before ka kanang nagdecide aning kuan, ana nga pag bag o sa imong kuan. kanang nagaano baka... nag ask bakag mga opinion sa mga medical professionals kung safe ba ni siya... unsay mahitabo after...unsaon pag deal?

interviewee: uhh... yes, of course. kailangan gyud kag uh ano uh consolation, i mean, anong tawag jan, uhm... uhm, unsay tawag ana. kailangan jud ka ug consultation, advices sa mga experts, sa mga doctors, sa mga surgeon. ana. so first, ingon sila uhm naay mga daghang changes or naay daghang mga.. mga ano uhm... mga yon nga mga changes sa imong life if ever mag-go through ka for a surgery. so, uhh... oo ana. *(Oh yes, of course! You really need proper consultation, advices from experts, doctors and surgeons. First, they said that there will really be a huge change in your life whenever you decided to go through for a surgery.)*

interviewer: okay po... okay po so ganina po, for clarification lang ni siya. di ba ganina niingon ka nga “bullying” mao na imong hugot? *(Okay, for clarification, you mentioned about bullying right? that was your reason?)*

interviewee : yes, number 1. *(yes, number 1.)*

interviewer: yes. so naa pa bay laing unforgettable gyud kaayo nga memory sa imuha or kanang naexperience nimo sa una nga “ay kani, mao ni ang hinungdan nga mao ni magtulak sa akua nga machange na jud ko, magpachange na jud ko”. *(Aside from that, were there any unforgettable memory or experience that made you more certain to undergo cosmetic surgery?)*

interviewee: uhm... yeah. naa pud jud no. well nag ingon sila nga dapat mag pachange ka kay para ano para at least ano uh nindot ka tan awon, ana. naay mga, akong experiences pud uhm once na uhh mag apply ka like sa amoang industry nga beauty, so kailangan nindot pud ka tan awon, ana sya, right? so ingon sila, ay dapat gwapa ka tan awon, dapat nindot tan awon imuhang itsura para at least if ever muapply ka sa trabaho mga, mga uhm beauty industry dali ka madawat so, ana. *(Aside from being bullied, there are a lot people around me saying that I should get a surgery to at least, look beautiful. Also, when you are going to work in a beauty industry, you yourself must look presentable too. So, yeah. They said that I should undergo cosmetic surgery so I would be more beautified and will be accepted on any jobs more quickly.)*

interviewer: okay po... okay so, part 2 na ta sa uhm second question na ta po or second set uhh. okay po kani sya nga question, after ni sya sa surgery. pagkahuman sa surgery nimo nga mga experiences. kay kato ganina mga before to sya nga experiences, okay po. kani po nga question, were they any unexpected nga mga kanang panghitabo or mga epekto sa imuhang physical appearance? or like kanang wala jud nimo sya giexpect nga effect. *(Okay, let's proceed to the next part. This 2nd set of questions will be about your experiences after the surgery. The previous ones were about your before experiences. First question, were there any unexpected things that happened in relevance to your appearance?)*

interviewee: like what do you mean? side effect after surgery? *(What do you mean? Side effects?)*

interviewer: uh yes po. side effects or negative uhm...(yes)

interviewee: what do you mean? like side effect after surgery? uh effect sa akong personality o unsa man? *(Side effects after the surgery? Effect on my personality or what?)*

interviewer: no. negative effects po sa imuhang body. *(Negative effects.. in your body)*

interviewee: ah okay.. uhm, kaya nga ingon ko before ako nagdecide nag ask usa ko ug consultation ug advices sa mga doctors kung unsay mga mahitabo o unsay.. after the surgery kung naa bay mga side effects o unsa. ingon sila okay naman as long as kaya sa imuhang lawas, kaya sa imuhang resistance. so sa akua is.. uhm wala naman. pero pag first month, second month, medyo sakit sya. medyo naay normal, normal lang sya kasi surgery e. so wala naman wala

naman. okay naman so far. *(As I've said before, I asked for consultation and advices from doctors on what will possibly going to happen, were there going to be side effects or what. They said that it will be okay as long as your body resistance can take it. So to answer your question, there were no negative effects on me. But the second month after the surgery, I felt a slight pain but it was completely normal since I undergone a surgery. So, so far, none.)*

interviewer: okay po, that's good po. uhm kani po, second question. naa bakay mga kanang mga tao gani nga or mga challenges nga imong nasugatan nga ingon sila “uy kana sya kay nagpakuan na sya, nagpachange change na syag kuan.” mga tao gani nga hilig magcomments sa imuhang life. *(Alright. That's good. Second question, have you encountered people objectifying the changes that happened to you?)*

interviewee: uhhh... so far wala. oo, tanan nakong mga friends supportive sa akua. supportive sila. muingon sila, “oh that's good!, ” “nindot tan-awon,” “okay.” ana so wala wala namay mga uh side comments nowadays. but before, siguro mga 90's, ana mao sigurong naay mga comments sa laing tao ana. pero now generation, wala na. yeah. *(None. So far, I have my friends with me who are very supportive. They would comment “You look good!” So yeah there were no side comments now. But before, maybe in 90's people will really comment. But in today's generation? None.)*

interviewer: okay so, katong sa during sa inuhang recovery process po or katong kanang nagpaayo naka, kanang uhm okay naman po ang process dib niana ka ganina? *(Okay. After the surgery, the healing process was okay, right?)*

interviewee: yeah oo. (yes)

interviewer: so kani po nga mga questions sunod is imuhang coping mechanism or kung giunsa nimo pag kanang pagcope sa changes? kani po uhm, di ba naay nachange sa imong lawas? or naa kay gipaenhance? naa kay gipanchange. murag giunsa nimo pagkuan nga kanang giunsa nimo pagcope nga “hala naa najuy nabag--- kanang murag sa imuhang kaugalingon po nga giunsa nimo pagdawat nga hala na bag o na, naa nay nabag-o sa akua,” ing ana. *(This next set of questions will be about your coping mechanism or on how did you cope up with the changes. So, something changed in your body, right? You have it enhanced. How did you cope up with it? How did you accept those changes?)*

interviewee: ah.. okay. oo, daghan, daghan. daghan kog na change na-- ay. murag m--mas ganahan ko. ganahan ko sa changes karun kay naappreaciate nila--- naappreaciate na sa laing tao. even me, na appreciate na “ah okay deay. okay gyud deay nga magpaano. magpachange. magpaenhance.” oo. *(Oh. Many. There are numerous changes. And I love it. I love the changes that happened to me because right now, they appreciate me more. They would even say that it is really great that I had a surgery.)*

interviewer: okay po. so ganina po niingon ka nga ang mga tao sa imong palibot is supportive kaayo sa imuha. so kanang, for clarification po, sila ang hinungdan nga murag nakacope ka sa imuhang changes kay naa kay support system? *(Okay. So earlier, you said that the people around*

you are very supportive. So to clarify, were they the one who helped you cope somehow? Because you have a support system?)

interviewee: right, right. *(right, right)*

interviewer: yes po. *(yes)*

interviewee: tama, oo. *(yes, youre right)*

interviewer: okay po so, katong mga, diba po ana ka ganina one to two months sa recovery nimo, naa kay mga kanang body discomfort or kanang sakit nga imuhang nafeel. giunsa nimo sya pagcope po or giunsa nimo sya pag deal? *(Okay, you have mentioned before that one to two months after the surgery, you have felt discomfort. How did you cope up and deal with it?)*

interviewee: uhm... syempre, sa advices sa doctor and sa mga medicines. so, m-matolerate naman. kaya naman. so, tagaan man ka nilag mga mga ano uhm pain reliever, uhm so dili kaayo sya ano. dili kaayo sya uncomfortable... *(Of course because of the advisory of my doctor and the prescribed medicine. And it was tolerable. They gave me pain killers so it won't be really uncomfortable.)*

interviewer: okay po. so uhm next question po, kanang unsay kanang imuhang masulti sa kanang kabag-ohan nga nahitabo sa imuha nga gidala sa kanang imuhang kuan mga changes nga nahitabo sa imuha. like unsa imong masulti nga... or unsay nabag-o sa imuha nga nadala sa cosmetic surgery? *(Next question, what can you say in terms of the drastic changes that happened to your self?)*

interviewee: all i what... uhm, akong masulti, Im happy. Im satisfied. Uhm, it can boost my confidence, **of course** na muatubang sa mga tao na wala nakoy laing.. ano kay at least sa personality nimo, medyo okay ka tan awon. so medyo imong confident is maboost jud sya. hangtud naa kay confident na gyud na maipakita, that's the good thing nga akong na experience. *(All I can say is that I am totally delighted. That I am satisfied. And it really boosted my confidence especially talking with people. That's the good things I have experienced.)*

interviewer: sa una po ba, kanang murag hard sa imuha nga makig-interact sa mga tao? *(Before, was it really hard for you to socialize with people?)*

interviewee: oo, kay lalo na sa industry sa among trabaho murag dili kaayo ka comfortable. dili kaayo ka, kailangan nimo mga fully ano, uh uhmm, what do you call... uhm make up and everything para at least ano... so medyo okay now... after deay sa surgery. *(Yes. especially in my line of work, it was really uncomfortable because you still have to exert an effort to make your self presentable using make ups but after the surgery, it is okay now.)*

interviewer: so kini po, before sa imuhang surgery, uhm nagakuan baka kanang nakahunahuna baka unsay masulti, kanang unsay makuan sa simbahan o sa imuhang relihiyon sa imuha? sa kanang mga kuntahay, magpachange ka, unsay kanang masulti nimo nga kanang. i mean unsay

kanang... what is your take... unsa imuhang... tawag ana ha. dorothy tabang. uhm. (*Before you prompted to undergo cosmetic surgery, have you considered your religion or beliefs.*)

interviewee: masulti? sa religious belief? unsa ba? (*Before you prompted to undergo cosmetic surgery, have you considered your religion or beliefs.*)

Participant 5

Interviewer: first question po is unsay hugot nimo or like kanang unsay imohang kanang motivation or drive nga nag kuan ka nga magpa cosmetic surgery or magpa enhance ka (*The first question is, what is your "hugot" or what motivates you and drives you to undergo cosmetic surgery or enhancements?*)

Interviewee: ummm dream nako siya before like dream jud nako siya ba na to fullfill myself to be a woman kanang mao na siya akong drive everytime na makakita kog babae na kanang gwapo sexy murag ma motivate ko na to to to to go for the and push for the cosmetic surgery and enhance myself... Ana... So mao to siya (*Well, it was my dream before, like, it was really my dream to fulfill myself and become a woman. That's my drive every time I see a beautiful, sexy woman.(SOP 1- 1.1) It motivates me to go for the cosmetic surgery and enhance myself. So, that's it.*)

Interviewer: okay po, ummm before ka nagpa ano po change or nagpa cosmetic surgery naga ano ba kag ano naga seek ba kag medical proffesionals regarding sa safe ba ni siya unsay dapat nga eexpect nimo (*Okay, before undergoing cosmetic surgery, did you seek guidance from medical professionals regarding its safety?What were you expecting from the procedure?*)

Interviewee:mmmm, ummmm wala jud ko literally nag nag nag nag adto og unsa gani na?? Unsa na oyy, kanang mga trans gud na doctor i have done my research before ko nag undergone first nakong uhhmmm uhmmm cosmetic surgery man gud is best in branch so mga two years ko nag decide jud as in nag research jud ko kinsay best doctor asa ang nice ubsa ang procedure ang gwapo og inana and all of that so literally wala jud ko nag nag check og og nagpa appoint og doctor to consult duritso nako.... Inana (*Well, I didn't actually go to consult directly with a doctor. Before undergoing my first cosmetic surgery, I did extensive research on top-notch trans-friendly doctors. It took me about two years to decide. I looked into who had the best reputation, the procedures, their aesthetics, and all that. So, I didn't check or schedule an appointment with a doctor for consultation. That's how it went.*)

Interviewer: okay po so diba po ingon nimo ganiha it is your childhoodream- ohmygod sorry for the noise, it is your childhood dream pero is there an kanang unforgettable jud kaayo na memory na kani na kani na jud mao ning rason nganong kanang mao na jud *smirk ohmygod get nimo po?? (*okay, so as you mentioned earlier, it was your childhood dream. But is there an*

unforgettable memory that truly solidified your decision, that made you say, "Yes, this is the reason"?)

Interviewee: aah yess, aaah ooo naa naa diay tung one time na na broken hearted ko ba kanang its like my second boyfriend unya gi ano ko niya gipagpalit ko niya ka girl to dictated kay ko so kanang murag only way to for me to cook this things up nag defence mechanism nako sa akong self na dapat magpa retoki na siguro ko kay mao naning dahilan nganong gi byaan ko sa akong boyfriend because im lacking of something which is akong huna huna akong tits mao to maong nagpa breast implant ko isa siya sa mga rason mao pud tung- isa siya pud sa mga drive na push jud ko para magpa breast implant *(Yes, there was this one time when I experienced a heartbreaking situation. It was like my second boyfriend, and he left me for another girl.(SOP 1-1.3)I felt dictated and controlled in that relationship. It was as if the only way for me to cope with it was to initiate a defense mechanism within myself, thinking that maybe I should undergo some enhancements. That's why I went for breast implants—it was one of the reasons. It became part of the driving force for me to pursue that enhancement.)*

Interviewer: okay po soo ummm lets go for the umm second questions second part this is po ahmm after the surgery *(Okay, let's move on to the second part of the second question. After the surgery)*

Interviewee: oo (yes)

Interviewer: so ano po uhmmm are there any uhmm unexpected effects po saimohang physical appeeance during katong kuan human sa cosmetic surgery or like naa bay mga deperensiya nga nahitabo or negative *(So, were there any unexpected effects on your physical appearance after undergoing cosmetic surgery? Did any deformities or negative outcomes occur?)*

Interviewee: mmm so far kung implant man gud is like 11 years na ron uhmmm wala man like ang after effects lang niya kay sakit lang jud siya like mura kog gi pak ganon murag gi inat akong mga skin but prior to that wala jud siya as in 100 percent okay satisfied kaayo ko wala koy mga side effects or something nga na feel *(So far, it's been 11 years since the breast implant, and there haven't been any unexpected effects. The only after-effect is the initial pain, like my skin was being stretched, but aside from that, I'm 100 percent satisfied.I haven't experienced any side effects or issues.)*

Interviewer: okay po good- thats good po uhmmm how about po mga challenges nga kanang nga na face gani nimo like mga people kanang naga ingon nimo na kana siya kay nagpa kuan shshshs kanang mga daghan ganig comments saimong life *(Okay, that's good to hear. Now, how about the challenges you faced, like people making comments or having opinions about your decision to undergo surgery?(SOP2-2.2) Have you encountered a lot of remarks or comments in your life?)*

Interviewee: oo normal siya sa mga dili ka afford mu comment jud na sila hahah so uhmm 10 years ago dili pa kaayo siya ingana ka open ang breast implant so mga seldom ra kaayo ang maka afford og ang maka- kaya naka foreigner man ko ato that time so kanang murag nakapag breast

implant ko soo ahh dili tanan pa- dili pa- dili pa kaayo inana ka accesible ba sa tanan so pila palang mi ang naay- naay breadt implant ato that time karon kay daghan naman so ako is normal jud siya naa jud siyay kuan labi na ako dako kaayo akoang gipa implant like muadto kog church mag lisod ko kay tanawon jud ko ba tanawon jud ko sa mga tao ato mag adjust jud ko sa akong outfit like dapat ano jud siya loose siya na t shirt para di jud siya mag lakra kay kung mag fit ko kay mu ano man jud siya ma lakra jud siya makita- muuyog baya siya noh so makit an jud siya ma klaro jud siya mmmm ana siya anaa akong mag struggles unya normal jud siya nga bisag asa ka muadto libakon ka unya syempre ang mga lalake ang tanaw sa imoha kay ano na dayun sex icon na dayun inana so part jud siya..... Harsh ra ba kaayo ko?? Okay ra?? *(Yes, it's normal for those who can't afford it to make comments, hahah. About 10 years ago, breast implants weren't as openly discussed. It was rare, especially for locals. I had a foreigner at that time, and not everyone had access to or could afford it. So, there were only a few of us with breast implants back then. Now, it's more common. For me, it's normal to face challenges, especially with the size of my implants. When I go to church, it's a bit challenging because people really notice. I have to adjust my outfit, wear loose shirts to avoid drawing too much attention, as it can be quite revealing. I get judged wherever I go, especially by men, who see me as a sex icon. It's just a part of it... Am I being too harsh? Is it okay?)*

Interviewer: its okay lang po actually sad siya *(It's okay; actually, it's quite sad.)*

Interviewer: ahm Diba po before ka nag pa before ka nag pa cosmetic surgery kanang kanang imoha gyud na syang gi process gyud og maayo before ka nag decided gyud or like kanang wala ka nahadlok nga kani sakit gyud ni siya or kaning basig kani negative ang effect (inaudible) result ani unsa po wala wala kay ano (inaudible) *(So, before undergoing cosmetic surgery, did you indeed go through a thorough and careful decision-making process? Were there no fears about the potential pain or negative effects? Can you share what specific aspects you considered, and did you not have any reservations about the outcome?)*

Interviewee: wala nko wala nko nag second mind because nag research gyud ko over and over kay daghan kog friends na na back job actually na na usab sa ilang totoy or isa nalang ilang totoy ana so grabeh ang research so nag search gyud ko og best doctor sa davao ah maka cater sa akong gusto kay dako gyud kaayu ako gipa butang (inaudible) 500cc so dako gyud kay na siya na na implant during that time ako ang pinaka dako na gi butangan sa akong doctor murag experimental pa gni to amoa so (inaudible) ako is nag hunahuna ko naa (inaudible) naa ko sa im in the good hands nag nag sign pud mig waiver sa akong doctor na ok ra tanan tanan and everything so murag akong gi relay sa iyaha tananall of that *(I didn't have second thoughts. I extensively researched repeatedly because many friends had similar procedures, some even from the same surgeon. The research was extensive; I searched for the best doctor in Davao who could meet my preferences. I opted for a substantial 500cc implant, quite unique at the time. It felt like an experiment, but my doctor assured me, and we even signed a waiver, confirming everything was okay. I trusted that I was in good hands and communicated all of this to my doctor.)*

Interviewer: ahmm diba po nay changes nahitabo sa imong body nag pa-(inaudible) implant ahmm how did you cope up with those changes po na (inaudible) how did you cope up with it? *(Right, so there were changes in your body after getting the implant. How did you manage those changes, and what was your coping mechanism?)*

Interviewee: ahmm i think ahmm first nag adjust gyud ko mentally kay dili man gud nmo siya ma process critically kung dili nmo siya i accept sa imong mind na naa na siya and whether you like it or not dili na gyud siya basta basta ma tanggal so ive to undergo another process of operation para ipa tanggal siya so not unless i have to live with it. So mao to ah ah the the first thing i did is kanang mentally gyud siya ako gyud siya gidawat (inaudible) na i have to live with it i have to to to to wake up every morning na knowing na i have this kay sauna mag dedma rabaya ko mag hukas hukas rko ana so lain na baya laswa na siya so kailangan gyud ko mag daghan gyud siyag certain preparation na i have to do kay i have to live my self like a whole women na gyud kay syempre naa na gud koy ano so mao to siya isa sa mga coping mechanism nako na i have to to deal with it jud mentally. *(I think, first, I really had to mentally adjust because you can't critically process it unless you accept it in your mind that it's there, and whether you like it or not, it's not something that can be easily removed. So, I had to undergo another operation to have it taken out, unless I chose to live with it. So, the first thing I did is, mentally, I accepted it. I had to live with it. I wake up every morning knowing that I have this.(SOP 3-3.1) Before, I used to ignore it and avoid dealing with it, but now it's different. I have to make various preparations because I have to live myself like a whole woman, considering that I now have it. So, that's one of my coping mechanisms – dealing with it mentally)*

Interviewer:ahmm so balik ta didto po sa pikas katong challenges gni kato diba ana ka ganina po na kanang sakit gyud siya sakit gyud siya human sa operation pero um unsay poy kanang naa bay gi tambag or kanang mga medicine ang (inaudible) provide ang imohang doctor? *(Now, going back to the other aspect, the challenges you mentioned earlier about the pain after the operation. Can you share if there were specific remedies or medications recommended by your doctor to alleviate the pain?)*

