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UNVEILING THE TRUE COLORS OF CHILD MALNUTRITION

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UNVEILING THE TRUE COLORS OF CHILD MALNUTRITION

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in Practical Research II

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APPROVAL SHEET

In partial fulfillment of the requirements in Practical Research II, this study entitled **UNVEILING THE TRUE COLORS OF CHILD MALNUTRITION**, prepared and submitted by **Bryce D. Duran, Mark Glenn Frey G. Valmores, Russell Jay P. Manglicmot, Alexza E. Angco, and Areana Thalia T. Catiwalaan** is hereby recommended for oral examination, approval, and acceptance.


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The Researchers

ABSTRACT

Child malnutrition is a pervasive issue worldwide, affecting not only developing nations but also developed countries. Additionally, our local community also experiences child malnutrition, and parents continue to grapple with this issue. Therefore, this qualitative phenomenological study aimed to explore how parents deal with malnourished children on a daily basis, the strategies they use to overcome this challenge, and the insights they gain from their lived experiences. As a result, the study's findings will benefit local barangays, foundations, and organizations that advocate for families with malnourished children, the general public, and researchers in the field. To select the participants, Non-Probability Purposive sampling was used, semi-structured interviews were conducted, and research field notes were recorded based on direct observations. Thematic analysis of the data yielded three categories: the daily struggles of parents with malnourished children, the coping mechanisms of parents in dealing with their children's malnourishment, and the insights parents gained from their lived experiences. Furthermore, these categories also included major themes that provided further insights into the focus of the study. Based on the results, the parents' primary struggle was food insecurity in their homes due to financial constraints. To address their situation, the parents primarily sought to find a source of income to improve their lives. Moreover, the insights gained from their lived experiences reveal their realizations and learning, with parents expressing regret for not taking action earlier and hoping that the younger generation will not repeat the same mistakes.

Keywords: Child Malnutrition, Food Insecurity, Lacson, Parents, Experiences, Insights

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Figure 1. Map of Barangay Lacson

Chapter 1

INTRODUCTION

Background of the Study

Even before COVID-19 emerged, the world was already witnessing a quieter pandemic called malnutrition which remains a significant public health concern in many countries (Mark, da Costa, Pagliari, & Unger, 2020). Child malnutrition refers to the deficiencies, excesses, or imbalances in a child's energy or nutrient intake (World Health Organization [WHO], 2021). In other words, this critical condition occurs when the daily food intake of a child does not contain the right amount of nutrients (National Health Service [NHS], 2020).

In Africa, 79.5 million out of 198 million, or 40.15% of children under five, are malnourished in 2019 alone (United Nations Children's Fund [UNICEF], WHO, & World Bank Group [WBG], 2020). In addition, in 2020, the number of malnourished children under five increased to 84.1 million out of 200 million, or 41.24% of children under five, being malnourished (UNICEF, WHO, & WBG, 2021). Due to high crime rate and violence in Nigeria, some farmers cannot safely farm as they used to. Also, mothers have to travel for miles along dangerous roads to get their malnourished children treated, as highlighted by a group of Nigerian filmmakers led by Kachi Benson in a recent interview with one of the Nigerian mothers of malnourished children, Asma'u Rabiu:

My husband is a farmer. He used to farm and bring food home to us. Now he cannot plant, so he cannot get food at home. We have to buy food. We cannot go

to our farms because of the rising crime rate. We did not take her to the hospital when my

daughter fell ill. I had to travel a long way to get medicines, but soon I realized she was not getting better. It is difficult because it costs 200 naira to travel to the village for her treatment. Sometimes I walk when I do not have money for transport (Doctors Without Borders, 2022, 00:50).