Interviewee: oo naa ko-(inaudible) i remember gi resitahan ko niya og (rpoxsya) pero ako sa akong ka isog wala nko ga wala nko ga inom og rpoxsya murag nag self healed lng gyud ko mahadlok lgi ko kay daghan kog friends na nanga back job unya felling nko dili siguro nila ma feel ang sakit or nag ka infection naba sila so sa sge nilag inom og pain reliver dili to nila ma feel ang pain so murag nag nag think ko ba for may self na what if dili ko mo inom og pain reliver total dili man tolerate ra man gud ang sakit dili mn gud siya na sakit na sakit kaayu na like mura kag mamatay pero sakit lng gyud siya kay because naay gi butang na inat na stretch akong skin so ako wala gyud ko nag inom og rpoxsya na naa koy gi recita sa ako og pain reliver isa tong rpoxsya sa pinaka kusog na na pain reliver so wala ko nag drink ato. So akong gi inom is vitamin c lng bawala gni daw tung vitamin c pero akong gi push so kalooy sa ginoo dali ra gyud kayko one week kng akong (inaudible) tapos na uga dayun akong samad nangutana akong doctor na amazed siya (inaudible) nisulti mn kong foreigner n wala ko ga inom og kanang rpoxsya (inaudible) hala gi unsa nmo sakit mn ka-(inaudible) wala lang doc (inaudible) nag menimal lng kog kanang lihok ana and everything tas nag inom kog vitamins c which is bawal ang vitamins c

that time nakuratan siya ngano nga(inaudible) nauga mn dayun akong samad so from that day on gina recita na niya ang vitamin c sa mga client because of me. *(Yeah, I had a prescription for (inaudible), but I chose not to take it. I felt quite confident in not using it (rpoxsya), even though my doctor suggested it. I got a bit scared because I knew friends who had similar procedures, and I wasn't sure if they really felt the pain or got infections. They relied a lot on pain relievers, so I thought, "What if I skip pain relievers altogether?" The pain was manageable, just some discomfort from the stretching caused by the implant. So, I decided not to take the prescribed (inaudible), a strong pain reliever. Instead, I stuck to the pain reliever my doctor suggested, one of the strongest. And, I didn't drink alcohol during that time, sticking to my plan for healing. So, I only took vitamin C; they said it's not allowed, but I insisted. Fortunately, through God's mercy, my recovery was quick. In just one week, my (inaudible) was healed, and when I asked my doctor, they were amazed. I told a foreigner that I didn't take any prescription. They asked about my illness, but I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.)*

Interviewer: okay po (okay0

Interviewer: so katong human po sa surgery (inaudible) i mean katong after sa sa sa surgery (inaudible) naa bay na kanang na limitahan ba imong lihok or imong everyday life during sa recovery process? *(After the surgery (inaudible), I mean, after after the surgery (inaudible), were there any limitations in your movements or daily life during the recovery process?)*

Interviewee: Oo bawala mn ka mag alsa og bug at kay mo lihok ang silicon tapos bawal ko mag kanang like sakay og tricycle kay untol untol baya murag ma tagak ang silicon pero dili gud siya feeling lng nmo so bawal sa mag alsa og bug at bawal mag kanang mag ambak ambak bawal mag lihok lihok kaayo og too much for like 3 months gyud..... para ano gyud siy- kay under the muscle mn gud akong surgery dili siya under the skin so mas dugay iyahang healing. *(Yes, you're not allowed to lift heavy things because the silicon moves, and you can't ride a tricycle because it wobbles, and it feels like the silicon might leak, although it doesn't really happen. So, you're restricted from lifting heavy things and doing excessive movements for about 3 months... because it's under the muscle, not under the skin, so the healing takes longer*

Interviewer: okay po.. so diba po for clarification lng physical and body discomfort during the recovery ano lng gyud imo lng gyud siyang gi tolerate or like gi tolerate lng gyud nko siya (inaudible) as in uh uhm *(Okay. So, for clarification, did you solely endure the physical and body discomfort during the recovery?)*

Interviewee: ako ra siyang gi antos *(I just endured it (inaudible)*

Interviewer: okay po So next is your insights, so unsa po imong masulti sa drastic changes or dako naka bagohan saimohang or naabay kabagohan na nahitabo saimohang life after the surgery?(*Okay, so next is your insights, what can you say about the drastic changes or significant improvements in your life after the surgery?)*

Interviewee: Naa I feel complete I feel like kanang competitive nako more confident nako that time, gaapil man gud kog pageant before so dako siyag tabang nako ba physically, emotionally, amd mentality kay feeling nako fulfill naakong pagka tao ana gud. So one way or another naka tabang jud siya big help jud siya sakoa. Na boost akong confidence. (*I feel complete. I feel like I became more competitive and confident after the surgery. I used to join pageants before, so it greatly helped me physically, emotionally, and mentally because I feel fulfilled as a person. So, in one way or another, it really helped me. It boosted my confidence.*)

Interviewer: Okay po so aside sa social factor sa lain factor po naa bay effect ang cosmetic surgery ay kanang after surgery ay ang changes na nahitabo saimoha? (*Okay, aside from the social factor, are there any other factors affected by cosmetic surgery, like the changes that happened to you after the surgery?*)

Interviewee: Ah wala man, wala koy nakitan na disadvantage. You mean disadvantages mga ingon ana? Wala man kay murag before man gud ko nag pa implant ano jud akong mind kanang naka set jud akong mind na I want this. This is my dream murag ana ba wala ko na pugos unya and so kung unsa man tong mga kung naa man gani siguroy negative na effect di nanako siya ma feel kay gi imbrace man gud nako siya sa tanan, ako siyang wala nakoy labot ba ana gud wala koy “L” ingon ana siya. (*Oh, none. I haven't seen any disadvantage. You mean disadvantages like those? Well, because I was the one who decided to get implants, you know, it was already set in my mind that I want this. It was my dream, so I didn't feel forced into it. And if there were any negative effects, maybe I just didn't feel them because I embraced everything. It's like I didn't have any reservations about it. I didn't see it as a loss or anything like that*)

Interviewer: Okay po so for clarification po cosmetic surgery change you mentally, physically (*Okay, so for clarification, cosmetic surgery change you mentally, physically?*)

Interviewee: And Emotionaly. (*And emotionally*)

Interviewer: Okay po this one what is your take cosmetic surgery with respect with you religion? (*Okay, so what is your take on cosmetic surgery with respect to your religion?*)

Interviewee: ahmm I think I don't my religion has nothing to do with it because it's my choice and as human as I am I believed I had my freedom of choice. I belived my body is holy and sacred but I know that ahm I have to deal with my emotions and I as a human I have my needs. So I my religion has nothing to do with the cosmetic surgeries that I have gone through. (*Hmm, I think my religion has nothing to do with it because it's my choice, and as a human, I believe I have my freedom of choice. I believe my body is holy and sacred, but I also know that I have to deal with my emotions and as a human, I have my needs. So my religion has nothing to do with the cosmetic surgeries that I have gone through.*)

Interviewer: Okay po so ahm gi unsa po pag impact sa changes saimohang kuan, saimohang physical appearance ang imohang overall quality of life like kanang imoha jung overall quality? (

Okay, so what impact did the changes in your appearance, your physical appearance, have on your overall quality of life, like just your overall quality?)

Interviewee: So holistically it made my life easy and kay because I want to be a woman, I just don't wanna act like a woman dress like a woman but I want to be a woman from within inside out . So those drastic changes made my life more comfortable kay I don't need to pretend man kay because naa gud koy boobs. Like when I go out kay kanang ma'am najud kay because kanang wala palang ko ni tingog babae najud ko kanang an aba with my looks. Kanang sauna kay pretend pami ga bra palang mi mahalata baya jud na sa mata sa tao na naay something like bayot jud siya pero kung naa nakay totoy mag duha-duha najud ang tao maka ma'am najud sila maka miss najud sila ma address nagyud ka nila the way you wanted to be address isa na siya. So that's it. *(So, holistically, it made my life easier because I want to be a woman not just in actions or appearance, but from within, inside out. So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now. Like when I go out, people address me as "ma'am" because, without saying anything, my appearance reflects that. Before, we used to pretend by wearing bras, but people could still tell, they could sense something, that I'm gay. But now, if you have breasts, people are convinced, they address you the way you want to be addressed. So, that's it)*

Interviewer: So that's all po thankyou so much po. *(So that's all, thank you so much.*

uh yes po. unsa imuhang kanang... ma... or unsay may bisaya ani ha. dorothy! Yes. What can you say in terms of the perspective of the church. *(Yes. What can you say in terms of the perspective of the church.)*

interviewee: ahh okay... uhm, nowadays... siguro... yeah of course ang simbahan is kuan about the changes of your personality. so naa jud silay opinion. so, we need to respect their opinions, right? pero para sa akoo, kung wala lang kay tao nga ginaapakan, e you know, nga kuan sa imuhang pagchanged sa imuhang life o sa imuhang personality, i think they are good. okay naman. *(Oh. Nowadays, of course, the church will really say about the changes in your body. They will really have different opinions and I respect that. However, for me, as long as I am not stepping down on anyone? then it's all good.)*

interviewer: okay po so kani last question na jud po. uhm, giunsa pag impact sa changes nga nahitabo sa imuha... ang imuhang overall quality sa life? *(Last question, how did cosmetic surgery impacted your overall quality of life?)*

interviewee: uhm changes... is iyon nga, uhm, it can boost my confident. medyo confident nako makipag atubang sa mga tao. uhm, uh ubang mga friends nako nga murag dili ganahan sa akoo kay na ka... naretoke na sila. the way sila mag uh, uhm, makipaghalubilo sa imuha ana. it's a big changes for me since nga naggo through ka sa surgeries. ana. *(Changes. As I've said, it did boosted my confidence. I became more confident when it comes to talking and socializing with people. It was really a huge changes ever since I go through the surgery.)*

interviewer : okay po. (okay)

Participant 6

Interviewer: so question number 1 po kanang unsa juy hugot nimo nganong- ayy unsa ganeay wait lang po- nag- unsay gi pa enhance sa imong body po??(For question number 1, what motivated you to undergo enhancements such as breast augmentation and injections in your face and buttocks?)

interviewee: ano breast augmentation og sa naga- nag inject ko sa akong nawng og sa akong body sa akong balakang.(I opted for breast augmentation and injections in my face and buttocks to enhance my overall appearance.)

interviewer: ahh okay po, so unsa juy hugot nimo po nga nagpakuan man ka nganong nagpa enhance man ka sa imohang physical appearance???(Ah, okay. So, what's the underlying reason behind your decision to enhance your physical appearance)

interviewee: para feel nako as a bayot ha para ma feel nako akong pagka feminine.(To feel more in touch with my identity as a gay person, to embrace my femininity.)

interviewer: mmmm(hmmm)

interviewee: para ma- ma attract sa laing tao....(To be more attractive to others.)

interviewer: hmmmm...mao lang po siya ang imhong kuan walay additional???(Hmm... Is that the entirety of your answer, or is there anything else?)

interviewee: akua pud na siyang goal sa akong life as a bayot as a transgender.(That's also my goal in life as a gay person, as a transgender.)

interviewer: mmmmm okay po, so before ka nagpa kuan po nagpa nagpa inject nagpabreast augmenta- augmentation??-(Hmm, okay. So, before you underwent enhancement procedures, did you undergo injections or breast augmentation?)

interviewee: ooo.(yes)

interviewer: uuhhh ana kanang naga ano kag kanang medical kanang kuan gani sauna uhmmmm nag ask baka sa ilaha nga kani ba siya safe bani siya??? unsay after effect?? Naa ba siyay negative na epekto sa imong lawas?? ana.(Uhh, so when you were considering medical procedures, did you inquire if it's safe? What about potential after-effects? Are there any negative impacts on your body?)

interviewee: yes before ko nag kuan...nag- nagpa surgery nagpa kuan sa ko nagpa advice sa ko daan kung unsay buhaton kung unsay effect.(Yes, before undergoing any procedures, I consulted and sought advice on what to do and potential effects.)

interviewer: oo.(yes)

interviewee: -nya okay man kay daghan man kog kaila nga okay man ilahang lawas wala may naunsa wala sad side effect.(and it's okay because I know many acquaintances who have done it, and their bodies are fine, no issues or side effects.)

interviewer: mmmm,okay po.(Hmmm, okay)

interviewee: mao nang nag (inaudible) nga magpa magpa enhance sa akong lawas.(That's why I decided to enhance my body as well)

interviewer: mmmmm okay po so ganina niingon ka gusto nimo ma feel nga imong pagka feminine.(Hmm, okay. So earlier, you mentioned that you want to feel your femininity.)

interviewee: oo (yes)

interviewee: diba?? so kani po kanang naa ba kay unforgettable jud kayo nga experience nimo sa una or naagian nga kana ganing.(Right? So, do you have any truly unforgettable experiences from the past or moments that stand out?)

interviewee: yeess(yes)

interviewer: maka ingon ka nga ayyy sige magpa change na jud ko mao ning mutulak saakoa.(Can you say that, "Oh, I'll go for a change now," and then they'll be the ones pursuing me?)

interviewee: yes kay mao nay- kasagaran sa mga lalake gani karon noh kay nangita silage kanang kaparehas sa babae nga naay totoy unya lamig lawas(inaudible)-.(Yes, because most guys nowadays are looking for someone similar to a woman with feminine features and a fit body (inaudible).)

interviewer: wala kaayo nako nadungog po pwede paki ulit??(I didn't quite catch that, can you please repeat?)

interviewee: oo kay naka try baya kog discrimination sauna noh?(Yes, because I've experienced discrimination before, you know?)

interviewer: ooohh(Ohh)

interviewee: bayot bayot walay na walay kuan unya pangit og lawas dakog braso inana.(Being called gay, having no identity, and being criticized for having big armsand such.)

interviewer: mmmm(hmmm)

interviewee: mao to nag start kog kuan take og kuan hormones then na follow upan nako

og paritoke(That's when I started taking hormones and followed it up with surgeries.)

interviewer: mmmmm okay po so kani siya nga questions po after ni siya nagpa surgery ka

kanang kani po question number 1 naa bay kanang mga side effects sa imohang physical

appea- ay kanang unsay mga unexpected or wala nimo na dahom nga mga epekto sa

imong kuan sa imong lawas after ka nagpa inana nagpa- nagpa inject or nagpa- breast

augmentation.(Hmm, okay. So, for these questions after undergoing surgeries, for question

number 1, did you experience any side effects on your physical appearance? Like, were there any unexpected or unforeseen effects on your body after injections or breast augmentation?)

interviewee: akong na feel nako is the more confident ko unlike tung wala ko nagpa surgery.(What I felt is that I became more confident, unlike when I hadn't undergone surgery)

interviewer: ayy wala siyay kanang mga side.(Oh, there were no...)

interviewee: wala siyay side effect.(No side effects.)

interviewer: wala siyay side effects??(No side effects?)

interviewee: kanang normal lang siya.(It's just the normal changes.)

interviewer: mmmm okay po, sige so kani po after nimo po nagpa surgery naa ba kaynaagian nga mga tao nga kana ganing muingon nga hala kana siya nagpa totoy siy- nagpa balakang kanang inana gani po unya murag lain(inaudible)-.(Hmm, okay. So, after undergoing surgery, have you encountered people who would say things like, "Oh, she got her chest done," or "she had buttock enhancement," and it seems different (inaudible)?)

interviewee: ay oo normal lang na siya nganong nagpa usab daw ko inana?? inani??(Oh yes, that's normal. Why would they think I underwent changes?)

interviewer: mmmm unsa puy maingon nimo sailaha??(Hmm, what would you say to them)

interviewee: wala koy labot kay akoo maning lawas og wala ko naga- wala ko nangayo sailahag kwarta nga akong gipa retoke sa akoang sarili(I don't care because I always took care of my body and I didn't ask for or need any money for the surgeries I underwent.)

interviewer: mmm mao jud okay po so for clarification lang po wala jud kay na feel sauna nga kanang murag negative effect normal lang jud siya(Ah, I see, okay. So just for clarification, you didn't feel any negative effects or anything abnormal?)

interviewee: kanang naay side effect??(Is there side effects?)

interviewer: ooo kanang normal lang jud siya(yes it's just normal).

interviewee: wala mao- normal ra jud siya... wala gyud(No, it was normal... There really weren't any.)

interviewer: okay po so kani po sa coping mechanism ta nga question kani diba po naay na changed sa imoha na- nadungagan- murag ayy nagka totoy ka tapos imong balakang how did you cope up with the changes po or gi unsa nimo pag kana ganing kuan sa imong huna huna nga hala kanang kuan naman diay ko murag feminine ko tanawon inana ba gi unsa nimo siya pag accept sa imong kaugalingon(Okay, so regarding coping mechanisms, when there were changes like getting breast implants and enhancing your buttocks, how did you cope with those changes? How did you mentally process it, thinking, "Oh, now I have curves, and people might see me as more feminine"?).

interviewee: accept naman nako siya daan so katong wala pa ko nagpa enhance(I had already accepted it beforehand when I hadn't undergone enhancements yet.)

interviewer: oo(i see)

interviewee: kanang- so naga take jud kog hormones para mas nikuan jud siya..... para mas.(: So, I started taking hormones to enhance my features even more, to boost my confidence further now that I've undergone these changes.)

interviewer: mas??(to)

interviewee: murag mas- mas nitaas akong confidence karon nga nagpa retoke ko inana (it seems that my confidence has increased more and more now that I am retouching that)

interviewer: mmm, pero(hmm, but)

interviewee: happy ko sa akong nabuhat karon...(I'm happy with what I've done now)

interviewee: mmmm okay po so kani po ay okay naman diay wala man diay kay bodydiscomforts sauna noh(Hmm, okay. So, everything is fine, there are no body discomforts?)

interviewee: wala(none)

interviewer: kanang mga kuan- okay po so skip nato siya na question. Pero sauna po before ka nagpa cosmetic surgery kanang dili jud ka contented sa imohang lawas??(Regarding those enhancements, let's skip that question. But before you had cosmetic surgery, were you not content with your body?)

interviewee: dili jud(not at all)

interviewer: why po??(Why did you feel that way?)

interviewee: alangan kanang gusto nako parehas na- mainggit ko sa mga babae basta naa silay totoy unya lami og lawas inana, unya dili parehas sa mga uban bayot gane tung wa pako nag pa retoke kanang lahi ra jud siya.(Well, I wanted to be like those girls who have curves, a nice body, unlike other gay individuals. It's just different before I had enhancements.)

interviewer: mmmmm per- (inaudible)(hmmm, but (inaudible)

interviewer: ahh sige po sige po(Okay, I understand.)

interviewee: ignan kag bayot bayot ka unya lalake kag lawas anaon gane ka.(People would label you as gay, yet you have a body like a man)

interviewer: pero niingon ka ganina po accept nimo imong body(But earlier, you mentioned accepting your body)

interviewee: karon.....(now)

interviewer: ahhh karon to siya??(ahh, right now?).

interviewee: oo(yes)

interviewer: accept nimo imong body karon??(Do you accept your body now?)

interviewee: oo(yes)

interviewer: sauna(before....)

interviewee: kanang murag kulang jud siya(It felt like something was lacking)

interviewer: kulang siya?? naa siyay lack?? murag(Lacking? Is there a deficiency, like...)

interviewee: naa jud(yes)

interviewer: mmmm okay po so kani po sa part 4 question number 4 first question- ay kani siya about- kani kani nga question is about saimohang insights or pananaw or perception. about cosmetic surgery so kani siya first question unsa po imonhang masulti kanang sa kabag uhan na nahitabo sa imohang lawas or saimohang kinabuhi??(Hmm, okay. So, in Part 4, question number 4, the first question is about your insights or perspective on cosmetic surgery. Regarding that, what can you say about the significant changes that happened in your body or life?)

interviewee: dako siyag kabaguhan kay ngano??(There's a significant improvement. Why?)

interviewer: ngano man po??(why is that?)

interviewee: dili parehas sauna nga iro iroan lang ka inana bayot bayot lang ka nga lake kag lawas samantalang karon maappreciate naka sa mga tao more confidence naka mao na siya ang dakong kabaguhan.(Unlike before when people would just mock you, label you as gay just because you have a man's body. Now, people appreciate the confidence that comes with it. That's the significant improvement.)

interviewer: in what way ka nila naappreciate po??unsa ilang gibuhay nga murag nakaingon ka nga ayy appreciated nako sa mga tao.(What way do they appreciate you? What do they do that makes you feel appreciated by people?)

interviewee: like kanang di naka sawayon ba kanag dili dili naka lalake og lawas inana gud(Like they don't criticize me anymore, like they don't say I have a man's body.).

interviewer: mmmm okay po so kani po before ka nagpa totoy kama jud siya kay murag kuan man gud- before ka nag pa totoy murag na na ano ba nimo murag nahuna hunaan banimo nga hala unsa kahay masulti sa simbahan ani noh, sa akong relehiyon ana.(Hmm, okay. So, before you had enhancements, did it feel like people were judgmental, perhaps thinking about what the church or our religion might say about it?)

interviewee: ayyy wala man koy labot ana(Oh, I don't really care about that).

interviewer: nganong wala kay labot po?? in what sense??(Why don't you care? In what sense?)

interviewee: kay wala may relehiyon nga maka luwas(Because no religion can save me.)

interviewer: oh my god- how could you say *laugh okay po okay lang sige uhmmmm pero di ba po ingon ang church nga kanang unsa to katung kuan.... dili na dapat baguhon ang gibuhay sa ginoo unsa may maingon nimo ana???(Oh my god, how could you say that? *laughs* Okay, it's fine, go ahead. But isn't it said in the church that what God created should not be altered? What can you say about that?)

interviewee: kanang nag nag nag quest- baguhon ang gibuhay sa ginoo daghan man gud ang gibago gud dili lang man ang ritoke(When they question changing what God created, many things have already changed, not just enhancements.)

interviewer: in what aspect po? unsay- unsay lain gi bago??(In what aspect? What else has changed?)

interviewee: kay ngano kay tung nagpatuli ang mga lalake gi- gi question bana nila??(laugh).(Why do they question when men get circumcised? *laughs*)

interviewer: okay po okay so last question najud po (Okay, so this is the last question.)

interviewee: ahhh sige (ahh , go ahead)

interviewer: kaning gi unsa pag change or pag impact sa kanang cosmetic surgery ang imohang tibuok kinabuhi jud(Regarding the changes or impact brought about by cosmetic surgery, how has it truly affected your entire life?)

interviewee: unsa??(what)

interviewee: mao gani to, more confidence and maka lihok og tarong og makalakaw lakaw ko sa dalan nga wala kaayoy discrimination(Well, it gave me more confidence, allowed me to move properly, and walk on the street without much discrimination.)

interviewer: mmmmm, sauna po un- kanang diba niingon ka kaganina nga.....kanang ginainan ma nila og dakog braso dili ka feminine og lawas mao nay gina considered nimo nga discrimination(Hmm, earlier you mentioned... when they called you with big arms, considering you not feminine, you considered that discrimination)

interviewee: yeees(yes)

interviewer: nga gi discriminate ka nila (they discriminate you)

interviewee: oo(yes)

interviewer: any other comments po about your body before aside sa kuan ka inana kag lawas...like naa pa ba silay laing comments about your body before(Any other comments about your body before, aside from being criticized like that... Like did they have any other comments about your body before?)

interviewee: mao gani to(that's the main point)

interviewer: mao ra to siya??(just that one).

interviewee: mmm-mmmm(mmm-mmm)

interviewer: mmmmm, sa after surgery po wala jud kay naagi- ay gani niinong ka ganina, okay na po (laugh)(Mmmmm, so after surgery, you didn't experience anything—like you said earlier, it's all good now (laughing).

interviewee: ayyy thank you, mao ra to??(Oh, thank you, was that all?)

Participant 7

Interviewer: pwede po magrecord? voice record lang po.(*Can we record this, Ma'am? Voice record specifically.*)

interviewee: oh sige(Yes, go ahead).

interviewer: okay so, good evening po. My name is Elaiza and they are my members. Uhm, our study po is all about people na nag undergo ug kanang cosmetic surgery or enhancements. Sorry po for the noise kay kuan jud, nag ulan gyud. Uhm, kanang we explore po the experiences po ninyo before and after tapos unsay mga reasons and such. Okay so let me just find the questions..... (*Okay. Good evening, my name is Elaiza and I am with my members. Our study tackles about people who undergone cosmetic surgery or body enhancements. Pardon me for the*

noise since it is raining heavily. In this study, we will explore your personal experiences before and after, and your reasons.)

Interviewer: Okay. So, first question po. Unsa juy hugot nimo nganong nagpacosmetic surgery ka? Like hugot or reasons. (*Okay so first question, Ma'am. What really prompted you to undergo cosmetic surgery?*)

Interviewee: Uhm, reason... kay pangarap man gud nako ni sya uhmm... since pagka ano pagkateenager. And then, uhh transgender man ko so uhm gusto nako ienhance akong sarili para uhm para mas more ay mas babae ko tan awon ug maboost akong confidence. (*Reason... It was actually my long time dream ever since I became a teenager. And the fact that I am a transgender, I really want to enhance my self to look more feminine and to also boost more my confidence.*)

Interviewer: Hmmm, okay po. You can always answer po in a language that you are comfortable of. Tapos ano po, second question is before ka po nag uhm bre-breast augmentation po ba imuha? (*Just to inform you that you may use any language you are comfortable using. Second question, oh wait, you have breast augmentation, right?*)

interviewee : oo(yes)

interviewer: okay, so before ka ana po, nagseek ba kag kanang medical professionals nga mga opinions? Unsay kanang... safe ba ni sya? Or unsay effect ani niya or side effects ani niya if ever? (*Okay. So before you decided to undergo such enhancements, have you seek opinions from medical professionals? If it is safe, what will be the possible effects*)

interviewee: uhm, bale nag ano lang ko. nagsurvey lang pud ko sa mga naay karanasan pag surgery nila. Nangutana lang ko kung unsay unsay feel nila pagkahuman or pagtaod. paghuman ug surgery. then nagresearch pud ko uh through youtube or google. then nagawatch ko sa mga vlog, sa mga uhm transgender pud nga niagi ug surgery about sa breast augmentation. (*To be honest, I only asked those people who have undergone the same operation. I asked what it feels like and such. Also, I browse through youtube and google. And I watched several vlogs of my fellow transgenders who underwent beautifications.*)

interviewer: mmm okay po. can you repeat po your uh previous answer kay niano man gud sya, niano ang signal... (*Pardon. Can you repeat what you have previously said? The internet connection is a bit unstable.*)

interviewee : asa atong kuan? (*Which part?*)

interviewer: katong first nimo nga answer? katong gikuan sa imong friend. (*The part where you asked your friend*)

interviewee : nag ask ko sa ila unsay feel pag masurgery na. kung sakit ba or dili. then nag tan aw pud ko sa youtube. sa mga vloggers, kung unsay nafeel pud nila paghuman sa surgery. (*I asked them about the surgery, if it is painful or no. And I watched youtube videos of vloggers who have undergone the same operation.)*

interviewer: okay po so, uhm for clarification po, those vloggers na nakita nimo, isa sila sa reason why ka nagpaundergo ug cosmetic surgery or mga nag influence sa imo. (*Are you implying that those vloggers are one of the things that influenced you to undergo cosmetic surgery?*)

interviewee: oo. uhm kay happy man pud sila pahuman nila ug kuan surgery tapos ano, naa jud syay change. changes. *(Yes. Because I can really say that they are happy after the surgery seeing the changes in their body.)*

interviewer: okay po. so kani po, di ba ingon ka ganina gusto nimo mahimong feminine. kay trans ka, gusto nimo murag babae ka. pero kani po nga question is, naa ba ka sa una nga unforgettable kaayo nimo nga experience o naagian nga nakaingon gyud ka nga ay sige magpacosmetic surgery nako o unsa nga panghitabo sa imuhang kinabuhi nga maoy nagtulak sa imuha nga sige sige mao na gyud ni. ana?*(So, earlier, you mentioned that the reason that prompted you to undergo cosmetic surgery is because you wanted to look feminine. And that you are a transwoman that is why you wanted to look more like a woman. But let me ask you this question, are there any unforgettable experiences you have encountered before which really pushed you to completely decide for the surger?)*

interviewee : oo kay akua man syang giipunan for 3 months so uhm gipursue jud nako sya kay feeling jud nako kanang ano mas gwapa ko tan awon sa ano sa gawas or uhm naay chansa nga naay, daghan na pud masttract sa akua or mainlove. ana.*(Well, the moment I have saved up enough money for 3 months, that's what drove me to really pursue my long time dream because I really think that it will make me more beautiful to look at and for more chances that people will be attracted and fall in love.)*

interviewer : mm, okay po. so this second part po, this is all about your after experiences, pagkahuman sa surgery nimo. so question number 1 po, di ba ana ka ganina, nagaask ka sa imuhang friends unsay resulta niya, unsay nafeel pagkahuman. so kani po, naa ba kay nafeel sa una katong pagkahuman? kanang mga unexpected nga effects po sa imuhang physical aspect?*(Mmm. Okay. So this will be the second part which will be about your after experiences after the surgery. First question, you have said earlier that you asked your friends about the possible results, so to ask you, have you felt or experienced any untoward effects in physical aspect?)*

interviewee: paghuman sa surgery...*(After the surgery...)*

interviewer: yes po*(Yes)*

interviewee : unsa kanang sa?*(In which?)*

interviewer: unsay nafeel nimo ato? unsay naagian nimo ato?*(What did you feel that time? What have you experienced?)*

interviewee: uhm pagkahuman sa surgery naa jud koy, naa jud koy nabati nga sakit sa dughan. medyo guot siya. tapos kaning butangan nako sya ug, ay naa man toy girecommended sa akua na itake nga medicine every 2 times.. 2 times a day. pag naay time nga mukirod sya ug pagdili ko makainom ug tambal. then mao to, then ang nafeel gyud nako kay guot kaayo sya dughan*(After the surgery, I felt pain in my chest part, it is somewhat suffocating. And then, I also take some medicines that was recommended by the the doctor which is 2 times a day. There are also moments that I experienced pains when I forget to sometimes take my medicines on time and yes, it really feels so suffocating.)*

interviewer: okay po. for the next question po, uhm kanang kani, naa bakay naagian po sa una nga kana ganing mga tao pagkahuman sa surgery moingon nga “hsla kana sya kay nagpatotoy lagi na sya.” kanang mga ing ana gani po? kanang murag ginaobjectify nila ang changes nga

nahitabo sa imuha.(*Okay, next question would be, have you encountered people who are objectifying the changes that happened to your body?*)

interviewee: uhm negative or positive? (*Positive ones or negatives?*)

interviewer: uhm first po sa positive sa ta.(*Let's hear the positive one first.*)

interviewee: uhm sa positive kay namangha sila kay uhm namangha sila kay naachieve na daw nako akoang dream labaw na sa akoang mga friends. Na ngano dawng nakapasurgery nako then giunsa daw nako. Ana ana, sige silag ask then happy sila. Sige silag pangutana nga ano, ay sige silag ingon nga congrats. ug mao to, mangutana sila giunsa daw nako. (*In positive aspect, they are amazed especially my minds saying that I have already achieved my long tim dream. Some. would ask on why did I have undergo cosmetic surgery and on how did I do it. They are genuinely happy for me too saying congratulations, that's all*)

interviewer: mm okay po. pero how about po sa negative comments sa mga tao? (*May I hear the negative ones?*)

interviewee : katong bag o pa sya, akong totoy. medyo saka pa man gud kaayo to sya. mura syag muscle tan awon. mura syag muscle sa lalaki gud nga nagagym. Naay nagaingon sa akoga nga mura daw sya ug muscle. Dili daw sya mura ug breast. Tapos dili pud nako maiwasan nga magsuot ko ug sexy uhm medyo mabastos pud ko sa gawas ana kay murag naignorante pud sila.(*When it was still new, it looked like like a muscle of a man who goes to gym. Lot of them would say that it looked like a muscle because it was too high to be a breast. And sometimes, I am being harassed since they are also ignorant to the changes*)

interviewer: okay po. next question po, kaning ganina niingon man ka po for clarification lang ni siya. Katong after sa surgery, nakabati kag kanang huot sa dughan, diba po? (*For clarification, you said earlier that you experienced suffocation in your chest part?*)

interviewee: Oo. (*Yes, I did*)

interviewer : okay po. sa third part po is coping mechanism. Kani po first question, di ba naa man juy nachange sa imuha or naay nadungag sa imuha, murag giunsa nimo pag accept ang changes nga nahitabo sa imuha po? like hala naa naman deay koy totoy no or like breast. kanang feminine nako, ana. (*Okay, third part would be about coping mechanism. There were really changes that happened right? How did you accepted the changes that happened to you?*)

interviewee : giunsa nako pagdawat? (*How i accepted it*)

interviewer : oh yes po. or like giunsa nimo pag cope up sa changes nga nahitabo sa imuha? (*Yes. Like, how did you cope up with the changes that happened to your life.*)

interviewee : uhm... bale ano.. happy kaayo ko na naa nay changes sa akong lawas. tapos ano, then feeling nako natupad na nako akong pangarap kay ever since dream jud nako sya.(*I am very delighted to the changes in my body. And I felt like I have already reached my goal. That I had actually achieved my dreams.*)

interviewer: okay po so, fulfilled jud kaayo ka po sa karun?(*Alright. But can you really say that you are fulfilled right now?*)

interviewee: oo.(*Yes , I am*)

interviewer: okay po so next question po, uhm kanang sa una po diba nakaingon ka nga nihuot imong dughan? may i ask lang po if giunsa nimo sya pag cope? naa bay unsa ba...(*Let's proceed*)

to the next question, earlier you mentioned about the feeling of suffocation, may I ask on how did you do it?)

interviewee: naa syay mga uh procedure para maless ang iyahang uhm hubag ba. kailangan nimo sya imassage. uhm like kuan imassage sya patwist then anohon sya kumot kumoton then ano sya iside by side sya. ana para dali ra sya manaog. naa pud koy ginagamit nga murag kuan, unsay tawag ana uy. kanang mura syag kuan, ginabandal gud sa pagmatapilok. (*There was a procedure to lessen the lump. You have to massage then twist and squeeze it side by side. That procedure is to take my breast in the right position. Also, I used something like what we used we have a sprained ankle*)

interviewer : bandage?(*Bandage, Ma'am?*)

interviewee : oo sa ibabaw sa breast, ipatong sya para mas dali sya munaog. taas pa man gud kaayo sya pag bag o pa. (*Yes. You have to put that above the chest so thag it would go down to its place since it was really located in a high position when it was still new*)

interviewer : oo. pero was that recommended po sa imuhang doctor?(*Was that procedure, recommended for you by your doctor?*)

interviewee : oo mao to sya ang giingon sa akua para dili daw sya mag ano mugahi, para di sya mugahi ana. (*Yes. That was the one recommended to me so that it will be a squishy one.*)

interviewer : okay po this one po is about your insight, or perception, or panan aw about cosmetic surgery. first question po is kanang unsay masulti nimo sa dako nga kabag ohan sa imong kinabuhi after the surgery? or naa bay nabag o?(*This new set of questions will be about your insights or perception about cosmetic surgery. First question is, what can you say with the drastic changes in your life after thw surgery? Or were there really changes?*)

interviewee : uhm naa syay nabag o. uhm ang mga nabag o pud niya kay uhm more attractive ko pagmagsuot ko ug sexy. then uhm mas feminine akong lawas tan awon. then mas.. mao to. mas attractive. nakaboost sya sa akong confidence. (*There was a changes. It made me more attractive when I wear sexy clothes. Also my body became more feminine. And it really boosted my confidence*)

interviewer : nakaboost sya ug confidence?(*It boosted your confidence?*)

interviewee : oo. (*Yes*)

interviewer : uhm sa una po ba were you not confident po? (*Were you not confident before?*)

interviewee : oo kay nagawwear man lang gud ko ug mga bra, mga padding. foam na bra para na poy.. naa koy breast tan awon. labaw na pag mieskwela ko, always gyud ko magwear ug bra. (*Yes, because way back, I always wore paddings or bra's with foams especially when I am going to school.*)

interviewer : mmm okay po. sige, so second question po, kanang kani sya before ka po nagpabreast, uhm nahuna hunaan po ba nimo ang or nahuna hunaan ba nimo ang masulti sa imuhang relihiyon mahitungod ana nga matter? (*Second question, before you considered the thought of changing something in your body, have you thought of the church and your religion?*)

interviewee : uhm wala nako nagbase sa relis nako kung unsay ilang maingon. ang akua lang is mahappy ko. then maachive akong dream. (*I don't really give care nor do I rely on my religions*)

view. *The only things that mattered to me is that I am genuinely happy and that I reached my very own dream.*)

interviewer : hmm okay po. so... kanang.. di ba niingon sila po na bawal na ichange ang creation sa Ginoo. unsa may kanang masulti nimo ana nga ano statement?(*But, others would say that it is not appropriate to change God's creation, what can you say regarding that matter?*)

interviewee : uhm... ano.. para sa akua, ano sya.. uhm nikalit lang man gud ni sya ng auhm pagdako nako, babae na jud akong turing sakong sarili. then dili ko nagasabay ug mga laki. dili ko makigdula sa mga lalaki. gusto ko girls lang jud always. musabay ko sa mga babae. like nagagrow ko nagasuot nakog mga uh feminine nga outfit. uhm dili ko makakuan sa ilaha. dili ko maka ano sa ilaha..mga.. ay naa koy respeto sa ilang gipang ingon pero sa akoang insight, ginusunod lang nako kung unsa ko ug kung asa ko malipay.(*It was really a sudden thought. Growing up, I already perceived my self as a girl. And I never associated my self with boys. Really, I grew up wearing girl's outfits. And so, I personally respect their opinion but in my perspective, I am only following what my heart desires and it is to be happy.*)

interviewer : mmm. okay po. so next question po, or last one. kanang, giunsa pag impact sa breast augmentation ang imohang kinabuhi?(*Last question, Ma'am. How did breast augmentation impacted your overall quality of life?*)

interviewee : uhmmm... impact, mas ano. mas nakatabang sya jud or ano kanang makatabang sya... uhmm makakwarta pud ko kay syempre mainlove ang mga foreigners. ma-mattract sila then mafall in love sila then mao to pagpadala silag kwarta. (*Impact... It really helped me. The changes made me earn money since foreigners are attracted to me and they fall in love. That's the reason why they are sending me money.*)

interviewer : mm okay po. so you are saying po na because of breast augmentation, murag kanang nakahelp sya sa imuha dili lang emotionally, dili lang socially, kundi apil pud financially? (*Alright. Are you saying that because of breast augmentation, it helped you not just emotionally and socially but also financially.*)

interviewee : oo. (*Yes*)

Participant 8

Interviewer: Okay po ahm..good evening po, I am Elaiza Calingacion and they are my members so ah we are from holy cross college of calinan po ahm grade 12 students humss strand so our study po tackles about kanang mga experience before ka cosmetic surgery or nagpa fillers tapos after pud unsay reason nimo.. something like that, okay po.(Okay so, good evening. I am Elaiza Calingacion and they are my members. We are from Holy Cross College of Calinan grade 12 students, HUMSS strand. Our study tackles the experiences before having cosmetic surgery or fillers and the reasons behind it something like that.)

Interviewer: Ahmm reminders lang diay po na your identity will be ahm kept in ahm safely dili namo siya I expose or something kay naa man mi ethics of confidentiality po.... Sa research okay po so... Question No.1 po ay so this part po is about your experiences before ka nagpa fillers okay po so Question No. 1 unsay hugot nimo po ngano nagpa fillers kas suwang? (Just a reminder, that your identity will be kept as we follow the ethical standard of confidentiality in

research..Question no. 1, in this part, tackles the before experiences or before you have fillers
So, What is the reason that prompted you to have fillers in your chin?)

Interviewee: Ay before man gud wala pako nagpafillers kay kanang gina bully ko nila tungod lagi daw wala kay koy suwang ana ana gud.. mao tu tapos gina encourage ko nila nga magpa fillers sa chin kay para mag ano lang akong chin kanang naa guy improvement na ma enhance.. mao tu akong kuan. (because of my chin.. that's why they encouraged me to get fillers in my chin so that it can have any improvement, that is the reason.)

(Interviewer: Ahh, unsa diay imong sauna po?(what does your chin look like)

Interviewee: Kanang kuan kaayo siya kanang as in flat jud kaayo siya wala kay syay ano (dinhia oh showing the chin). (It is very flat in this part)

Interviewer: Ah okay po (okay)

Interviewee: Flat jud kaayo siya (It is really flat)

Interviewer: Mga unsay grade nimo atu ma'am? Like sa mga highschool or elementary?(what grade is it po? Like when you are in high school or in elementary?)

Interviewee: Highschool

Interviewer: Hmm highschool

Interviewee: Opo (Yes)

Interviewee: Okay..... kani po 2nd question before ka nagpa fillers nag ano bakag medical opinions like safe baning..banang fillers unsay kanang.. kanus a ang tapos sa effect ani niya or what? (Okay, so 2nd question before you have fillers have you ever sought medical opinions if it is safe to have fillers and when will be effective or what)

Interviewee: Opo, nagpa kuan pud ko ana, nagpa consult pud ko ana (Yes, I do consult)

Interviewer: So unsa puy ilang ingon or kanang oh lagi unsa ilang ingon (So what they say)

Interviewee: Kanang mu ano nadaw mu enhance daw akong suwang ana ana then nagahatag silag pangpamanhid para dili ko mahadlok magpa inject pero ug I rate jud nako ang kasakit 10 out of 10... 10 out of 10 jud na basin naa pa syay ginapanit gud na ano dako man gud ang dagom ay ipaslak dinhi sa ano oh pero tabon tabon lang man hinoon pero feel pud nako taas kog pain tolerance (They say that my chin will be enhanced, then they give me anesthesia so I wont be afraid to inject, but if I rate the pain it is 10 out of 10. The needle is inserted here(pointing the chin), but also feel that I have a high pain tolerance)

Interviewer: Pain tolerance? Okay po.. so kani po 3rd question sauna po ay diba ganina niingon ka nga ginabully ka tungod sa imong suwang....na flat? Ahmm mao bana imong unforgettable po na experience sauna nga nagtulak sa imo nga magpa filler ko ana? (Pain Tolerance? I see. So, 3rd question, you said before you was bullied because of your flat chin? It is your unforgettable experience before that push you to have fillers?)

Interviewee: Oh mao jud na akong kuan unsay tawag ana insecurity(Yes, it is.Also my insecurity)

Interviewer: Main reason? Aw insecurity? (main reason? Insecurity?)

Interviewer: Yes po (yes)

Interviewer: were there any influences po like external influences? (were there any influence like external influence?)

Interviewee: Like mga ano.. mga friend rapud nako nga nagpa fillers. Gina encourage pud ko nga magpa chin fillers kay para mu enhance man lang atleast gamay akong nawng (Yes, my friends that also undergone fillers)

Interviewer: Hmmm, okay po (I see, okay)

Interviewer: Okay so, 2nd part po kani ang ahmm after surgery or after fillers experiences.. so no.1 question po, naa bay unexpected nga epekto ang fillers? Pagkahuman sa fillers nga nahitabo?(OKay, so 2nd part is after surgery or after fillers experiences. So, No. 1 question. Are there any unexpected effects of fillers? What happens after the fillers have been done?)