In the Philippines, the incidence of stunting among children under five (28.8%) in 2019 was only marginally lower than in 2008 (32%). The prevalence of underweight was 19% in 2019, and wasting was 6%. On the other hand, overweight and obesity rates in children under five have been reducing, falling from 5.1% in 2013 to 2.9% in 2019 (Mbuya, Demombynes, Piza, & Adona, 2021). A documentary about how the pandemic affects the lives of people suffering from poverty in the Philippines highlighted that starvation forces the urban poor to cope unthinkably as work and incomes dry up. Some of them breach quarantine restrictions in search of food. Despite all limitations, they are breaking curfew and risking themselves. Still, they are too hungry to care, as revealed by a sixteen-year-old girl along with her parents residing in Metro Manila in an interview:

Sometimes, I'd wake up, and there'd be nothing to eat. If you haven't eaten anything, you won't feel like moving. It's like you're wasted. You're trembling from hunger, and you can't even speak. No one can give me food even if I'm hungry because we have no money (CNA Insider, 2020, 04:56).

In Davao Region, after measuring the nutritional status of 606,838 children under five, it has been found that 17.99% or 109,220 children under five in 2019 were

malnourished. Stunting alone has a prevalence of 7.77% (National Nutrition Council [NNC], 2020a). Meanwhile, in 2020, only 595,320 children under five were measured due to the emerging pandemic. Of this, 95,698 children under five, or 16.08%, were malnourished (NNC, 2020b). In Barangay Talaingod, a remote barangay in Davao del Norte, some children suffer from a condition called Kwashiorkor due to the lack of protein in the body, thus causing children to become obese. These children's parents suffer from poverty and only have two meals daily. Also, transportation and finding clothes for the children to wear have become more challenging for these parents, as highlighted in an interview in an episode of Kapuso Mo, Jessica Soho with one of the parents of obese children in the barangay, Lorong Bago:

We only eat twice daily: lunch and dinner. When my children have nothing to eat, when we have no sweet potatoes to harvest, the children will cry from hunger. Whenever we go [to the farm], we cannot carry other things anymore because we are carrying the children. The father will take the elder brother while I will take the younger brother. It is challenging for us to find clothes for our children. We also don't have the money to buy new ones because we are only poor (GMA Public Affairs, 2020, 02:46).

We, the researchers, came up with this study to shed light on the persistent problem of child malnutrition and the crucial role that parents play in addressing it. Despite the many programs implemented by the government, child malnutrition continues to be a pressing issue, and parents must be aware of their fundamental responsibilities in ensuring their children's health and nutrition. We sought to listen to the accounts of parents from barangay Lacson who have firsthand experience of raising

malnourished children while living under the poverty line. By highlighting the daily struggles, coping mechanisms, and insights of these parents, we believe this will inspire and empower other mothers and fathers to take an active role in their children's well-being; underscore the importance of basic rights for children and access to government programs that can help address malnutrition; and serve as an eye-opener to the public and spur action to address the true face of child malnutrition.

Purpose of the Study

This study sought to delve into the daily struggles of parents with malnourished children and insights into their experiences. By examining how these parents cope with their children's malnourishment, the aims of this study are to raise awareness about the realities of living with malnourished children and inspire the society to take action. Also, the intentions of this study are to learn from the experiences of parents and draw inspiration from their resilience and determination in facing this issue. Overall, this study serves as an eye-opener, highlighting the importance of addressing child malnutrition and the vital role parents play in ensuring the health and well-being of their children.

Statement of the Problem

This study aimed to explore the struggles of parents living with a child who is suffering from malnutrition, their coping mechanisms in handling malnourishment and the insights that can be gained from their experiences. Specifically, this study sought to answer the following questions:

1. What are the daily struggles of parents with malnourished children?
2. What are the coping mechanisms of parents in handling the malnourishment of their children?

3. What insights can be gained from the lived experiences of parents with malnourished children?

Theoretical Lens

The theoretical underpinning of this study is Abraham Maslow's Hierarchy of Needs (1943). Maslow's hierarchy of needs is a theory of motivation in which five categories of human needs dictate a person's demeanor. These are Physiological needs, Safety needs, Love and Belonging, Esteem, and Self-actualization. Maslow identified the essential human needs for survival as physiologic: air, water, food, shelter, and rest at the bottom of the hierarchy (Hale, Ricotta, Freed, Smith, & Huang, 2018). Maslow believed that the lower-order conditions must be satisfied first to achieve higher-level needs (Chinyoka, 2014).

If these needs, especially the Physiological needs, are not met, it would result in any form of frustration and crisis in a community including child malnutrition. Also, according to Maslow (1943) as cited by Uzobo, Dudafah, and Boroh (2017), the failure to meet the needs could lead to illness. Furthermore, aside from extreme conditions, Maslow identified death, depression, and anxiety as possible effects when Physiological needs are not satisfied. Food security must always be stable as it is both a physiological need and a challenge that could lead to various health-related illnesses if not met. Malnutrition and hunger result from food insecurity associated with depression.

Significance of the Study

The findings of this study have the potential to benefit a wide range of stakeholders. Most notably, the families who participated in the study can feel and be heard and supported by their community as they share their experiences and insights.

Beyond this, the study can inform the policies and programs developed by government agencies and policymakers, leading to more effective interventions for child malnutrition. Additionally, healthcare providers and nutritionists can benefit from the insights gained, helping them to tailor their services to better meet the needs of their patients. The study can also raise awareness among the broader community about the issue of child malnutrition and its consequences, encouraging individuals and organizations to take action to address this problem. Lastly, the study's insights can inspire school leaders and guidance personnel to develop programs and co-curricular offerings that help raise awareness about the consequences of teenage pregnancy and early marriage, which can contribute to economic crises and child malnutrition. By benefitting these various groups, this study can have a significant impact on the lives of individuals and families affected by child malnutrition, and create a more compassionate and supportive community for all.

Scope and Delimitation

The data gathering took place on November 12, 2022 wherein we interviewed low-income parents who have been living in Barangay Lacson. Specifically, the study focused on parents aged between 18 to 35 who are mainly involved in child-rearing activities and have at least one malnourished child. Through the collection of narratives from the parents, we sought to understand the daily struggles that these parents face while caring for their malnourished children, as well as their coping mechanisms and insights from their lived experiences.

To ensure the accuracy and relevance of the study, we excluded parents who have an average or above-average monthly income in their permanent jobs and those who are

not primarily involved in child-rearing activities. Importantly, to ensure the safety of the malnourished children and other family members, we did not interact with the children themselves and avoided doing anything that could harm their health and safety. Overall, this study shed light on the challenges faced by low-income parents in caring for their malnourished children in Barangay Lacson. Additionally, this study sought to know the strategies these parents employ to address this issue, and their insights gained from their lived experiences.

Definition of Terms

This section involves some essential terms and definitions present and mentioned in this paper.

Parent	refers to the primary caregiver that is most frequently involved in taking care of the malnourished children and was interviewed and served as the participants of the study.
Partner	refers to the other caregiver involved in taking care of the malnourished children but is only second to parents and was not interviewed.
Malnourished children	refers to the children of the interviewed parents aged four to thirteen that currently suffer from deficiencies in nutrition thus making them too short for their age or too thin for their height with a BMI score of less than 17.
Child malnutrition	refers to the issue that is present in the homes of the participants of the study wherein their children did not receive the right amount of nutrients, vitamins, and minerals.

Struggles	refers to the challenges or difficulties that families face on a day-to-day basis.
Coping Mechanisms	refers to the strategies or techniques that parents and their partners use in order to survive and hopefully improve their children's nutritional status.
Insights	refers to the realizations, regrets, and learning parents have gained from their lived experiences that could be shared or taught to other people in the community.
Unveiling	refers to the process of revealing or making known previously unknown or hidden information or insights, which can involve uncovering new data, findings, or perspectives that shed light on the issue presented in the study.
True Colors	refers to the term coined to describe the reality of the daily lives of families that society has yet to fully understand.
Distinguished Wills	refers to the struggles within a family resulting in contrasting behaviors or mindsets between parents and their partners, which are disliked by the parents.
Financial Efforts	refers to the acts of parents in which they aim to earn money or have an income.

Chapter 2

REVIEW OF RELATED LITERATURE

This part discusses the related literature and studies surrounding the issues under investigation. These include Science and Ethics in Nutrition, Parents' Educational Attainment and Employment Status and Children's Nutrition, Causes of Child Malnutrition, Impact of COVID-19 Pandemic on the Nutrition of Children, Common Struggles Faced while living with malnourished children, The consequences of child malnutrition, the initiatives taken to combat child malnutrition, and common gained insights from parents with malnourished children.