Interviewee: Ano kaayo siya kanang dire kay manhid kaayo tapos sakit jud siya as in sakit jud siya kanang murag na feel jud nako nga bug at kayao siya dinhia(Its really numb at first, and then it becomes painful. Its so painful that it feels like heavy)

Interviewer: Were they any suggestions po and surgeon or doctor nimo po kung unsay buhaton?(Were there any suggestions from the surgeon or doctor what to do?)

Interviewee: Mag ano lang po mag take lang po ng if pero pag musakit siya mag take lang ug medicine kanang pangpa ano.. pang pawala sa pain na para mawala lang mana ang pain (Just take an over the counter pain reliever if it hurts. Something to alleviate the pain and make it go away)

Interviewer: Para ma lessen lang ang pain? (For the pain to be lessened?)

Interviewee: Mag ano ug ice para mu ano siya (Yes, to put ice also)

Interviewer: Ahhh okay po, so next question po kanang nakasugat bakag mga tao nga muingon nga nagpa suwang lagi na siya..... ahm okay po mag una ta sa positive impact sa tao... sige naa ba silay positive impact.(okay, so next question. Have you ever faced a person who asked why you underwnt a chin procedure? Well, lets start with the positive impact on individuals. Is there any positive impact?)

Interviewee: Naa pud kanang muingon sila nga “Hala nice kaayo imong cheeks imong suwang kay na shape imong nawng dili parehas sauna nga lignin kaayo ana ana.... Then naa puy uban kay negative kay lain daw pagka inject kay nahiwi daw..... actually nahiwi man gud siya kay kay sa akong poagka ignorant before kay sige nako siyag ana ana kay ang gi advise sa doctor nga I ana ana lang daw unya na overwhelmed man ko sige man nakog pislit pislit unya siguro murang

dili pa siya totally healed unya pag ana nako kay nigawas ang katung ang murag tambal gud niya mao tu kanang direa kay mura syag nahiwi murag naa papud koy balak nga ipa session napud nako ni siya.... (They also comment like, Wow, your cheeks look great, your surgery really shaped your surgery really shaped your face, not like before when it was too round. Then there are others with negative comments, saying that injections looks different or was poorly done. Actually, it turned out that way because of my ignorance before; I kept doing it as advised by the doctor to just continue with it got overwhelmed and kept poking at it, maybe before it was totally healed. And then, I noticed that something like medicine came out of it, so now I'm thinking of getting another session to fix it.)

Interviewer: Ah okay po, so ganina po niingon ka during recovery process nimo nagsakit na imong suwang murag kanang murag nibug at? (Ah, okay. So earlier, you mentioned that during your recovery process, your surgery site hurt, like it's heavy?)

Interviewee: Opo (Yes)

Interviewer: Mao lang tun a feel po? Sa recovery process nimo? So kani 3rd part po about ni siya sa imong coping mechanisms.... First question po kanang giunsa nimo pag cope up sa changes sa imong lawas after the surgery or after the procedure (Is that the only sensation you felt during your recovery process? Now, moving on to the third part, let's talk about your coping mechanisms. For the first question, how did you cope with the changes in your body after the surgery or procedure?)

Interviewee: Unsa po? (what is it again?)

Interviewer: Kanang unsa nimoi pag cope up or giunsa nimo pag kuan kanang murag pag grasps gani sa thought nga hala nabag o na akong suwang, like na shape na akong nawng(How did you cope up, or how did you grasp to the thought that your chin is already shaped?)

Interviewee: Katung mga ano na 3 days after ko na injectan nga naka ingon ko nga “hala nice jud diay siya pagka inject kay hapit pud ko na... bongga pud kaayo pagkakuan sakong nawng (Those three days after I had the injection, I was saying, 'Wow, it really looks good after the injection. I almost look... quite glamorous with my face)

Interviewer: Okay po can you say po na you are satisfied with the result? (Can you say that you are satisfied with the result?)

Interviewee: Opo (Yes, I can say that im satisfied, very satisfied)

Interviewer: Okay po soo, lets proceed po sa part 4 sa questions kani po about sa imong insight or kanang perspective or panan aw about cosmetic surgery so question no 1 po is kanang unsa imong masulti in terms sa kanang kabag ohan nga nahitabo sa imoha after ka nagpa procedure or after ka nagpa surgery? I mean nagpa filler? (Alright, let's proceed to Part 4 of the questions, which focuses on your insights or perspectives regarding cosmetic surgery. So, for Question No. 1, what can you share about the changes that occurred for you after undergoing the procedure or surgery? I mean, after getting fillers?)

Interviewee: Ang maingon lang nako kay..... nice kaayo akoang suwang tungod sa surgery ay sa ano (Alright, let's proceed to Part 4 of the questions, which focuses on your insights or perspectives regarding cosmetic surgery. (what can you share about the changes that occurred for you after undergoing the procedure or surgery? I mean, after getting fillers?)

Interviewer: Hmm okay po so..kaning ay kani po next question po unsa puy maingon nimo ay before ka nagpasuwang po.... Nahunahunaan ba nimo ang masulti sa imong religion or relihiyon?(Alright. So, for this next question, what can you say about your thoughts or considerations regarding your religion before you decided to undergo the procedure)

Interviewee: Wala, wala po (Nothing, none at all.)

Interviewer: Why? Poo? (why??)

Interviewee: As long as kanang gigusto nako magpa inject sa akong chin wala nako nag matter sa mga ing ana (As long as I like getting injections for my chin, I don't care about those kinds of comments)

Interviewer: Pero niingon man po ang simbahan nga kanang accept how God created you.. unsa may maingon nimo ana? (But the church says that you should accept how God created you. What is your response to that?)

Interviewee: Ay mu kuan man ko ana pero para sa akua makasabot naman siguro si Lord nga murag dili pa totally enough akoang.... Gusto pako naa pakoy ipa enhance ba siguro di man siguro tama nga ibag o imong lawas or imong nawng (Maybe some might criticize me for it, but for me, perhaps the Lord would understand that

it's not enough for me... I still want to have something enhanced. Maybe it's not right to judge or dictate what you do with your body or face.)

Interviewer; So niingon ka po nga gusto nimo magpa enhance... before po ba dili ka or were you not satisfied before? (So, you mentioned that you wanted to enhance yourself. Before this, were you not satisfied with yourself?)

Interviewee: Makaingon jud ko nga diko satisfied... kay ginabully man gud ko(I can say that I'm not satisfied before because I was being bullied.)

Interviewer: Oww, okay po so last question po kaning how has cosmetic surgery impacted your overall quality of life? Like giunsa niya pag impact sa imoha as a whole (Oh, okay. So, for the last question, how has cosmetic surgery impacted your overall quality of life? How did it affect you as a whole?)

Interviewee: Kanang ano, kanang everytime nga mulakaw ko...ulaag ko ganahan ko sa mga compliments sa mga tao sa akua...(That thing, every time I go out... I enjoy receiving compliments from people about me)

Interviewer: Okay po so clarification po makaingon ka nga cosmetic surgery ahmm improved your social. Orr ahmm unsa may term ana ha help you socially? Maka interact sa mga tao (Okay, for clarification, can you say that cosmetic surgery improved your social interactions or, in other terms, helped you socially engage with people?)

Interviewee: Opo, kanang dako kay syag impact kay mas nitaas akong confidence nga muatubang sa ilaha ana gud (Yes, it has a significant impact because it boosts my confidence to face them.)

Interviewer: Hmmm.. okay po so.. so that's the end of our interview po.. thank younpo for answering soo this time po pwede mag ask ng documentation (okay. So, that concludes our interview. Thank you for answering. At this point, may I inquire about documentation?)

Interviewee: opo (yes)

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interviewer: ako deay si elaiza tapos kining akong kauban murag kaila naman jud ka ani niya, siya si dorothy. amoang study po, amoang research, kanang nagakuan sa mga tao gani, sa ilang experiences, ilang mga naagian sa una, ug kanang mga nabag o sa ilang kinabuhi. kanang, human sa plastic surgery. or sa kanang changes. okay po, so, ready na po ba? *(I am Elaiza and I am with Dorothy. Our study will explore the experiences, challenges, and changes encountered by people who underwent cosmetic surgery. Are you ready, Ma'am?)*

interviewee: yes go ahead, no problem. *(Yes. Go ahead. No problem).*

interviewer: okay po so kuan lang po, iinform ka lang namo po na ang imuhang kanang mga personal information dili na sya mugawas sa uban... kanang safe jud ka sa amoa. okay po, so ready na jud po? okay na? *(So let me just inform you ahead of time po that you identity will be keep safe. So first question, what really prompted you to undergo cosmetic surgery?)*

interviewee: im ready. *(im ready)*

interviewer: sa first question po, kanang... unsa juy hugot nimo nganong nagpacosmetic sugery ka? *(So first question, what really prompted you to undergo cosmetic surgery?)*

interviewee : hugot... base on my experience, no. kabalo na ka nowadays uhm uso ang mga bullying, right? *(Prompted me... Based on my experience, you know. Bullying are really rampant nowadays, right?)*

interviewer: mmm, yes po. *(mmm,yes)*

interviewee: so para dili ka mabully or ano, kailangan nimo mag change para at least maappreciate ka sa laing tao. so first thing, na a-akong naencounter since na nabully ko, di-dili ka nice ug personality, di ka nice ug appearance, so that's the time nga nag uhm nag decide ko nga go through for a surgery. so amo na sya ang hinungdan. *(In order to protect your self against bullying, you need to change to at least paople will appreciate you. When you don't have a nice personality and appearance, people will really say things about you. And that's the time thst I decided to undergo cosmetic surgery.)*

interviewer: okay po... so, kanang before ka nagpakuan po nagpachange or before ka kanang nagdecide aning kuan, ana nga pag bag o sa imong kuan. kanang nagaano baka... nag ask bakag mga opinion sa mga medical professionals kung safe ba ni siya... unsay mahitabo after...unsaon pag deal?

interviewee: uhh... yes, of course. kailangan gyud kag uh ano uh consolation, i mean, anong tawag jan, uhm... uhm, unsay tawag ana. kailangan jud ka ug consultation, advices sa mga experts, sa mga doctors, sa mga surgeon. ana. so first, ingon sila uhm naay mga daghang changes or naay daghang mga.. mga ano uhm... mga yon nga mga changes sa imong life if ever mag-go through ka for a surgery. so, uhh... oo ana. *(Oh yes, of course! You really need proper consultation, advices from experts, doctors and surgeons. First, they said that there will really be a huge change in your life whenever you decided to go through for a surgery.)*

interviewer: okay po... okay po so ganina po, for clarification lang ni siya. di ba ganina niingon ka nga “bullying” mao na imong hugot? *(Okay, for clarification, you mentioned about bullying right? that was your reason?)*

interviewee : yes, number 1. *(yes, number 1.)*

interviewer: yes. so naa pa bay laing unforgettable gyud kaayo nga memory sa imuha or kanang naexperience nimo sa una nga “ay kani, mao ni ang hinungdan nga mao ni magtulak sa akoa nga machange na jud ko, magpachange na jud ko”. *(Aside from that, were there any unforgettable memory or experience that made you more certain to undergo cosmetic surgery?)*

interviewee: uhm... yeah. naa pud jud no. well nag ingon sila nga dapat mag pachange ka kay para ano para at least ano uh nindot ka tan awon, ana. naay mga, akong experiences pud uhm once na uhh mag apply ka like sa amoang industry nga beauty, so kailangan nindot pud ka tan awon, ana sya, right? so ingon sila, ay dapat gwapa ka tan awon, dapat nindot tan awon imuhang itsura para at least if ever muapply ka sa trabaho mga, mga uhm beauty industry dali ka madawat so, ana. *(Aside from being bullied, there are a lot people around me saying that I should get a surgery to at least, look beautiful. Also, when you are going to work in a beauty industry, you yourself must look presentable too. So, yeah. They said that I should undergo cosmetic surgery so I would be more beautified and will be accepted on any jobs more quickly.)*

interviewer: okay po... okay so, part 2 na ta sa uhm second question na ta po or second set uhh. okay po kani sya nga question, after ni sya sa surgery. pagkahuman sa surgery nimo nga mga experiences. kay kato ganina mga before to sya nga experiences, okay po. kani po nga question, were they any unexpected nga mga kanang panghitabo or mga epekto sa imuhang physical appearance? or like kanang wala jud nimo sya giexpect nga effect. *(Okay, let's proceed to the next part. This 2nd set of questions will be about your experiences after the surgery. The previous ones were about your before experiences. First question, were there any unexpected things that happened in relevance to your appearance?)*

interviewee: like what do you mean? side effect after surgery? *(What do you mean? Side effects?)*

interviewer: uh yes po. side effects or negative uhm...(yes)

interviewee: what do you mean? like side effect after surgery? uh effect sa akong personality o unsa man? *(Side effects after the surgery? Effect on my personality or what?)*

interviewer: no. negative effects po sa imuhang body. *(Negative effects.. in your body)*

interviewee: ah okay.. uhm, kaya nga ingon ko before ako nagdecide nag ask usa ko ug consultation ug advices sa mga doctors kung unsay mga mahitabo o unsay.. after the surgery kung naa bay mga side effects o unsa. ingon sila okay naman as long as kaya sa imuhang lawas, kaya sa imuhang resistance. so sa akoa is.. uhm wala naman. pero pag first month, second month, medyo sakit sya. medyo naay normal, normal lang sya kasi surgery e. so wala naman wala naman. okay naman so far. *(As I've said before, I asked for consultation and advices from doctors*

on what will possibly going to happen, were there going to be side effects or what. They said that it will be okay as long as your body resistance can take it. So to answer your question, there were no negative effects on me. But the second month after the surgery, I felt a slight pain but it was completely normal since I undergone a surgery. So, so far, none."

interviewer: okay po, that's good po. uhm kani po, second question. naa bakay mga kanang mga tao gani nga or mga challenges nga imong nasugatan nga ingon sila "uy kana sya kay nagpakuan na sya, nagpachange change na syag kuan." mga tao gani nga hilig magcomments sa imuhang life. *(Alright. That's good. Second question, have you encountered people objectifying the changes that happened to you?)*

interviewee: uhhh... so far wala. oo, tanan nakong mga friends supportive sa akua. supportive sila. mungon sila, "oh that's good!, " "nindot tan-awon," "okay." ana so wala wala namay mga uh side comments nowadays. but before, siguro mga 90's, ana mao sigurong naay mga comments sa laing tao ana. pero now generation, wala na. yeah. *(None. So far, I have my friends with me who are very supportive. They would comment "You look good!" So yeah there were no side comments now. But before, maybe in 90's people will really comment. But in today's generation? None.)*

interviewer: okay so, katong sa during sa imuhang recovery process po or katong kanang nagpaayo naka, kanang uhm okay naman po ang process dib niana ka ganina? *(Okay. After the surgery, the healing process was okay, right?)*

interviewee: yeah oo. *(yes)*

interviewer: so kani po nga mga questions sunod is imuhang coping mechanism or kung giunsa nimo pag kanang pagcope sa changes? kani po uhm, di ba naay nacheange sa imong lawas? or naa kay gipaanchange? naa kay gipanchange. murag giunsa nimo pagkuan nga kanang giunsa nimo pagcope nga "hala naa najuy nabag--- kanang murag sa imuhang kaugalingon po nga giunsa nimo pagdawat nga hala na bag o na, naa nay nabag-o sa akua," ing ana. *(This next set of questions will be about your coping mechanism or on how did you cope up with the changes. So, something changed in your body, right? You have it enhanced. How did you cope up with it? How did you accept those changes?)*

interviewee: ah.. okay. oo, daghan, daghan. daghan kog na change na-- ay. murag m--mas ganahan ko. ganahan ko sa changes karun kay naappreciate nila--- naappreciate na sa laing tao. even me, na appreciate na "ah okay deay. okay gyud deay nga magpaano. magpachange. magpaenhance." oo. *(Oh. Many. There are numerous changes. And I love it. I love the changes that happened to me because right now, they appreciate me more. They would even say that it is really great that I had a surgery.)*

interviewer: okay po. so ganina po niingon ka nga ang mga tao sa imong palibot is supportive kaayo sa imuha. so kanang, for clarification po, sila ang hinungdan nga murag nakacope ka sa imuhang changes kay naa kay support system? *(Okay. So earlier, you said that the people around you are very supportive. So to clarify, were they the one who helped you cope somehow? Because you have a support system?)*

interviewee: right, right. *(right, right)*

interviewer: yes po. *(yes)*

interviewee: tama, oo. *(yes, you're right)*

interviewer: okay po so, katong mga, diba po ana ka ganina one to two months sa recovery nimo, naa kay mga kanang body discomfort or kanang sakit nga imuhang nafeel. giunsa nimo sya pagcope po or giunsa nimo sya pag deal? (*Okay, you have mentioned before that one to two months after the surgery, you have felt discomfort. How did you cope up and deal with it?*)

interviewee: uhm... syempre, sa advices sa doctor and sa mga medicines. so, m-matolerate naman. kaya naman. so, tagaan man ka nilag mga mga ano uhm pain reliever, uhm so dili kaayo sya ano. dili kaayo sya uncomfortable... (*Of course because of the advisory of my doctor and the prescribed medicine. And it was tolerable. They gave me pain killers so it won't be really uncomfortable.*)

interviewer: okay po. so uhm next question po, kanang unsay kanang imuhang masulti sa kanang kabag-ohan nga nahitabo sa imuha nga gidala sa kanang imuhang kuan mga changes nga nahitabo sa imuha. like unsa imong masulti nga... or unsay nabag-o sa imuha nga nadala sa cosmetic surgery? (*Next question, what can you say in terms of the drastic changes that happened to your self?*)

interviewee: all i what... uhm, akong masulti, Im happy. Im satisfied. Uhm, it can boost my confident, **of course** na muatubang sa mga tao na wala nakoy laing.. ano kay at least sa personality nimo, medyo okay ka tan awon. so medyo imong confident is maboost jud sya. hangtud naa kay confident na gyud na maipakita, that's the good thing nga akong na experience. (*All I can say is that I am totally delighted. That I am satisfied. And it really boosted my confidence especially talking with people. That's the good things I have experienced.*)

interviewer: sa una po ba, kanang murag hard sa imuha nga makig-interact sa mga tao? (*Before, was it really hard for you to socialize with people?*)

interviewee: oo, kay lalo na sa industry sa among trabaho murag dili kaayo ka comfortable. dili kaayo ka, kailangan nimo mga fully ano, uh uhmm, what do you call... uhm make up and everything para at least ano... so medyo okay now... after deay sa surgery. (*Yes. especially in my line of work, it was really uncomfortable because you still have to exert an effort to make your self presentable using make ups but after the surgery, it is okay now.*)

interviewer: so kini po, before sa imuhang surgery, uhm nagakuan baka kanang nakahunahuna baka unsay masulti, kanang unsay makuan sa simbahan o sa imuhang relihiyon sa imuha? sa kanang mga kuntahay, magpachange ka, unsay kanang masulti nimo nga kanang. i mean unsay kanang... what is your take... unsa imuhang... tawag ana ha. dorothy tabang. uhm. (*Before you prompted to undergo cosmetic surgery, have you considered your religion or beliefs.*)

interviewee: masulti? sa religious belief? unsa ba? (*Before you prompted to undergo cosmetic surgery, have you considered your religion or beliefs.*)

Interviewer: first question po is unsay hugot nimo or like kanang unsay imohang kanang motivation or drive nga nag kuan ka nga magpa cosmetic surgery or magpa enhance ka (*The first question is, what is your "hugot" or what motivates you and drives you to undergo cosmetic surgery or enhancements?*)

Interviewee: ummm dream nako siya before like dream jud nako siya ba na to fullfill myself to be a woman kanang mao na siya akong drive everytime na makakita kog babae na kanang gwapa sexy murag ma motivate ko na to to to to go for the and push for the cosmetic surgery and enhance myself... Ana... So mao to siya (*Well, it was my dream before, like, it was really my dream to fulfill myself and become a woman. That's my*

drive every time I see a beautiful, sexy woman.(SOP 1- 1.1) It motivates me to go for the cosmetic surgery and enhance myself. So, that's it.)