Science and Ethics in Nutrition

The history of nutrition can be tracked from the beginning of the human race with a diet associated with food availability and palatability (Trüeb, 2020). Malnutrition refers to nutrient deficits, excesses, or imbalances in a diet. Stunting (low height for age), wasting (low weight for height), and micronutrient deficiencies are all undernutrition. On the other hand, overnutrition includes obesity, overweight, and non-communicable diseases linked to diets, such as heart disease, stroke, diabetes, and cancer (WHO, 2020).

The Convention on the Rights of the Child (CRC) prompted governments all over the globe to invest in ways that protect, respect, and fulfill the rights of children (UNICEF, 2019). Violations of a human right can often make other human rights, such as the right to health or food, harder to enjoy, and vice versa. Considerable consequences of this acknowledgment are observable at the national and international policy levels (Cardenas, Bermudez, & Echeverri, 2019).

Children's right to health entails more than mere survival. It also involves the right to access health-related information and respect for privacy and confidentiality (Child Rights International Network [CRIN], 2018). Nourishment and meals should be nutrient-dense and contribute to their physical and mental growth. This way, malnutrition and diseases associated with excessive eating or dietary deficiencies are avoidable (Professor, 2017).

Parents' Educational Attainment and Employment Status and Children's Nutrition

Mother's primary school completion improves infant and child health. Children of more educated mothers tend to have better height-for-age scores (Güneş, 2015; Mondal, Majumder, & Rayhan, 2014). It is said that increased education improves health outcomes by influencing fertility, economic consequences, and healthcare utilization. This is because mothers can improve access to information, health knowledge, labor force participation, and wage earnings (Grépin & Bharadwaj, 2015; Le & Nguyen, 2020).

The study of Ohonba, Ngepah, and Simo-Kengne (2018) revealed that maternal education is relevant to stunted growth. Also, the effects on black and colored populations have a more significant impact, possibly due to educational deficits. Casale, Espi, and Norris (2018) also stated that education improves the ability of the mother to foster a healthy environment for the child's intra-uterine growth. Further, De Coen, De Bourdeaudhuij, Verbestel, Maes, and Vereecken (2013) found the maternal educational level to be a significant risk factor for childhood overweight.

However, the possibility that children will suffer from stunting and being underweight if their fathers are less educated is high (Huda, Hayes, Arifeen, & Dibley, 2017; Manggala, Kenwa, Kenwa, Sakti, & Sawitri, 2018; Ruel & Alderman, 2013).

Furthermore, the level of paternal education is similarly lower in mountain areas. Its prevalence is nearly doubled compared to the edge areas (Wang et al., 2013).

Burtscher and Burza (2015) found that parents with malnourished children with low educational attainment lack decision-making autonomy. Parents would often rely on others in making decisions. These decisions include what to feed their children and how to treat their children's serious illness. Parents would then respect or consider what others would say they should do. Also, Dereje (2014) found how the illiteracy of parents when it comes to making decisions about the daily food of the family and other things that greatly affect their family's health.

On one hand, Jakaria, Bakshi, and Hasan (2021) concluded that maternal employment played a significant role in the nutrition status of children. Wu, Lee, and Wang (2017) found that children whose mothers worked long hours tended to consume more unhealthy non-core foods than eat breakfast every day, resulting in malnutrition. According to Debela, Gehrke, and Qaim (2021), changes in income, intrahousehold bargaining power, and time available for child care due to maternal employment can affect child nutrition. Although, maternal employment's income effect is positive for children's well-being, but the substitution effect because of time constraints has a compelling negative impact.

Maternal and paternal unemployment affects the child in different ways such as it reduces the incidence of underweight, illnesses, injuries, and the use of health services. Meanwhile, paternal unemployment reduces child health—children's fat intake and dietary diversity (Pieters & Rawlings, 2020). The phrase “all employed mothers have well-nourished children” is a myth (Ghosh, 2020). A recent study shows that children's

intake of foods, including vegetables, soybean products, fish, and meats, did not differ by maternal employment status (Asakura, Mori, Sasaki, & Nishiwaki, 2021).