Interviewer: okay po, ummm before ka nagpa ano po change or nagpa cosmetic surgery naga ano ba kag ano naga seek ba kag medical proffesionals regarding sa safe ba ni siya unsay dapat nga eexpect nimo (*Okay, before undergoing cosmetic surgery, did you seek guidance from medical professionals regarding its safety?What were you expecting from the procedure?*)

Interviewee:mmmm, ummmm wala jud ko literally nag nag nag nag adto og unsa gani na?? Unsa na oyy, kanang mga trans gud na doctor i have done my research before ko nag undergone first nakong uhhmmm uhmmm cosmetic surgery man gud is best in branch so mga two years ko nag decide jud as in nag research jud ko kinsay best doctor asa ang nice ubsa ang procedure ang gwapo og inana and all of that so literally wala jud ko nag nag check og og nagpa appoint og doctor to consult duritso nako.... Inana (*Well, I didn't actually go to consult directly with a doctor. Before undergoing my first cosmetic surgery, I did extensive research on top-notch trans-friendly doctors. It took me about two years to decide. I looked into who had the best reputation, the procedures, their aesthetics, and all that. So, I didn't check or schedule an appointment with a doctor for consultation. That's how it went.*)

Interviewer: okay po so diba po ingon nimo ganiha it is your childhoodream- ohmygod sorry for the noise, it is your childhood dream pero is there an kanang unforgettable jud kaayo na memory na kani na kani na jud mao ning rason nganong kanang mao na jud *smirk ohmygod get nimo po?? (*okay, so as you mentioned earlier, it was your childhood dream. But is there an unforgettable memory that truly solidified your decision, that made you say, "Yes, this is the reason"?*)

Interviewee: aah yess, aaah ooo naa naa diay tung one time na na broken hearted ko ba kanang its like my second boyfriend unya gi ano ko niya gipagpalit ko niya ka girl to dictated kay ko so kanang murag only way to for me to cook this things up nag defence mechanism nako sa akong self na dapat magpa retoki na siguro ko kay mao naning dahilan nganong gi byaan ko sa akong boyfriend because im lacking of something which is akong huna huna akong tits mao to maong nagpa breast implant ko isa siya sa mga rason mao pud tung- isa siya pud sa mga drive na push jud ko para magpa breast implant (*Yes, there was this one time when I experienced a heartbreaking situation. It was like my second boyfriend, and he left me for another girl.(SOP 1-1.3)I felt dictated and controlled in that relationship. It was as if the only way for me to cope with it was to initiate a defense mechanism within myself, thinking that maybe I should undergo some enhancements. That's why I went for breast implants—it was one of the reasons. It became part of the driving force for me to pursue that enhancement.*)

Interviewer: okay po soo ummm lets go for the umm second questions second part this is po ahmm after the surgery (*Okay, let's move on to the second part of the second question. After the surgery*)

Interviewee: oo (yes)

Interviewer: so ano po uhmmm are there any uhmm unexpected effects po saimohang physical appeaance during katong kuan human sa cosmetic surgery or like naa bay mga deperensiya nga nahitabo or negative *(So, were there any unexpected effects on your physical appearance after undergoing cosmetic surgery? Did any deformities or negative outcomes occur?)*

Interviewee: mmm so far kung implant man gud is like 11 years na ron uhmmm wala man like ang after effects lang niya kay sakit lang jud siya like mura kog gi pak ganon murag gi inat akong mga skin but prior to that wala jud siya as in 100 percent okay satisfied kaayo ko wala koy mga side effects or something nga na feel *(So far, it's been 11 years since the breast implant, and there haven't been any unexpected effects. The only after-effect is the initial pain, like my skin was being stretched, but aside from that, I'm 100 percent satisfied. I haven't experienced any side effects or issues.)*

Interviewer: okay po good- thats good po uhmmm how about po mga challenges nga kanang nga na face gani nimo like mga people kanang naga ingon nimo na kana siya kay nagpa kuan shshshs kanang mga daghan ganig comments saimong life *(Okay, that's good to hear. Now, how about the challenges you faced, like people making comments or having opinions about your decision to undergo surgery?(SOP2-2.2) Have you encountered a lot of remarks or comments in your life?)*

Interviewee: oo normal siya sa mga dili ka afford mu comment jud na sila hahah so uhmm 10 years ago dili pa kaayo siya ingana ka open ang breast implant so mga seldom ra kaayo ang maka afford og ang maka- kaya naka foreigner man ko ato that time so kanang murag nakapag breast implant ko soo ahh dili tanan pa- dili pa- dili pa kaayo inana ka accesible ba sa tanan so pila palang mi ang naay- naay breadt implant ato that time karon kay daghan naman so ako is normal jud siya naa jud siyay kuan labi na ako dako kaayo akoang gipa implant like muadto kog church mag lisod ko kay tanawon jud ko ba tanawon jud ko sa mga tao ato mag adjust jud ko sa akong outfit like dapat ano jud siya loose siya na t shirt para di jud siya mag lakra kay kung mag fit ko kay mu ano man jud siya ma lakra jud siya makita- muuyog baya siya noh so makit an jud siya ma klaro jud siya mmmm ana siya anaa akong mag struggles unya normal jud siya nga bisag asa ka muadto libakon ka unya syempre ang mga lalake ang tanaw sa imoha kay ano na dayun sex icon na dayun inana so part jud siya..... Harsh ra ba kaayo ko?? Okay ra?? *(Yes, it's normal for those who can't afford it to make comments, hahah. About 10 years ago, breast implants weren't as openly discussed. It was rare, especially for locals. I had a foreigner at that time, and not everyone had access to or could afford it. So, there were only a few of us with breast implants back then. Now, it's more common. For me, it's normal to face challenges, especially with the size of my implants. When I go to church, it's a bit challenging because people really notice. I have to adjust my outfit, wear loose shirts to avoid drawing too much attention, as it can be quite revealing. I get judged*

wherever I go, especially by men, who see me as a sex icon. It's just a part of it... Am I being too harsh? Is it okay?

Interviewer: its okay lang po actually sad siya (*It's okay; actually, it's quite sad.*)

Interviewer: ahm Diba po before ka nag pa before ka nag pa cosmetic surgery kanang kanang imoha gyud na syang gi process gyud og maayo before ka nag decided gyud or like kanang wala ka nahadlok nga kani sakit gyud ni siya or kaning basig kani negative ang effect (inaudible) result ani unsa po wala wala kay ano (inaudible) (*So, before undergoing cosmetic surgery, did you indeed go through a thorough and careful decision-making process? Were there no fears about the potential pain or negative effects? Can you share what specific aspects you considered, and did you not have any reservations about the outcome?*)

Interviewee: wala nko wala nko nag second mind because nag research gyud ko over and over kay daghan kog friends na na back job actually na na usab sa ilang totoy or isa nalang ilang totoy ana so grabeh ang research so nag search gyud ko og best doctor sa davao ah maka cater sa akong gusto kay dako gyud kaayu ako gipa butang (inaudible) 500cc so dako gyud kay na siya na na implant during that time ako ang pinaka dako na gi butangan sa akong doctor murag experimental pa gni to amoa so (inaudible) ako is nag hunahuna ko naa (inaudible) naa ko sa im in the good hands nag nag sign pud mig waiver sa akong doctor na ok ra tanan tanan and everything so murag akong gi relay sa iyaha tananall of that (*I didn't have second thoughts. I extensively researched repeatedly because many friends had similar procedures, some even from the same surgeon. The research was extensive; I searched for the best doctor in Davao who could meet my preferences. I opted for a substantial 500cc implant, quite unique at the time. It felt like an experiment, but my doctor assured me, and we even signed a waiver, confirming everything was okay. I trusted that I was in good hands and communicated all of this to my doctor.*)

Interviewer: ahmm diba po nay changes nahitabo sa imong body nag pa-(inaudible) implant ahmm how did you cope up with those changes po na (inaudible) how did you cope up with it? (*Right, so there were changes in your body after getting the implant. How did you manage those changes, and what was your coping mechanism?*)

Interviewee: ahmm i think ahmm first nag adjust gyud ko mentally kay dili man gud nmo siya ma process critically kung dili nmo siya i accept sa imong mind na naa na siya and whether you like it or not dili na gyud siya basta basta ma tanggal so ive to undergo another process of operation para ipa tanggal siya so not unless i have to live with it. So mao to ah ah the the first thing i did is kanang mentally gyud siya ako gyud siya gidawat (inaudible) na i have to live with it i have to to to to wake up every morning na knowing na i have this kay sauna mag dedma rabaya ko mag hukas hukas rko ana so lain na baya laswa na siya so kailangan gyud ko mag daghan gyud siyag certain preparation na i have to do kay i have to live my self like a whole women na gyud kay syempre naa na gud koy ano so mao to siya isa sa mga coping mechanism nako na i have to to deal with it jud

mentally. *(I think, first, I really had to mentally adjust because you can't critically process it unless you accept it in your mind that it's there, and whether you like it or not, it's not something that can be easily removed. So, I had to undergo another operation to have it taken out, unless I chose to live with it. So, the first thing I did is, mentally, I accepted it. I had to live with it. I wake up every morning knowing that I have this.(SOP 3-3.1) Before, I used to ignore it and avoid dealing with it, but now it's different. I have to make various preparations because I have to live myself like a whole woman, considering that I now have it. So, that's one of my coping mechanisms – dealing with it mentally)*

Interviewer: ahmm so balik ta didto po sa pikas katong challenges gni kato diba ana ka ganina po na kanang sakit gyud siya sakit gyud siya human sa operation pero um unsay poy kanang naa bay gi tambag or kanang mga medicine ang (inaudible) provide ang imohang doctor? *(Now, going back to the other aspect, the challenges you mentioned earlier about the pain after the operation. Can you share if there were specific remedies or medications recommended by your doctor to alleviate the pain?)*

Interviewee: oo naa ko-(inaudible) i remember gi resitahan ko niya og (rpoxsya) pero ako sa akong ka isog wala nko ga wala nko ga inom og rpoxsya murag nag self healed lng gyud ko mahadlok lgi ko kay daghan kog friends na nanga back job unya felling nko dili siguro nila ma feel ang sakit or nag ka infection naba sila so sa sge nilag inom og pain reliver dili to nila ma feel ang pain so murag nag nag think ko ba for may self na what if dili ko mo inom og pain reliver total dili man tolerate ra man gud ang sakit dili mn gud siya na sakit na sakit kaayu na like mura kag mamatay pero sakit lng gyud siya kay because naay gi butang na inat na stretch akong skin so ako wala gyud ko nag inom og rpoxsya na naa koy gi recita sa ako og pain reliver isa tong rpoxsya sa pinaka kusog na na pain reliver so wala ko nag drink ato. So akong gi inom is vitamin c lng bawala gni daw tung vitamin c pero akong gi push so kalooy sa ginoo dali ra gyud kayko one week kng akong (inaudible) tapos na uga dayun akong samad nangutana akong doctor na amazed siya (inaudible) nisulti mn kong foreigner n wala ko ga inom og kanang rpoxsya (inaudible) hala gi unsa nmo sakit mn ka-(inaudible) wala lang doc (inaudible) nag menimal lng kog kanang lihok ana and everything tas nag inom kog vitamins c which is bawal ang vitamins c that time nakuratan siya ngano nga (inaudible) nauga mn dayun akong samad so from that day on gina recita na niya ang vitamin c sa mga client because of me. *(Yeah, I had a prescription for (inaudible), but I chose not to take it. I felt quite confident in not using it (rpoxsya), even though my doctor suggested it. I got a bit scared because I knew friends who had similar procedures, and I wasn't sure if they really felt the pain or got infections. They relied a lot on pain relievers, so I thought, "What if I skip pain relievers altogether?" The pain was manageable, just some discomfort from the stretching caused by the implant. So, I decided not to take the prescribed (inaudible), a strong pain reliever. Instead, I stuck to the pain reliever my doctor suggested, one of the strongest. And, I didn't drink alcohol during that time, sticking to my plan for healing. So, I only took vitamin C; they said it's not allowed, but I insisted. Fortunately, through*

God's mercy, my recovery was quick. In just one week, my (inaudible) was healed, and when I asked my doctor, they were amazed. I told a foreigner that I didn't take any prescription. They asked about my illness, but I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.)

Interviewer: okay po (okay0

Interviewer: so katong human po sa surgery (inaudible) i mean katong after sa sa sa surgery (inaudible) naa bay na kanang na limitahan ba imong lihok or imong everyday life during sa recovery process? *(After the surgery (inaudible), I mean, after after the surgery (inaudible), were there any limitations in your movements or daily life during the recovery process?)*

Interviewee: Oo bawala mn ka mag alsa og bug at kay mo lihok ang silicon tapos bawal ko mag kanang like sakay og tricycle kay untol untol baya murag ma tagak ang silicon pero dili gud siya feeling lng nmo so bawal sa mag alsa og bug at bawal mag kanang mag ambak ambak bawal mag lihok lihok kaayo og too much for like 3 months gyud..... para ano gyud siy- kay under the muscle mn gud akong surgery dili siya under the skin so mas dugay iyahang healing. *(Yes, you're not allowed to lift heavy things because the silicon moves, and you can't ride a tricycle because it wobbles, and it feels like the silicon might leak, although it doesn't really happen. So, you're restricted from lifting heavy things and doing excessive movements for about 3 months... because it's under the muscle, not under the skin, so the healing takes longer*

Interviewer: okay po.. so diba po for clarification lng physical and body discomfort during the recovery ano lng gyud imo lng gyud siyang gi tolerate or like gi tolerate lng gyud nko siya (inaudible) as in uh uhm *(Okay. So, for clarification, did you solely endure the physical and body discomfort during the recovery?)*

Interviewee: ako ra siyang gi antos *(I just endured it (inaudible)*

Interviewer: okay po So next is your insights, so unsa po imong masulti sa drastic changes or dako naka bagohan saimohang or naabay kabagohan na nahitabo saimohang life after the surgery?*(Okay, so next is your insights, what can you say about the drastic changes or significant improvements in your life after the surgery?)*

Interviewee: Naa I feel complete I feel like kanang competitive nako more confident nako that time, gaapil man gud kog pageant before so dako siyag tabang nako ba physically, emotionally, amd mentality kay feeling nako fulfill naakong pagka tao ana gud. So one way or another naka tabang jud siya big help jud siya sakoa. Na boost akong confidence.*(I feel complete. I feel like I became more competitive and confident after the surgery. I used to join pageants before, so it greatly helped me physically, emotionally, and mentally because I feel fulfilled as a person. So, in one way or another, it really helped me. It boosted my confidence.)*

Interviewer: Okay po so aside sa social factor sa lain factor po naa bay effect ang cosmetic surgery ay kanang after surgery ay ang changes na nahitabo saimoha? *(Okay,*

aside from the social factor, are there any other factors affected by cosmetic surgery, like the changes that happened to you after the surgery?)

Interviewee: Ah wala man, wala koy nakitan na disadvantage. You mean disadvantages mga ingon ana? Wala man kay murag before man gud ko nag pa implant ano jud akong mind kanang naka set jud akong mind na I want this. This is my dream murag ana ba wala ko na pugos unya and so kung unsa man tong mga kung naa man gani siguroy negative na effect di nanako siya ma feel kay gi imbrace man gud nako siya sa tanan, ako siyang wala nakoy labot ba ana gud wala koy “L” ingon ana siya. *(Oh, none. I haven't seen any disadvantage. You mean disadvantages like those? Well, because I was the one who decided to get implants, you know, it was already set in my mind that I want this. It was my dream, so I didn't feel forced into it. And if there were any negative effects, maybe I just didn't feel them because I embraced everything. It's like I didn't have any reservations about it. I didn't see it as a loss or anything like that)*

Interviewer: Okay po so for clarification po cosmetic surgery change you mentally, physically *(Okay, so for clarification, cosmetic surgery change you mentally, physically?)*

Interviewee: And Emotionally. *(And emotionally)*

Interviewer: Okay po this one what is your take cosmetic surgery with respect with you religion? *(Okay, so what is your take on cosmetic surgery with respect to your religion?)*

Interviewee: ahmm I think I don't my religion has nothing to do with it because it's my choice and as human as I am I believed I had my freedom of choice. I belived my body is holy and sacred but I know that ahm I have to deal with my emotions and I as a human I have my needs. So I my religion has nothing to do with the cosmetic surgeries that I have gone through. *(Hmm, I think my religion has nothing to do with it because it's my choice, and as a human, I believe I have my freedom of choice. I believe my body is holy and sacred, but I also know that I have to deal with my emotions and as a human, I have my needs. So my religion has nothing to do with the cosmetic surgeries that I have gone through.)*

Interviewer: Okay po so ahm gi unsa po pag impact sa changes saimohang kuan, saimohang physical appearance ang imohang overall quality of life like kanang imoha jung overall quality?*(Okay, so what impact did the changes in your appearance, your physical appearance, have on your overall quality of life, like just your overall quality?)*

Interviewee: So holistically it made my life easy and kay because I want to be a woman, I just don't wanna act like a woman dress like a woman but I want to be a woman from within inside out . So those drastic changes made my life more comfortable kay I don't need to pretend man kay because naa gud koy boobs. Like when I go out kay kanang ma'am najud kay because kanang wala palang ko ni tingog babae najud ko kanang an aba with my looks. Kanang sauna kay pretnid pami ga bra palang mi mahalata baya jud na sa mata sa tao na naay something like bayot jud siya pero kung naa nakay totoy mag duha-duha najud ang tao maka ma'am najud sila maka miss najud sila ma address nagyud ka

nila the way you wanted to be address isa na siya. So that's it. *(So, holistically, it made my life easier because I want to be a woman not just in actions or appearance, but from within, inside out. So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now. Like when I go out, people address me as "ma'am" because, without saying anything, my appearance reflects that. Before, we used to pretend by wearing bras, but people could still tell, they could sense something, that I'm gay. But now, if you have breasts, people are convinced, they address you the way you want to be addressed. So, that's it)*

Interviewer: So that's all po thank you so much po. *(So that's all, thank you so much.)*

uh yes po. unsa imuhang kanang... ma... or unsay may bisaya ani ha. dorothy! Yes. What can you say in terms of the perspective of the church. *(Yes. What can you say in terms of the perspective of the church.)*

interviewee: ahh okay... uhm, nowadays... siguro... yeah of course ang simbahan is kuan about the changes of your personality. so naa jud silay opinion. so, we need to respect their opinions, right? pero para sa akua, kung wala lang kay tao nga ginaapakan, e you know, nga kuan sa imuhang pagchanged sa imuhang life o sa imuhang personality, i think they are good. okay naman. *(Oh. Nowadays, of course, the church will really say about the changes in your body. They will really have different opinions and I respect that. However, for me, as long as I am not stepping down on anyone? then it's all good.)*

interviewer: okay po so kani last question na jud po. uhm, giunsa pag impact sa changes nga nahitabo sa imuha... ang imuhang overall quality sa life? *(Last question, how did cosmetic surgery impacted your overall quality of life?)*

interviewee: uhm changes... is iyon nga, uhm, it can boost my confident. medyo confident nako makipag atubang sa mga tao. uhm, uh ubang mga friends nako nga murag dili ganahan sa akua kay na ka... naretoke na sila. the way sila mag uh, uhm, makipaghalubilo sa imuha ana. it's a big changes for me since nga naggo through ka sa surgeries. ana. *(Changes. As I've said, it did boosted my confidence. I became more confident when it comes to talking and socializing with people. It was really a huge changes ever since I go through the surgery.)*

interviewer : okay po. (okay)

Participant 10

Interviewer: so ang among interview is about lived experiences of people who chose to undergo cosmetic surgery *(This interview is all about the lived experiences of people who chose to undergo cosmetic surgery)*

Interviewee: mmmmm

interviewer: ang ilahang mga hinungdan, ilang mga experiences before and after surgery. So imohang ummm identity or imong information kay dili mugawas sa uban sa amoa lang researchers, inana *(It will tackle about their reasons, their experiences before and after the*

surgery. And of course, we the researchers, won't disclose any information that will cause you harm.)

interviewee: mmmm

interviewer: so ang first question kay- ayyy kani siya nga question is what are the experiences of the patients that led to consider cosmetic surgery.(*So this set of questions will about your before experiences that led you to undergo cosmetic surgery.*)

interviewee: mmmm

interviewer: so ang first question, unsay rason nga nagtulak sa imoha nga magpa cosmetic surgery (*For the first question, what is your reason that drove you to undergo cosmetic surgery*)

interviewee: aahhhhh- siguro para ma boost akong confidence kay kabalo naman ka sa atong society karon murag taas kaayog standard kina- kinahanglan presentable og gwapa jud ta so mao na ang mag lead sa akua nga magpa surgery (*It is to boost my confidence espically that in our society today, the set standards are very high and in order for me to reach it, I have to look more presentable and beautiful, that leads to my decision.*)

interviewer: ummm nangayo ba ka og opinion sa mga professionals??(*Have you seek the opinions of medical professionals before you made your decision?*)

interviewee: mmmm yes kay kailangan na gud siya ma-(*Yes, because it is really significant*)

interviewer: mmmm, unsay imong dil- ahh dili jud nimo malimtan nga panghitabo nga nag tulak gayud sa imoha nga magpa cosmetic surgery like imohang mga unforgettable experiences kung naka experience ba kag inani- (*Are there any experiences before that is really unforgettable which made you come up with a final decision?*)

interviewee: ayy oo ahhh- before nabully ko og na compare sauban so mao na ang nag lead sa akua magpa surgery kay para gusto nako mu level ko sa ilahang mga standards mao nang nagpa surgery jud ko(*Before, people actually bullied and compared me with others. The reason that made me completely decide is to reach their level of standard.*)

interviewer: so ahh naka experience-s experience kag bullying??(*You experienced bullying?*)

interviewee: bullying yes (*yes bullying*)

interviewer: uhhh what year or grade ka na- (*what grade or year?*)

interviewee: Highschool

interviewer: highschool mmmmm, kani siya is your ahmmm challenges after undergoing cosmetic surgery unsay epekto sa cosmetic surgery nga wala nimo damha na nahitabo like mga

ay- naa puy positive effects sa surgery og mga negative effects sa surgery po (*This new set of questions will be about your after the surgery experiences. Were there any unexpected experiences that you encountered after the surgery? Be in on positive or negative aspect*)

interviewee: siguro positive effect is confident....confident na, negative lang is sempre for example sa akoang breast- sakit akong likod inana lang man akong mga na feel (*In positive aspect, maybe it is the confidence that I have gained. As for negatives, maybe the pain that I have felt at my back.*)

interviewer: unsa diay ang imong gipa change saimohang ano po- (*What changes have you made in your body, by the way*)

interviewee: mmmmm, akoang hips and breast (*My hips and breast.*)

interviewer: kana lang po??(*that's it??*)

interviewee: o kana lang (*yeah that is all*)

interviewer: next kag anuda bay mga na- panghitabo nga naga tudlo sa kabaguhan saimohang lawas ahhh what are the challenges you have faced obje- obje- objectifying the changes of your appearance (*Have you experienced or encountered people who keep on objectifying the changes in your body? For example, "She made her hips and boobs.*)

interviewee: ahhh for ex- for example like??