Moreover, according to Ambadekar and Zodpey (2017), unemployed fathers or non-skilled laborers were some determinants of severe acute malnutrition and less access to child care. The study of Dearden et al. (2012) stated that due to a slump in income, a father might migrate elsewhere, hoping to get a well-paying job. This way, fathers can support their children by sending money to meet the family's needs.

Maternal health and nutritional awareness strongly contribute to child malnutrition, especially when socioeconomically deprived households (Mahgoub, Elkhalifa, Medani, & Abdalla, 2014; Shahid et al., 2022). Also, short maternal stature is a risk factor for many complications in pregnancy and parturition. It can influence the baby's weight at birth and could be an independent factor contributing to its development (Syed & Kamathi, 2012).

Maternal pregnancy intentions are associated with child stunting, wasting, and being underweight. If these associations are causal, preventing unwanted pregnancies may help reduce the prevalence of childhood malnutrition (Rahman, 2015). Also, maternal depression is a considerable burden among Sudanese women of childbearing age, and they must take measures to mitigate its influence on maternal and child welfare (Mohammedahmed, Koko, Arabi, & Ibrahim, 2020). Haitar, Kuria, Sheikh, Kumar, and Stoep (2018) demonstrated that infant malnutrition is significantly associated with maternal depression and family income. The prevalence of depression in Kenyan mothers of children hospitalized for malnutrition was significant.

Causes of Child Malnutrition

These are known causes of child malnutrition that parents most likely are struggling in terms of living with and addressing them. Also, these are based from UNICEF's conceptual framework (2020).

A significant challenge is the lack of training providers, trained nutrition professionals, and administrations. The number of nutritionists and dieticians is gradually decreasing every year (Baker et al., 2019; Kouam et al., 2014). Hence, the capacity to operate effectively across all regions in the country is also decreasing. Also, errors will occur when doing anthropometric assessments of malnutrition especially if there are no additional financial and human resources and better budget (Gillespie et al., 2013).

Economic development, including raise of income and having new means of earning, may ease the lives of members in a family. However, an economic crisis might lead to failing health (Reinhardt & Fanzo, 2014). Stable economic income is required in order to improve the nutrition status of the most vulnerable households as nutritious foods will be more accessible. The wealth rank of a household is inversely proportional to the risk of stunting. If the household's monthly income is still unstable or will even decrease, the higher the chance of stunting will occur (Martorell & Young, 2012).

Further, children living in areas where war or any type of violence such as abuse is present can suffer from malnutrition, affecting their physical and mental health and education (Akresh, 2016). Households where children experience or witness violence from their parents tend to have a very low income. Also, as children spectate the fights

between their parents, they lose their appetite and often would not eat for the rest of the day (Tranchant, Justino, & Müller, 2014).

Food security refers to the accessibility, adequacy, stability, and sustainability of food supply at all levels of our society. This is also associated with poor diet quality and unfavorable health outcomes. This issue is prevalent globally and is associated with undernutrition (Ihab et al., 2015; Shen et al., 2015). In the household level, food insecurity occurs in rural and urban areas, especially when only a mother leads the household (Nnakwe & Onyemaobi, 2013). Thus, the lack of access to varieties of food results in the decline in the nutritional status among young children and even mothers. Different measures of household food insecurity produce varying degrees of the problem (Saaka & Osman, 2013). Many households restrict their food consumption to several groups, insensitive to geographical location and poverty status (Chakona & Shackleton, 2018).

In healthy infants, introducing complementary feeding must be delayed until six months, as WHO recommends exclusive breastfeeding. The poor practice of early introduction of complementary foods results from mothers' wrong perceptions (Udoh & Amodu, 2016). In addition, Sunguya et al. (2014) stated that poor complementary feeding practices are commonly due to food insecurity, low income, and poverty.

On the other hand, the lack of access to appropriate healthcare during pregnancy, birth, and postnatal and continuing into childhood can raise the risk of child malnutrition (de Silva & Sumarto, 2018). According to Doundolakis et al. (2017), health facilities limit the people's access to appropriate healthcare commonly because of insufficient fund

and medical equipment. As a result, children will have the possibility of having deleterious health effects (Aoun, Matsuda, & Sekiyama, 2015).