interviewer: kanang murag ahhh kanang murag naay kanang muingon sa imoha nga "ngi nagpa hips mana siya"-

interviewee: awww awww okay okay

interviewer: " nagpatotoy mana siya"

interviewee: oo kanang ignon ko nila nga dili naka natural pangit sauna tapos ana ana lang kay nag pa opera inana lang ang akong naano na experience (*Actually, yes. I have encountered such. Saying that I am not authentic, that I am ugly before and that is because I underwent a surgery.*)

interviewer: mao na pud na siyang nahimo sa imo nga murag unforgettable na pud nimo na murag sakit kaayo paminawn or- (*So that is considered as your unforgettable memory that is to really painful hea?r*)

interviewee: awww- oo normal lang na siya labi na karon nga murag kung magpa opera ka kay nag pasabot- na- nag enhance lang ka kay tungod sa operation pangit kayka sauna inana maka hurt jud siya sa feelings (*Yes. To tell you, in today's society, it is normal for people to think that we only did enhancements because we were ugly before and truthfully, it hurts our feeling*)

interviewer: pero kanang ahh positive impact po anang nag ingon nga ayy nag ano siya(*But were there any positive remarks?*)

interviewee: nako ang positive is muingon sila nga nag improve ka, nigawapa ka tungod sa surgery mao na nga mga positive comments na madungog (*Positive, maybe when they say that I have drastically improved and that I have become more beautiful.*)

interviewer: mmmm

interviewee: mmm

interviewer: did you experience an expective- ayy expected setbacks or challenges during the recovery per- process (*did you experience any expected setbacks or challenges during the recovery per process*)

interviewee: mmmm

interviewer: mga negative impact nga na-

interviewee: nga ma feel nako sa akong lawas???

interviewer: oo katun- nagapa ayo pa ka

interviewee: uhhhh negative....uhhhh wala man koy na feel nga negative impacts po through pa ayo siguro sakit lang jud kaayo siya sa iyahang ano after ato (*Have you experience setbacks or challenges during your recovery process? Negative impacts while still recovering*)

interviewer: sakit siya?? (*Was it really painful?*)

interviewee: oo sakit ang mga surgeries kailangan jud nimo siya alagaan then aft- then wala naman ana other than that wala na siya(*Yes, it really was and it really needs thorough care.*)

interviewer: unsa puy giingin saimohang ahhmm- before ka katung niingon ka nga nangayo ka og uhmmm- (what ere you trying to say,uhhmm- beforeyou said you were saking for uhmm?)

interviewee: advice???

interviewer: oo sa imohang surgeon kay naa ba siyay gi recommend saimoha nga ana na pain like kanang unsay imohang (inaudible) (*Yes, how about your surgeon? Did he recommended some medications to ease the pain?*)

interviewee: oo mm-mmm-mmm yes gi explain jud niya nga- ayy pag operation man jud kay wala jud kay ma feel na pain mga siguro mga like morning man ko gi operahan unya pagka hapon

dira na nako ma feel ang pain niingon jud siya nga- naghatag man pud siyag mga tambal kung dili nako kaya naa man koy pain reliever niingon jud siya nga sakit jud siya sakit jud kaayo siya (*Yes. Actually, during the surgery, I did not feel any pain. But after that, I have felt immense pain which the surgeon explained to me and prescribed medications like pain killers*)

interviewer: mmmm- how did you cope with the physical and body discomfort during recovery gi unsa nimo paglampos sa mga di komportableng kasany- kasanatian sa imohang lawas tung nagpapa- nagapaayo pa ka. Like imohang gibuhad atong dili jud comfortable ang imohang..(*How did you cope with the physical and body discomfort during the recovery process? Like what did you do that you make you really feel uncomfortable*)

Interviewee: Ay oh syempre tung healing process pa siya, dili ko comfortable kay dili man ko kalihok ug kaayo dili ko makatindog ug tarong siguro mga 3 days dili ko makatindog kailangan jud ko alagaan... kadto lang 3 days, .(*Oh, of course, it's still in the healing process. I'm not comfortable because I can't move much, I can't stand up properly, maybe for about I need to be taken care of... just like that.*)

Interviewer: Sa both ahm surgery?(*For both, surgeries?*)

Interviewee: Sa akoang breast sa akoang hips dali lang man mga 1 day (*For my breast and hips, it's quite quick, maybe just 1 day.*)

Interviewer: So kani siya about patient insight ahm how cosmetic surgery changes their lives.. unsa imong masulti sa dakong kabag ohan sa imong kinabuhi human ipahigayon ang surgery? (*So, this is about patient insight, um, how cosmetic surgery changes their lives... what can you say about the significant impact on your life after undergoing the surgery*)

Interviewee: Unsa akong masulti? Wala man wala man jud koy maingon nga super big impact nga nausab sakong pag pa opera siguro sakong sarili lng is confident najud kaayo ko pwede nako muatubang sa ubang tao dili nako maulaw kay dream baya nako ni sauna nga magpa opera kay syempre transgender baya ko (car noise) human lang man na push nako akong self nga magpa opera para confident kaayo ko mugawas sa balay muatubang sa mga tao presentable ko.(*What can I say? Well, there's really no super big impact that drastically changed about myself. Maybe for me, it's just the confidence, now I can confidently face other people without feeling shy because it has always been my dream to undergo surgery since I am transgender (car noise) and after that, I just pushed myself to undergo surgery so that I can confidently go out, face people, and present myself well*)

Interviewer : Hmmm.. what is you take about surgery with respect to your religion? (*Hmmm.. what is you take about surgery with respect to your religion?*)

Interviewee: Hmmm.. wala koy masulti kay murag di man siya bawal sa katoliko yata(*Hmm... I don't have much to say because it seems like it's not prohibited in the Catholic faith.*)

Interviewer: Pero naa man guy ginaingon nga dili bag ohon (*But there are some who says it shouldn't be*

altered.)

Interviewee : Dili hilabtan? Ay oo lagi pud pero ambot lang nagbag o naman jud karon murag.. to be honest dili najud kaayo jud masunod ug maminaw ang mga tao by ana gud sa atong bible... pero okay lang kay happiness man na nako. (*Not to be altered? Oh yes, but I don't know, things are really changing now. To be honest, people don't seem to strictly follow and listen to what the Bible says anymore, but it's okay because it brings me happiness*)

Interviewee: Ah sige. Ahmm last nlng ni siya, how has cosmetic surgery impacted your overall quality of life? (*Alright. Um, last one, how has cosmetic surgery impacted your overall quality of life?*)

Interviewer: Hmm. For me easy siya makakita ug work... mas dali nako ma carry akong self and confident jud ko sakong mga ginabuhat tungod sakong mga opera. Murag easy sa akua ang life karon than before. (*Hmm. For me, it's easier to find work now. I can carry myself more easily, and I'm confident in what I do because of the surgeries. Life seems easier for me now than before.*)

Appendix 7a: Themes and Codes Table

Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	Theme
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Eugene (CS 1)	It's really for self-confidence. It's for me to enhance my confidence level and to feel beautiful. Eugene (CS 1)	The desire to enhance themselves.	Be Appreciated	Internal Factors for Self Improvement
	Have you sought second opinions from medical professionals regarding cosmetic surgery?		Yes, so whenever you do cosmetic surgery to a legit surgeon there's a consultation that will really happen first	She chose first her security before taking the risk of cosmetic surgery.	overview of the surgery for awareness	Well Awareness

			before you do the procedure. Eugene (CS 1)			
	What is your unforgettable experience that made you decide to have surgery?		I was actually bullied before, I think it's because of my nose, that's one of the factors that I've considered before undergoing surgery to enhance my nose.Eugene (CS 1)	The bullying she experienced made her undergo cosmetic surgery.	bullying	Emotional Response
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?					
	What are the challenges you		There's actually some negative	Faced the diverse opinions	Criticisms	Social Scrutiny

	have faced objectifying the changes of your appearance?		comments and there's also a lot of +positive comments, some of them will say that it's a good result and others will say that it doesn't suit me.	of people.		
	Did you experience unexpected setbacks or challenges during the recovery process?		<p>You need to just stay at home and recover so we need to really make sure that we have enough supplies and also ensure that you have medicines and um some firsts aid um materials or medicines that you can use.</p> <p>It's a challenging part because your entire face will really is swollen because</p>	The cruciality of the needed resources for the recovery and that is prone for infections and death at its worth.	Importance of Resources	Readiness of Basic Essential Needs
					the sensitiveness of the recovery	Physical Challenging OutcomesPh

			of the recovery stage so you need to also make sure that you are careful and always follow the directions instructions of the doctor or the surgeon and then make sure also to really um sanitize so that we can avoid some infection.		process	ysical Challenging Outcomes
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		It's actually a matter of time of not really rushing things because we	Taking time is really significant when it comes to coping up.	significance of time	Resilience Strategy Resilience Strategy

			cannot accept it immediately.			
	How did you cope with the physical and body discomfort during recovery?		Our body will eventually adjust through time. Make sure to really give time to your body to cope up with the changes and adjust to it.	Give body a time to adjust.	significance of time	Resilience Strategy
4. What are the patient's insights in terms of how cosmetic surgery changes their lives?	What can you say in terms of the drastic changes in your life after the surgery?		For me, it is really more of positive changes.after the surgery I gained more confidence, I also joined a lot of pageants, and aside from that, I don't need to put heavy make ups or a lot of things just to	Cosmetic surgery made confident resulting to a more progressive and eventful life.	the impact of cosmetic to empowered confidence	Empowerin g Developmen t

			feel beautiful or confident.			
	What is your take about surgery with respect to your religion?		In our generation of today, if you have the chance to make yourself beautiful, you have the money to do it, and if that really makes you happy, I don't really think that there is something wrong in doing that. So long as you are not stepping on other people's dignity. In my personal opinion to that, so long as you are gaining more confidence and that will make	There is nothing wrong with enhancing one's appearance if you have the means to do so. And always chose what benefits you.	Self Prioritization -	Self Actualization

			you really happy, I don't really think that there is something wrong? Because it's for your own benefit.			
	How has cosmetic surgery impacted your overall quality of life?		And if I will ask if I have some regrets or given a chance not to do it, I will still do it and there's really no regrets in doing it. And yes, maybe my advice to other people who are thinking of doing some enhancement or surgery if it's what you want	Have no room for regrets because it was all worth it.	Remorselessnes	Humanistic OutlookHumanistic Outlook

			and if that's what your heart's desire then go for it.			
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Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Hailly Holy (CS 2)	I had a lot of insecurities about my body and appearance. My ex-boyfriend told me I looked ugly and not feminine. After we broke up, I	Due to the issues of her past relationship, she was motivated to undergo	insecurity Relationship Issues	

			decided to undergo facial surgery to address the issues. It was unforgettable.	cosmetic surgery		
	Have you sought second opinions from medical professionals regarding cosmetic surgery?		I felt more comfortable entrusting the procedures to her. And, she discussed both advantages and disadvantages. She also oriented me on what could happen.	She consulted a trustworthy doctor in order to be well aware of what she is about to undergo	overview of the surgery for awareness	
			It triggered concerns was my lips. It seemed abnormal at first due to swelling, but my surgeon assured me it's normal for freshly injected	Concerns about the aftermath effect of cosmetic surgery.	The After Effect of Cosmetic Surgery	

			lips.			
	2.1 What is your unforgettable experience that made you decide to have surgery?		A lot actually. People on social media have this perception that your facebook should match your real-life appearance.	People expects us to be someone as good as what we post on social media.	stereotyping	
			Some commented negatively, saying the result was ugly, which made me doubt my decision.	She experienced criticisms after the surgery.	criticisms	
	2.2					
	How did you cope with the changes within yourself after surgery?		I'm more confident in facing people now, especially in my own business. Many customers appreciate my appearance.	The confidence she developed after the surgery made her coped up with the changes.	acceptance and embracing	
	3.2 How did you cope with the		My surgeon advised me to use a pulled	She followed what her surgeon advised to	Medication given by the	

	physical and body discomfort during recovery?		compress with some petroleum jelly or something like that on my lips until the swelling decreased and it became okay.	reduce the swelling.	doctor	
	4. What are the patient's insights in terms of how cosmetic surgery changes their lives?		I'm really happy, genuinely happy. I've undergone significant positive changes since I started transitioning two years ago, It feels like only now that I've truly found happiness	In complete bliss brought by the positive changes of the surgery.	Self Fulfillment	
	What can you say in terms of the drastic changes in your life after the surgery?		I'm happy not just because of my appearance, but because many now appreciate my beauty		Impact of Cosmetic Surgery to Empowered Confidence	Empowering Development

			compared to before. It's like a boost to my confidence; I can face people more confidently now.			
	4.2 What is your take about surgery with respect to your religion?		Actually, I don't care. I really don't care because they're not the ones who paid for it. They didn't spend it on it if I enter a church, it's like, "Okay, fine." It's not like there's a rule in my religion against it	She doesn't care about the church, so long as she can afford it.	disregarding religions beliefs	Humanistic Outlook
			We're in 2024 now, not in some older where it should be considered normal not to enhance oneself	In this new generation, we must be open minded and embrace change.	Open Mindedness	Beneficial Gain

			because that's how God made			
			We have to enhance ourselves to be more presentable and attractive to people's perspectives.	She wants to imply that people will be attracted if she enhances herself.	Physical Attractiveness	Positive Physical Enhancements
			I just enjoy my life because we only live once, spend on what makes you happy because opportunities like that come rarely.	Prioritize the things that make you happy.	Self Prioritization	Self Actualization
			My life is indeed better now compared to before because I am not degraded by people anymore.	The participant is now appreciated by people unlike before.	Level of Appreciation Based on Physical Appearance	Enhanced Social Validation
			I received more respect from others now.	She received respect the moment she	Respected	Enhanced Social Validation

				enhanced her appearance.		
	How has cosmetic surgery impacted your overall quality of life?		For me, I just enjoy and focus on being happy always.	The participant is now prioritizing what makes her happy.	Self Prioritization	Self Actualization
			I confidently invest in enhancing myself, my face, my body. Maybe, because I felt feminine, feeling more like a woman.	Do not hesitate to invest in yourself especially if it will give you fulfillment.	Physically Feminine	Positive Physical Enhancements

Method of Analysis						
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By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Gwen (CS 3)	Well, it was my dream before, like it was really my dream to fulfill myself and become a woman.	Desire to attain fulfillment and reach her long time dreams.	Desire	Internal Factors for self improvement
			That's my drive every time I see a beautiful, sexy woman. It motivates me to go for cosmetic surgery and enhance myself.	Seeing beautiful and sexy women, she was motivated to undergo cosmetic surgery.	Motivation	Conformity to Beauty Standard

	Have you sought second opinions from medical professionals regarding cosmetic surgery?		Before undergoing my first cosmetic surgery, I did extensive research on top-notch trans-friendly doctors. It took me about two years to decide. I looked into who had the best reputation, the procedures, their aesthetics, and all that. So, I didn't check or schedule an appointment with a doctor for	To ensure a secure and satisfactory result, extensive research has been done before taking the risk to undergo the surgery.	Extensive Research	Well-Awareness

			consultation.			
	What is your unforgettable experience that made you decide to have surgery?		There was this one time when I experienced a heartbreaking situation. It was like my second boyfriend, and he left me for another girl.	Due to past experiences with her ex-lover, she sought to undergo cosmetic surgery.	Relationship Issues	Conformity to Beauty Standard
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		The only after-effect is the initial pain, like my skin was being stretched.	The surgery has an after effect but it differs from the procedure.	the after effect of cosmetic surgery	Physical Challenging Outcomes
	What are the challenges you have faced objectifying the changes of your appearance?		When I go to church, it's a bit challenging because people really notice. I have to adjust my outfit, wear loose shirts to	After the surgery, she experienced social scrutiny in which people are examining her critically.	criticisms	Social Scrutiny

			<p>avoid drawing too much attention, as it can be quite revealing.</p> <p>I get judged wherever I go, especially by men, who see me as a sex icon.</p>	<p>Also, men perceive her as someone vulgar which is clearly a stereotype among LGBTQ+ community.</p>	Stereotyping	Social Scrutiny
	Did you experience unexpected setbacks or challenges during the recovery process?					
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		<p>I think, first, I really had to mentally adjust because you can't critically</p>	<p>Have an expanded horizon to mentally adjust with the</p>	Mental Adjustments	Resilience Strategy

			process it unless you accept it in your mind that it's there, and whether you like it or not, it's not something that can be easily removed.	changes.		
	How did you cope with the physical and body discomfort during recovery?		I just had minimal movement, took vitamin C, which was prohibited at that time. Surprisingly, my wound healed quickly. Since then, my doctor has been prescribing vitamin C to clients because of my case.	She took some vitamins to heal quickly.	Medication given by the doctor	Medical Assistance
			You're not allowed to lift	There are restrictions after	The sensitiveness of	

			heavy things because the silicon moves, and you can't ride a tricycle because it wobbles, and it feels like the silicon might leak, although it doesn't really happen. So, you're restricted from lifting heavy things and doing excessively. movements for about 3 months... because it's under the muscle, not under the skin, so the healing takes longer. I just endured it.	the surgery especially that it can be prone to infections that might delay the healing process.	the recovery process.	
4. What are the	What can you say in terms of		I feel complete. I feel like I	After the surgery, it	Self Fulfillment	Self Actualizatio

			everything. Its like I didnt have any reservations about it. I didnt see it as a loss or anything like that.			
	What is your take about surgery with respect to your religion?		<p>I think my religion has nothing to do with it because it's my choice, and as a human, I believe I have my freedom of choice.</p> <p>I believe my body is holy and sacred, but I also know that I have to deal with my emotions and as a human, I have my needs.</p> <p>So my religion has nothing to do with the cosmetic</p>		<p>Self Priorization</p> <p>Disregarding</p>	<p>Self Actualization</p> <p>Humanistic</p>

			surgeries that I have gone through.		Religious Beliefs	Outlook
	How has cosmetic surgery impacted your overall quality of life?		<p>It made my life easier because I want to be a woman not just in actions or appearance, but from within, inside out.</p> <p>So, those drastic changes made my life more comfortable because I don't need to pretend anymore, especially because I have breasts now.</p>	The patient's satisfaction in life brought a sense of confidence and freedom., liberating her from previous constraints.	<p>Physically Feminine</p> <p>Self Fulfillment</p>	<p>Positive Physical Enhancements</p> <p>Self Actualization</p> <p>Internal factors for self improvement</p>

Method of Analysis

Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	Theme
1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Rica (CS 4)	In order to protect yourself against bullying.	Due to the beauty standards of the society, others are bullied in terms of their physical appearance publicly.	bullying	Emotional Response
		Rica (CS 4)	Need to change to at least people will appreciate you	She was motivated to undergo cosmetic surgery because she wanted people to appreciate her	Be Appreciated	Internal factors for self-improvement
	Have you sought second opinions from medical professionals regarding	Rica (CS-4)	Yes, of course. Really need proper consultation, advice from	Medical opinions in terms of changing a specific body	overview of the surgery for awareness	Well-awareness

	cosmetic surgery?		experts, doctors, and surgeons. They said that there will really be a huge change in your life.	part is crucial to become aware of the possible outcomes.		
	What is your unforgettable experience that made you decide to have surgery?		There are a lot of people around me saying that I should get surgery to at least look beautiful.	The words of encouragements made her undergo cosmetic surgery	Encouraged by other people	
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		Second month after the surgery, I felt a slight pain but it was completely normal since I underwent a surgery.	Minimal pain is actually normal when someone undergoes a surgery.	- the after effect of cosmetic surgery	Physical challenging outcomes
	What are the challenges you have faced objectifying the					

	changes of your appearance?					
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		I love it, I love the changes that happened to me, they appreciate me more. They even say that it is really great that I had surgery.	After the acceptance and validation of others, made her embrace the the changes..	acceptance and embracing changes level of appreciation based on physical appearance	Internal Factors for self improvment
	How did you cope with the physical discomfort during recovery?		Through the advisory of my doctor and the prescribed medicine. They gave me pain killers so it won't be really uncomfortable.	Coping up with the physical pain through the advised medicine. In order to tolerate the pain, painkillers are given.	medication given by the doctor	Medical Assistance Manual therapy
4. What are the patient's	What can you say in terms of the drastic		All I can say is that I am totally delighted.	Satisfaction from the changes brought	Self Fulfillment	Self Actualizatio n

insights in terms of how cosmetic surgery changes their lives?	changes in your life after the surgery?		That I am satisfied . And it really boosted my confidence, especially talking with people.	by cosmetic surgery brought pure bliss to her life. Due to the renewed self confidence, they have gained strength to strongly face others.	Dark blue- the impact of cosmetic surgery to empowered confidence	Empowerin g Developmen tInternal Factors for self improvement
			Especially in my line of work, it was really uncomfortable, still need to exert an effort to make yourself presentable	From the advantageous result of the surgery, she does not need to exert a lot of effort just to look presentable.	highlight- career advantages.	Beneficial Gain
	What is your take about surgery with respect to your religion?		The church will really say about the changes in your body. They will really have different opinions and I respect that.	.	Self Priorization	Self Actualizatio n

			For me, as long as I am not stepping down on anyone, it's all good.			
	How has cosmetic surgery impacted your overall quality of life?		Changes, it boosted my confidence. I become more confident when it comes to talking and socializing with people. A huge change ever since I went through the surgery.	The social factor in which the cosmetic surgery has greatly contributed to made her more confident in engaging herself to the society with openness and acceptance.	Impact of Cosmetic Surgery to Empowered Confidence	Empowering Development

Method of Analysis
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel

Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	Theme
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Allison (CS 5)	I actually got rhinoplasty because it is trending.	Due to the effect of social media, one's decision making is greatly influenced.	Trend	Conformity to Beauty Standards
			And I don't appreciate myself looking like a complete Asian.	She perceived that looking like an asian is less attractive that's why she wanted to enhance her feature by undergoing cosmetic surgery.	Motivation	External Social Influences
			Also, I wanted to enhance myself to meet the beauty standard and I	Attaining a beauty that can reach the standard of beauty through cosmetic surgery.	beauty standard	Conformity to Beauty Standards

			wanted to look like an American			
	Have you sought second opinions from medical professionals regarding cosmetic surgery?		I did ask questions to my doctor about the consequences before taking the risk because I know that it will be dangerous if I won't consult her first.	To ensure the credibility of the result, one must know the possibilities and outcomes before deciding with certainty.	overview of the cosmetic surgery for awareness	

	What is your unforgettable experience that made you decide to undergo cosmetic surgery?		<p>I actually decided to undergo cosmetic surgery because I saw Janine Berdin, an artist that had cosmetic surgery. I saw it on tik tok because it went viral.</p> <p>And I saw Asian people that are now with an American look which for me is the standard look that's why I decided to try it.</p>	<p>A celebrity can be someone's aspiration and influencer which will greatly impact you as a person especially in distinguishing what's best for her well being.</p> <p>Perceiving yourself as someone average and completely wanting to reach the standard she set herself.</p>	<p>Influenced by a Celebrity</p> <p>motivation</p>	<p>Conformity to Beauty Standards</p> <p>External Social Influences</p>
2. What are the challenges that the patients faced after	What are the unexpected effects in terms of your physical appearance after		I accidentally forgot that I am not allowed to eat any spicy sea foods that	After the surgery, one must be mindful and meticulous in terms of the	the sensitiveness of recovery process	

undergoing cosmetic surgery?	having cosmetic surgery?		resulted in swelling to the point that I look like an avatar.	do's and don'ts said by the doctor because failure to submit on those will possibly result in an unwanted side effect or outcome.		
	What are the challenges you have faced objectifying the changes of your appearance?		All I can hear is them saying that I look American. Also using the NGL app, I have received good feedback and hate messaged saying, asking, and objectifying why I underwent rhinoplasty.	She experienced and faced criticisms after the surgery	Criticisms	External Social Influences
			They said that I am not content with who and	She experienced criticisms from other people by	criticisms	

			what I am.	her decisions.		
						Internal factors for self improvement
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		Everyday, I am inspired that a part of my face is now altered.	In order to cope up quickly with all the sudden drastic changes, one must perceive it as a motivation and aspiration to go on with life, viewing it as a new sign of hope to start taking a step forward.	Acceptance and Embrace Changes	Resilience Strategy Internal factors for self improvement
	How did you cope with the physical and body discomfort during recovery?		All I did was follow the instructions of my doctor like have a cold compress, take medicines, stay away from high	After the surgery, it is crucial to follow the instructions given by the doctor to ensure a quick healing	medications given by the doctor	Medical Assistance

			temperature areas, stay at home, and just watch movies whenever I experience discomfort.	process and a complete recovery.		
4. What are the patient's insights in terms of how cosmetic surgery changes their lives?	What can you say in terms of the drastic changes in your life after the surgery?		There were a lot of changes especially that people love me more now and everytime I go out, strangers would stare at my face.	Cosmetic surgery brought a very delightful impact on her social well-being and improvement to her physical attributes.	level of appreciation based on physical appearance.	Enhanced Social Validation
	What is your take about surgery with respect to your religion?		I am a Roman Catholic and I believe that God created you for	Altering some parts of the body can be a sensitive topic	Self Prioritization	Self Actualization

			<p>who you are and that you need to accept what has been given. However, we can do whatever we want in life as long as you are being yourself and you are not stepping down on others.</p>	<p>when it comes to religion. However, she openly accepted and considered the viewpoint of her church but not completely putting her stand aside that so long as she is not stepping down on others or inflicting them harm, then she can just continue being Hermes.</p>		
	<p>How has cosmetic surgery impacted your overall quality of life?</p>		<p>I kept on receiving more love messages and the people surrounding me kept on staring like I am some kind of a celebrity.</p>	<p>People's validation of how they perceive her outside brought her complete development into loving her renewed self more.</p>	<p>level of appreciation based on their physical appearance.</p>	<p>Enhance Social Validation</p>

			It is a positive impact especially, that I think I have now met the standard of beauty, I became more content, I kept getting attention, and I am now content with my enhanced nose.	Cosmetic surgery can greatly impact a person's social and emotional well being. Healing persons from past insecurities that once tormented them.	Self Fulfillment	Self Actualization

Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	
1. 1. What are the experiences of	What is the reason that prompted you to	Mary Lina (CS 6)	To enhance my overall	She opted to undergo cosmetic surgery	desire	Internal Factors for Self

the patients that led them to consider cosmetic surgery?	undergo cosmetic surgery?		appearance.	in order to enhance her overall appearance that she deemed lacking especially her buttocks and facial areas. Thus, it became here motivation.		Improvement
	Have you sought second opinions to medical professionals regarding cosmetic surgery?		To feel more in touch with my identity as a gay person, to embrace my femininity. To be more attractive to others. And it is my goal	As a member of the LGBTQ+ community, the reason behind her decision is to fully embrace the feminity inside of her as a gay person and to be perceived in a different level of attractiveness.	to embrace femininity Be Attractive	Internal Factors for Self Improvement Internal Factors for Self Improvement

	Have you sought second opinions to medical professionals regarding cosmetic surgery		Yes, before undergoing any procedures, I consulted and sought advice on what to do and potential effects. And it's okay because I know many acquaintances who have done it, and their bodies are fine, no issues or side effects.	To ensure her own safety, she sought medical professional's opinions before doing the procedure. Thus, she is also pacified knowing that she has a lot of acquaintances that underwent the same procedures with satisfactory results.	overview of the surgery for awareness	
	What is your unforgettable experience that made you decide to undergo cosmetic surgery?		Yes, because most guys nowadays are looking for someone similar to a woman with feminine features and a fit body.	She was motivated to undergo cosmetic surgery in order to suit with the standards put up by my men.	To reach the beauty standard	Conformity to Beauty Standards

			Because I've experienced discrimination before.	Underlying her actions, it was the utter discrimination of people that drove her to undergo cosmetic surgery. Due to verbal criticisms, it affected her way of thinking. Thus, she felt the desire to change in order for the people to stop discriminating and downgrading her.	Motivation	External Social Influences
2. What are the challenges that the patients faced after undergoing cosmetic	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		What I felt is that I became more confident. It's just the normal changes.	The surgery was successfully done and normal effects were experienced.	effect of cosmetic surgery	

surgery?						
	What are the challenges you have faced objectifying the changes of your appearance?					
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		I had already accepted it beforehand when I hadn't undergone enhancement yet	Fully embracing the thought of her entering femininity and conditioning her mind and body prior to the enhancement period, it made her cope up with the changes that happened to her body more easily.	acceptance and embracing changes.	Resilience Strategy
4. What are the patient's insights in terms of how cosmetic surgery changes	What can you say in terms of the drastic changes in your life after the surgery?		Unlike before when people would just mock You, label you as gay just	Significantly, the treatment of people surrounding her changed	level of appreciation based on the physical appearance	Enhanced Social Validation

their lives?			because you have a man's body. Now, people appreciate the confidence that comes with it. That's a significant improvement.	drastically. In terms of what cosmetic surgery brought in, it is the great impact to her social and emotional well being that comes with it.		
	What is your take about surgery with respect to your religion?		I don't really care about that. Because no religion can save me, when they question changing what God created, many things have already changed, not just enhancements..	Believing that no religion can actually save her and having in mind that many things have already changed in defiance to their supposed role and taboo thinking, she doesn't care anymore.	disregarding religious beliefs.	Humanistic Outlook

			It gave me more confidence, allow me to move properly, and walk on the street without much discrimination.		Impact of Cosmetic Surgery to Empowered Confidence	Empowerin g Developmen t
	How has cosmetic surgery impacted your overall quality of life?		It gave me more confidence, allowed me to move properly, and walk on the street without much discrimination.	Due to the satisfactory result of cosmetic surgery, her entire confidence boosted to the highest level leaving the discriminations of the distant past which made her express herself freely without fear.	impact of cosmetic surgery to empowered confidence	Empowerin g Developmen t

Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Nam Laniba (CS 7)	My long time dream ever since I became a teenager. To enhance myself to look more feminine. And to boost my confidence.	As a woman of heart in a masculine body, she has the needs and hunger to be feminine and improve her self confidence which can only be resolved by undergoing cosmetic surgery.	desire to embrace femininity Be confident	Internal Factors for Self Improvement Internal Factors for Self Improvement Internal Factors for Self Improvement

						nt
	Have you sought second opinions from medical professionals regarding cosmetic surgery?		I only asked those people who have undergone the same operation. I asked what it feels like and such. Also, I browse through youtube and google. And I watched several vlogs of my fellow transgenders who underwent beautifications.	To have an overview, she asked the people who have undergone the same surgery .	Extensive Research	
	What are the unforgettable experiences that made you decide to have surgery?		I really think that it will make me more beautiful to look at.	After compiling her hard earned money, her decision has solidified with finality. Pinning	To become more beautiful To become	

			And for more chances that people will be attracted or fall in love	inside her head that cosmetic surgery will make her more beautiful and attractive will give a high probability of people falling in love for her.	attractive	
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		<p>I felt pain in my chest, it was somewhat suffocating. I take some medicines that were recommended by the doctor, which is 2 times a day.</p> <p>I experienced pains when I forgot to sometimes take my medicines on time and yes, it really feels so</p>	Experiencing pain after surgery is obviously normal such as the feeling of suffocation because of breast augmentation.	<p>the after effects of cosmetic surgery</p> <p>Sensitiveness of the recovery process</p>	<p>Physical Challenging Outcomes</p> <p>Physical Challenging Outcomes</p>

			suffocating.			
	What are the challenges you have faced objectifying the changes of your appearance?		<p>A lot of them said that it looked like a muscle because it was too high to be a breast.</p> <p>And sometimes, I am being harassed since they are also ignorant to the changes.</p>	<p>Experienced discrimination due to the result of the surgery.</p> <p>Experienced harassment by other people.</p>	<p>discrimination</p> <p>harrasment</p>	<p>Social Scrutiny</p> <p>Social Scrutiny</p>
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		<p>I am very delighted with the changes in my body. And I felt like I have already reached my goal.</p> <p>There was a procedure to lessen the lump. Massage then twist and squeeze it side</p>	<p>Coped up with the changes due to the success of attaining her goal.</p> <p>In order to ease the pain and cope up with physical uncomfortablenss, there are</p>	<p>the acceptance and embracing changes</p> <p>Applied Alternatives</p>	<p>Resilience Strategy</p> <p>Manual Therapy</p>

			by side. To take my breast in the right position. I used something like what we used: we have a sprained ankle. A bandage, You have to put that above the chest so that it would go down to its place since it was really located in a high position when it was still new.	specific procedures that can be applied. Following the suggestions of the doctor to recover and cope up with the changes.		
4. What are the patient's insights in terms of how cosmetic surgery changes their lives?	What can you say in terms of the drastic changes in your life after the surgery?		It makes me more attractive when I wear sexy clothes. Also my body became more feminine.	The impact of cosmetic surgery empowered her emotionally and improved her physically.	Physical Attractiveness Physically Feminine Impact of	Positive Physical Enhancements Positive Physical Enhancements

			And it really boosted my confidence.		Cosmetic Surgery to Empowered Confidence	Empowering Development
	What is your take about surgery with respect to your religion?		<p>I don't really give care nor do I rely on my religion's view.</p> <p>I am genuinely happy that I reached my very own dream.</p> <p>I personally respect their opinion but in my perspective, I am only following what my heart desires and it is to be happy.</p>	<p>Respecting the church but disregarding their viewpoints, instead prioritizing what her heart desires.</p> <p>She does respect the viewpoint of the church but still disregarding it while prioritizing what her heart desire.</p>	<p>underline-disregarding religious belief</p> <p>Self Fulfillment</p> <p>Self Prioritization.</p>	<p>Humanistic Outlook</p> <p>Self Actualization</p> <p>Self Actualization</p>
	How has		Impact... It	Cosmetic		Beneficial

	cosmetic surgery impacted your overall quality of life?		really helped me. The changes made me earn money since foreigners are attracted to me and they fall in love. That's the reason why they are sending me money.	surgery impacted positively her financial status.	highlight-financial advantages	Gain
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Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	
1. 1. What are the experiences of	What is the reason that prompted you to	Hyuna Laniba (CS 8)	I was bullied because of my chin.	She experienced being bullied	bullying	External Social Influences

the patients that led them to consider cosmetic surgery?	undergo cosmetic surgery?		That's why they encouraged me to get fillers in my chin so that I can have improvements, that is the reason.	because of her chin. She was motivated to undergo cosmetic surgery due to the persuasion of her surroundings.	Encouraged by other people	Conformity to Beauty Standards
	Have you sought second opinions from medical professionals regarding cosmetic surgery?		They said that my chin will be enhanced, then they also gave me anesthesia so I won't be afraid of the injections.	The consultation made her more aware about the surgery she was about to undergo.	overview of the surgery for awareness	
	What are the unforgettable experience that made you decide to have surgery?		Yes, it is. Also my insecurity. My friends that also underwent fillers, they encourage me to	Her insecurities motivated her to undergo cosmetic surgery. Consistent	insecurity Encouraged by other people	External Social Influences Conformity to Beauty Standards

			have chin fillers so it will be enhanced.	persuasion motivated her to undergo cosmetic surgery.		
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		It's really numb at first, and then it becomes painful and heavy.	Experienced immense pain after the surgery.	the after effect of the surgery	Physical Challenging Outcomes
	What are the challenges you have faced objectifying the changes of your appearance?		Then there are others with negative comments, saying that the injection looks	Some people objectified negatively the changes of her	criticisms	Social Scrutiny

			<p>different or was poorly done.</p> <p>Actually, it turned out that way because of my ignorance before; I got overwhelmed and kept poking at it, maybe before it was totally healed. And then, I noticed something came out of my chin which made it a little deformed so I am planning to have it fix soon</p>	<p>appearance.</p> <p>Experienced deformities due to ignorance and feeling overwhelmed.</p>	<p>Sensitiveness of the Recovery Process</p>	<p>Physical Challenging Outcomes</p>
<p>3. What are the coping mechanisms of the patients?</p>	<p>How did you cope with the changes within yourself after surgery?</p>		<p>Three days after I had the injection, I was saying, “ Wow, it really looks good after the injection. I</p>	<p>The satisfactory result of the surgery made her cope with the changes. Cosmetic</p>	<p>Acceptance and Embrace Changes</p>	<p>Resilience Strategy</p>

			almost look quite glamorous with my face. Yes, I can say that I am satisfied, very satisfied.	surgery brought her a sense of fulfillment.		
4. What are the patient's insights in terms of how cosmetic surgery changes their lives?	What can you say in terms of the drastic changes in your life after the surgery?		What I can say is my appearance looks really nice because of the surgery.	Cosmetic surgery brought her contentment.	Self Fulfillment	Self Actualization
	What is your take about surgery with respect to your religion?		I don't care about those kinds of comments. Maybe some might criticize me for it, but for me, perhaps the Lord would understand that it's not enough for me... I still need to have it	Disregards the comments of the church.	disregarding religious belief	Humanistic Outlook

			enhanced. Maybe it's not right to judge or dictate people on what to do with their body or face.			
	How has cosmetic surgery impacted your overall quality of life?		That thing, everytime I go out, I enjoy receiving compliments from people about me.	People appreciated her more as a person.	Level of appreciation based on the physical appearance.	Enhanced Social Validation

			It is significant because it boosts my confidence to face them.	Cosmetic surgery impacted her emotionally in a positive way.	the impact of cosmetic surgery to empowered confidence.	Empowerin g Developmen t
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Method of Analysis						
Title: Alter: Lived Experiences of People who chose to undergo Cosmetic Surgery						
By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	Theme
1. 1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Jade (CS 9)	As a person born to be a man, and as a member of LGBTQ+ community now, we wanted to become a female. And we opted to undergo cosmetic surgery so we would feel more beautiful. And when you are in my shoe, this is what we want, to become a woman, to	As a part of the LGBTQ+ community, most of them wanted to embrace themselves, feel beautiful, and be accepted from within by undergoing cosmetic surgery.	Embrace Femininity	Internal Factors for Self Improvement

			become beautiful, and to be accepted.			
	Have you sought second opinions to medical professionals regarding cosmetic surgery?		Before you undergo the surgery, you should inquire to the professionals. you have to undergo a lot of process. they told me what are the proper drinks and instructed me what to eat, that I should take a proper balance diet because I am an overweight.	To ensure a safe and secure outcome, following the prescription of the doctors can help increasing your awareness.	overview of the surgery for awareness	
	What are the unforgettable experience that made you decide to have surgery?		Teenagers nowadays would say that you are ugly and you still have this and that. So I have	Because of what people saying, she was motivated to undergo cosmetic surgery	Encouraged by other people	Conformity to Beauty Standards

			decided that I really need to change and undergo cosmetic surgery			
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		It was part of my breast and then I gained weight afterwards. Sometimes I feel moody. On the otherhand, I get easily emotional everyday, and my appetite that's why prescription of the doctors are needed. Sometimes, I experienced nausea because I tend to be conscious around people.	Experienced sensitivities and vulnerabilities after the surgery.	Emotional Challenges	Emotional Challenges

	What are the challenges you have faced objectifying the changes of your appearance?		They would say that I am still a man and can't be pregnant. they would also say that you underwent cosmetic surgery that's why I became beautiful. And when it comes to objectifying my changed version, yes they would still comment but not as much as before. But actually, I am really hurt when people say those kind of things.	The challenges and hurtful comments that she faces from others with regards to her gender identity and physical appearance. Encountered disbelief or invalidation of their identity and expressed discomfort and pain from the comments that objectify or diminish their personal journey and transformation.	criticisms	Social Scrutiny
	Did you experience unexpected setbacks or					

	challenges during the recovery process?					
3. What are the coping mechanisms of the patients?	How did you cope with the changes within yourself after surgery?		<p>Normal. There is nothing to cope up, it was like nothing.</p> <p>Especially down there because I used to pee while standing.</p> <p>The doctor way back in Thailand said that under part will really be uncomfortable and that feeling did not fade completely, it's still here.</p>	The effects of surgery differ from person to person based on the procedure they take. The prescriptions and advice from the doctor must be follow in order to ease and lessened the pain.	medication given by the doctor	Post-Surgical Care
4. What are the patient's insights in terms	What can you say in terms of the drastic changes in your		I must say that I am happy because I am beyond more	Happiness washed over her heart as the result of	the impact of cc cosmetic surgery to empowered	Internal Factors for self-improvement

of how cosmetic surgery changes their lives?	life after the surgery?		better now. i also get respected by most of the people.	cosmetic surgery made her physically pleasant and better. Thus, happy because respect is something that she desired before and now, she earned it just by people glancing at her.	confidence.	t
			In the LGBTQ+ community, we don't really have any religion because we don't really need their opinion because religion is just a religion. Because what we think is what we consider not the viewpoints	She did not consider the viewpoint of her religion because right from the start, she doesn't have one. She doesn't see any reason to do so too because she believed that it is her wellbeing that should be prioritize and not the opinions of others.	disregarding religious beliefs instead prioritizing themselves.	Self-actualization

			of the church.			
	How has cosmetic surgery impacted your overall quality of life?		It is very well because others can highly praise me because of my beauty. they would say that I was beautiful, that I have a nice body, and that i am really feminine now so it made me develop my self confidence. And for a transwoman that underwent a surgery, I am so happy that even if people will ask me if I regretted my decision, I would answer	She is so highly satisfied by the impact of cosmetic surgery that a mere regret wouldn't be able to break it. For a reason that cosmetic surgery did not just enhanced the part of her that she deemed to be unpleasant but also because it greatly impacted her overall emotional and mental well being since as someone who perceives herself as a pure woman, it is her way to reaching	level of appreciation based on physical appearance. the impact of cosmetic surgery to empowered confidence.	Positive physical enhancements Internal Factors for self-improvement

			no. Yes and alo blessed.	the goal of embracing it.		
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Method of Analysis						
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By: Calingacion, Elaiza De Leon, Ma. Dorothy Claire E. Bato, Jezrel Sarangsang, Gabriel Monroid, Prince Troy						
Statement of the Problem	Questions	Participant	Significant Statements	Formulated Meanings	Coding	Theme
1. What are the experiences of the patients that led them to consider cosmetic surgery?	What is the reason that prompted you to undergo cosmetic surgery?	Janna (CS 10)	It is to boost my confidence. In society today, standards are very high. In order for me to reach it, I have to look more presentable and beautiful.	The desire to boost her confidence. The desire to reach the standard of society.	desire beauty standard	Internal factors for self-improvement Conformity to beauty standard
	Have you sought second		Yes, because it is truly	It is important to have an	overview of the surgery for	Well-awareness

	opinions from medical professionals regarding cosmetic surgery?		significant.	overview about the surgery.	awareness	
	What is your unforgettable experience that made you decide to have surgery?		People actually bullied and compared me with others.	She experienced being bullied because of her appearance before.	bullying	Social scrutiny
2. What are the challenges that the patients faced after undergoing cosmetic surgery?	What are the unexpected effects in terms of your physical appearance after having cosmetic surgery?		Maybe the pain that I felt at my back.	Experienced pain as a result of the surgery.	the after effect of cosmetic surgery	Physical challenging outcomes
	What are the challenges you have faced objectifying the changes of your appearance?		I have encountered, saying that I am not authentic and I'm ugly before.	Some perceive them as less authentic.	- criticisms	Social scrutiny