Poor sanitation and hygienic conditions can potentially affect health and nutrition outcomes. Environmental influences are not only the nutrients acquired from breastfeeding and the introduction of diverse complementary foods during weaning but also potential exposure to viral, bacterial, and parasitic infections (Reinhardt & Fanzo, 2014). Stunting and anemia are expected results because of their plausible possible links to unhygienic environments. Also, fecal contamination of children's play and feeding environments is a constant and cumulative health risk during the critical window of a child's growth and development (Ngure et al., 2014).

The cumulative balance between intake and utilization or losses determines a child's energy and nutrient status. In young children, whose immature immune systems have to learn to cope with many threats in unhygienic environments, the role of infections is paramount (Prentice, 2018). Therefore, the lifestyle and behavior of the child itself do not contribute to undernutrition. However, the child feeding practices of the mother and caregivers affect the child's dietary intake since the caregivers and mother belong to the same environment as the child (Bhutia, 2014).

Inadequate food intake refers to the amount of food and the quality of the diet that may have various consequences on the child's health. These include immunodeficiency, physical and mental impairment, and reduced productivity among children under five and throughout life (Drammeh, Hamid, & Rohana, 2019). In addition, due to inadequate food intake, repeated infection, or both, children fail to keep up with normal children regarding

growth (Hoddinott, 2013). The study by Akhtar (2015) also listed inadequate food intake as one of the leading indicators of child malnutrition.

Additionally, diseases can be a cause or an effect of malnutrition. Common childhood infections and diarrheal diseases can lead to poor absorption or the ability to retain nutrients (Reinhardt & Fanzo, 2014). Several studies concluded that the severity of diarrheal diseases contributes to child malnutrition and that diarrhea is a strong predictor of mortality among children (Ferdous et al., 2013; Pinkerton et al., 2016). Diarrhea is a common factor in stunting but is also associated with wasting (Liben, Abuhay, & Haile, 2016).

Household income is an essential indicator of child nutrition as it influences food security, resource allocation, and food selection. Households from lower wealth quintiles continue to be disproportionately affected by malnutrition among children under five than those from higher quintiles (Islam et al., 2019). However, de Silva and Sumarto (2018) found that child stunting rates are surprisingly high even in the wealthiest quintile of households.

On the other hand, in the study of de Silva and Sumarto (2018), it was revealed that children living in rural areas are more likely to suffer stunting. Residency in western regions, central regions, and low-level urbanization communities are significantly associated with child malnutrition. In addition, poor housing conditions potentially risk children's health being open to more diseases and malnutrition (Man & Guo, 2016; Palacios, Eichholtz, Kok, & Aydin, 2020).

Impact of COVID-19 Pandemic on the Nutrition of Children

The coronavirus pandemic causes countries across the globe to be vulnerable to a growing risk of child malnutrition. Healthcare failures, income losses, halting of school feeding programs, and the challenges in food markets are common reasons for the increasing rate of child malnutrition amidst the pandemic (Borkowski et al., 2021; Headey & Ruel, 2020). In addition, closing schools and facilities help prevent the spread of the virus and keeps citizens and children safe, even though children will miss out on the food services society had before the pandemic emerged (Dunn, Kenney, Fleischhacker, & Bleich, 2020).

As the pandemic started to emerge, finding foods that were nutritious became more difficult especially for low-income parents in order to feed their starving children. Also, children became less physically active due to being quarantined in their homes and cannot play vigorous games outside (Aman & Masood, 2020). Moreover, there are more families that were suffering from food shortage when COVID-19 started to emerge compared to pre-pandemic time. Parents had trouble adjusting to the new normal looking for resources to provide for their family (Fahim et al., 2021). As a result, there was an increased risk of diseases, hunger, and malnutrition in children (Mbuya et al., 2021).

The global social and economic catastrophe created by the COVID-19 pandemic poses a severe threat to young children's nutritional status and survival. According to early indicators, hunger in the Philippines increased dramatically after the pandemic began. Social Weather Stations (SWS) collected data on self-reported craving, with 2020 having the highest rate in more than twenty years (Mbuya et al., 2021). In addition, an estimated 47 million children under five were affected by wasting globally before the COVID-19 pandemic. Thus, it implies an additional 6.7 million wasting children during

the first twelve months of the pandemic and more than 10,000 other child deaths per month (Fore, Dongyu, Beasley, & Ghebreyesus, 2020).