			In today's society, it is normal for people to think that we only did enhancements, that we were ugly before and it really hurts our feelings.	Experienced stereotyping for undergoing cosmetic surgery.	stereotyping	Social scrutiny
	Did you experience unexpected setbacks or challenges during the recovery process?		Maybe just the pain that I have felt after the surgery.	Dealt with the aftermath pain of the surgery.	the after effect of cosmetic surgery	Physical challenging outcomes
	How did you cope with the physical discomfort during recovery?			She experienced physical discomforts that's why she needed to be taken care of.	acceptance and embracing changes.	Internal factors for self-improvement

<p>4.</p> <p>What are the patient's insights in terms of how cosmetic surgery changes their lives?</p>	<p>What can you say in terms of the drastic changes in your life after the surgery?</p>		<p>How I can confidently face other people without feeling shy.</p> <p>I just pushed myself to undergo surgery so that I confidently go out, face people, and present myself well.</p>	<p>Cosmetic surgery developed her self confidence.</p> <p>Cosmetic surgery brought her a lot of benefits.</p>	<p>the impact of the cosmetic surgery to empowered confidence</p> <p>the impact of the surgery to empowered confidence</p>	<p>Internal factors for self-improvement</p> <p>Internal factors for self-improvement</p>
	<p>What is your take about surgery with respect to your religion?</p>		<p>I don't have much to say because it seems like it's not prohibited in the Catholic faith. But, I don't know things are</p>	<p>People stopped following the church and started prioritizing themselves more.</p>	<p>disregarding religious belief</p>	<p>Humanistic approach</p>

			really changing now. People don't seem to strictly follow and listen to what the bible says anymore. But it brings me happiness.			
	How has cosmetic surgery impacted your overall quality of life?		<p>It's easier to find work now.</p> <p>I can carry myself more easily, and I'm confident.</p>	<p>Being accepted in a job is now more easier.</p> <p>Knows how to carry herself more.</p>	<p>career advantages</p> <p>the impact of cosmetic surgery to empowered confidence.</p>	<p>Beneficial gain</p> <p>Internal factors for self-improvement</p>

Appendix 8a: Documentations

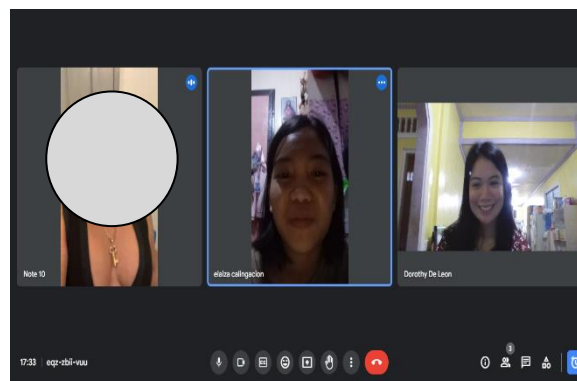
CS1 (Eugene's Virtual Interview)



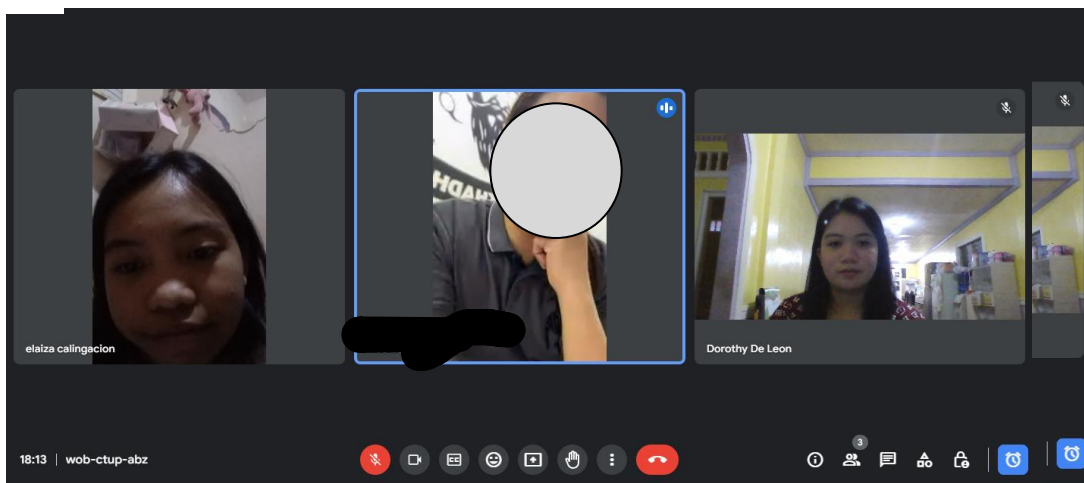
CS2 (Hailly's workplace)



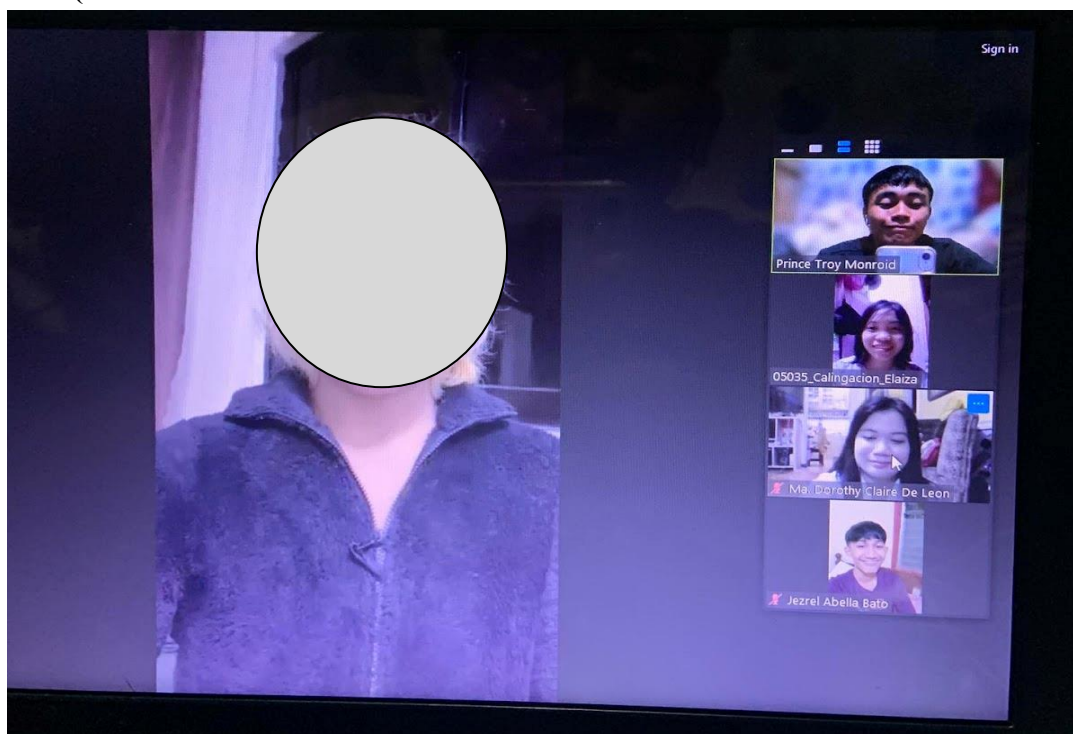
CS3 (Gwen's Virtual Interview)



CS4 (Rica's Virtual Interview)



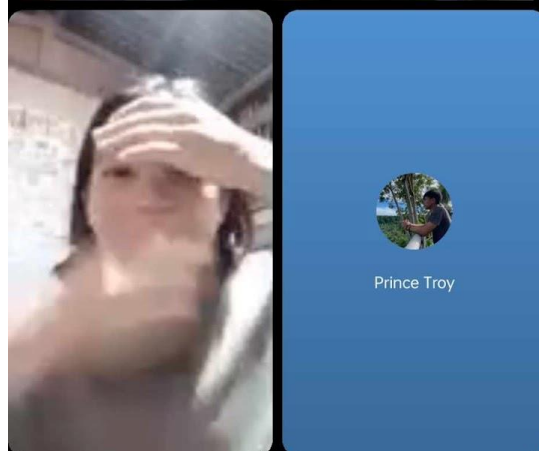
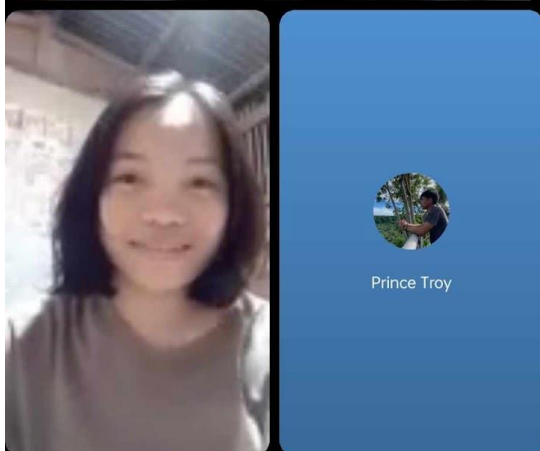
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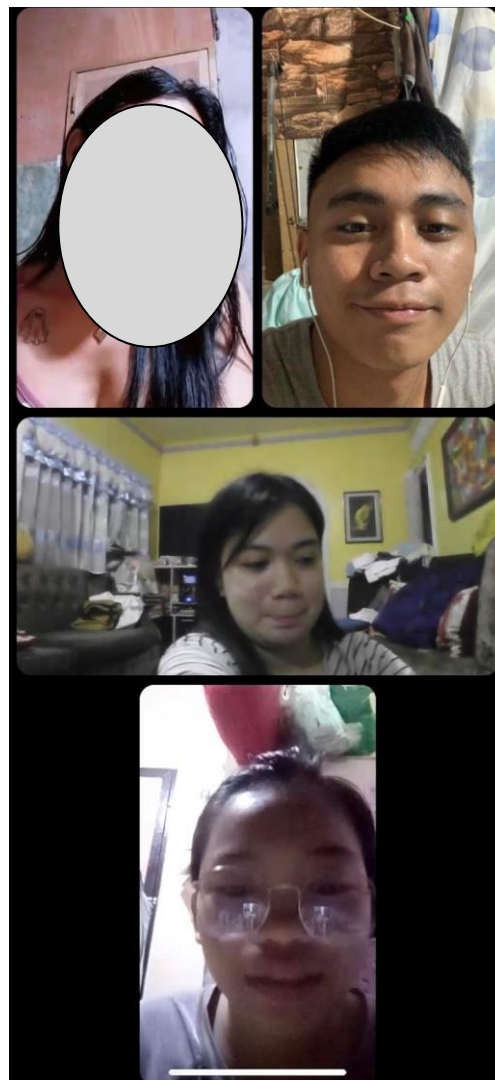
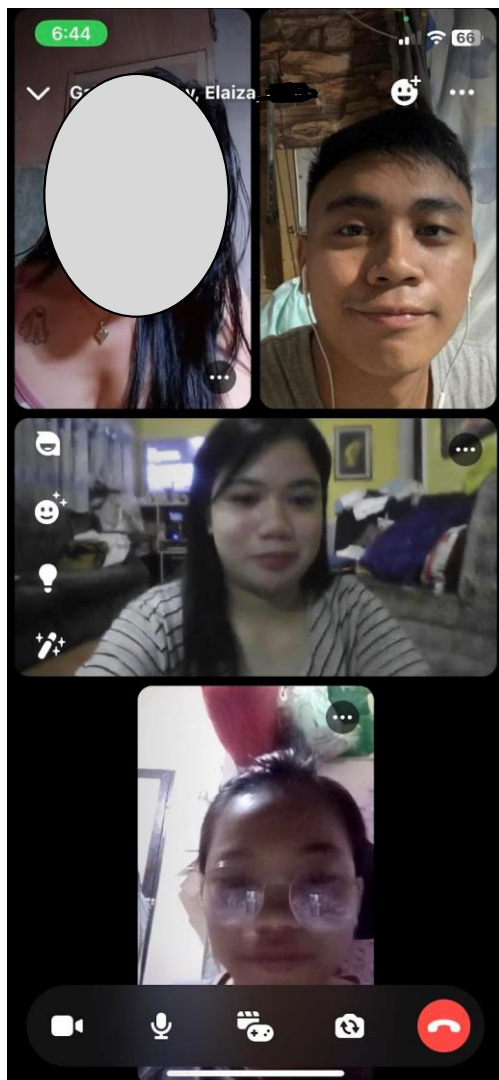


C6 (Mary's Virtual Interview)

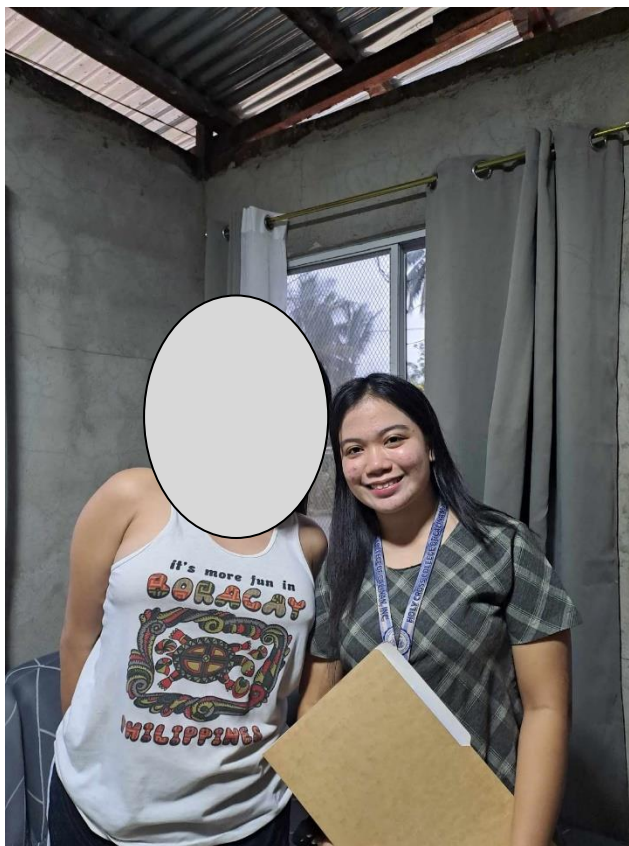
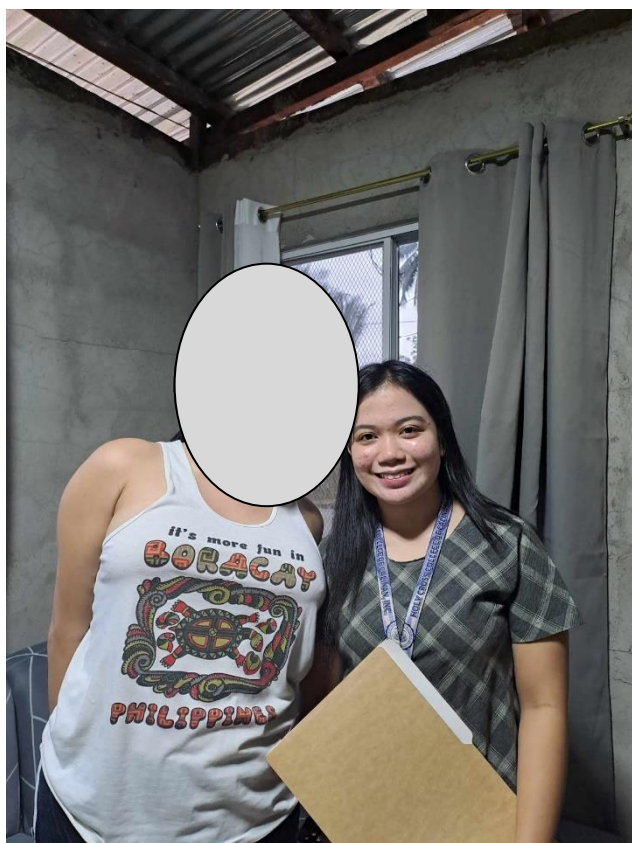


C7 (Nam's Virtual Interview)

C8 (Hyuna's Virtual Interview)

C9 (Jade's Virtual Interview)

C10 (Janna's Virtual Interview)



CURRICULUM VITAE

Name: Elaiza B. Calingacion

Age: 17

Date of Birth: December 27, 2006

Place of Birth: Davao City

Civil Status: Single

Citizenship: Filipino

Religion Roman Catholic

Sex: Female

Father's Name: Edgar Calingacion

Occupation: Farmer

Mother's Name: Lourdes Calingacion

Occupation: Domestic Helper

Phone No.: 09093719319

E-mail address: calingacionellaiza@gmail.com



EDUCATIONAL ATTAINMENT

School	Year Started-Graduated	
Senior High School	Holy Cross College of Calinan Inc.	2022-2024
Secondary	Sumimao National High School..	2018-2022
Elementary	Sumimao Elementary School	2017-2018

CURRICULUM VITAE

Name: Ma. Dorothy Claire E. De Leon

Age: 17

Date of Birth: September 7, 2006

Place of Birth: Davao City

Civil Status: Single

Citizenship: Filipino

Religion Roman Catholic

Sex: Female

Father's Name: Ronald P. De Leon

Occupation: Employee

Mother's Name: Dothy E. De Leon

Occupation: Teacher

Phone No 09488039141

E-mail address: dorothyclaire07@gmail.com



EDUCATIONAL ATTAINMENT

School	Year Started-Graduated	
Senior High School	Holy Cross College of Calinan Inc.	2022-2024
Secondary	Baguio National School of Arts and Trades	2018-2022
Elementary	Baguio Central Elementary School	2017-2018

CURRICULUM VITAE

Name: Jezrel Bato
Age: 17
Date of Birth: July 2, 2006
Place of Birth: Davao City
Civil Status: Single
Citizenship: Filipino
Religion Roman Catholic
Sex: Male
Father's Name Gerald P. Bato
Mother's Name: Anabel A. Bato
Phone No.: 09358613213
E-mail address: jezrelbato02@gmail.com



Occupation: Farmer

Occupation: Housewife

EDUCATIONAL ATTAINMENT

School	Year Started-Graduated	
Senior High School	Holy Cross College of Calinan Inc.	2022-2024
Secondary	Wangan National High School..	2018-2022
Elementary	Wangan Elementary School	2017-2018

CURRICULUM VITAE

Name: Prince Troy Monroid

Age 17

Date of Birth: September 2, 2006

Place of Birth: Davao City

Civil Status: Single

Citizenship: Filipino

Religion Roman Catholic

Sex: Male

Father's Name Archie Monroid

Occupation: Businessman

Mother's Name: Dissa Monroid

Occupation: Businesswoman

Phone No.: 09630636693

E-mail address: Princetroy0282@gmail.com



EDUCATIONAL ATTAINMENT

School	Year Started-Graduated	
Senior High School	Holy Cross College of Calinan Inc.	2022-2024
Secondary	Holy Spirit Academy of Calinan..	2018-2022
Elementary	Holy Spirit Academy of Calinan	2017-2018

CURRICULUM VITAE

Name: Gabriel Sarangsang III

Age: 18

Date of Birth: December 27, 2006

Place of Birth: Davao City

Civil Status: Single

Citizenship: Filipino

Religion Roman Catholic

Sex: Male

Father's Name: Gabriel T. Sarangsang

Occupation: Businessman

Mother's Name: Ester A. Delara

Occupation: Businesswoman

Phone No.: 0505378110

E-mail address: pabz1610@gmail.com



EDUCATIONAL ATTAINMENT

School	Year Started-Graduated	
Senior High School	Holy Cross College of Calinan Inc.	2022-2024
Secondary	Amigo School of Calinan Inc.	2018-2022
Elementary	Pedro P. Rodriquez Elementary School	2017-2018