Common Struggles Faced While Living with Child Malnutrition

The study by Hinrichsen (2017) revealed that the lack of opportunities for formal jobs and stable salaries due to the low levels of education or less experience is a significant challenge for parents of malnourished children in their everyday lives. Though parents' understanding of nutrition is high, income restrictions or poverty and the cost of varied foods are not enabling them to provide their children with high-quality meals (AbuKishk, Gilbert, Seita, Mukherjee, & Rohloff, 2021). Moreover, child malnutrition is also evident in households where parents are employed (Fabio, 2014; Kume et al., 2020; Purdam, Garratt, & Esmail, 2016).

Mothers of malnourished children already struggle to fulfill several roles in the household, being the wife, homemaker, and caregiver, that they find hard to take care of their health and sometimes put the children's health at risk (Chary et al., 2013). Also, households and extended families struggle to provide adequate nutritional support for their children (Braitstein et al., 2013). Moreover, divorced parents struggle in providing their children their needs. Due to divorce, children would become weaker and suffer from chronic illnesses which would lead to malnutrition as they got exposed to different environments from time to time and receive no close monitoring (Russell, Coleman, Ganong, & Gayer, 2016).

Vulnerable individuals, including children from poor households residing in mountainous areas, are encouraged to farm to prevent food shortages but still skip their meals or force themselves to have an unbalanced diet and risk chronic health conditions

(Singh, Sunuwar, Adhikari, Szabo, & Padmadas, 2020). In urban areas, as low-income mothers struggle to obtain enough food and have insufficient breast milk, they are forced to feed their infants with water and other foods as a substitute that would expose them to infectious diseases and result in undernutrition (Madeghe, Kimani, Stoep, Nicodimos, & Kumar, 2016). Due to their business finding a source of income, they struggle to breastfeed their little ones (Goudet et al., 2016). Stunting, anemia, and iron deficiency are what young children living in urban areas in the Philippines suffer from as parents struggle to find a job to escape poverty and improve feeding practices (Rohner et al., 2013).

Children, being picky eaters, cause a disturbance in meal preparation and promotes meal-related distress. The time it takes for parents to prepare for every meal increases because their children would not eat the prepared food due to dislike. Also, due to this, parents experience frustration and stress as they already have numerous work to do for the day. Further, picky children intake lesser amount of vegetables than those children who have normal weight and thus explains why children are suffering from malnutrition (Trofholz, Schulte, & Berge, 2017; Van der Horst, Deming, Lesnaukas, Carr, & Reidy, 2016).

The Consequences of Child Malnutrition

Morbidity is one of the irreversible consequences of growth when a child receives insufficient nutrients during the first 1,000 days of life. The disease is not only a cause of child malnutrition but also a consequence (Akombi, Agho, Merom, Renzaho, & Hall, 2017). Conditions such as diarrhea and environmental enteropathy are commonly due to poor sanitation and clean drinking water (Reinhardt & Fanzo, 2014). Children having a

diet of starch sources are likely to have micronutrient malnutrition resulting in an irreversible defect in growth, immunity system, and mental retardation (Ijarotimi, 2013).

Chronically malnourished children have poor visual and auditory working memory and concentration. Thus, reducing their learning ability and performance (Adebisi et al., 2019). This inability is a long-term consequence, and most malnourished children have low educational attainment or even drop out of school (Reinhardt & Fanzo, 2014). Stunted children unknowingly suffer from cognitive delay, also known as intellectual disability, making it hard for them to catch up with other kids of their age (Morgan, 2015).

As malnutrition contributes to a person's physiological and mental capacity, it damages their productivity and economic potential, putting them and their country at risk of poverty (Siddiqui, Salam, Lassi, & Das, 2020). Due to early childhood deficits, fewer educational opportunities, and later employment opportunities, malnourished children will ultimately have lower work performance and earnings in the future. Hence, malnutrition affects their right to be healthy societal participants (Moench-Pfanner et al., 2016). Thus, it results in a decline in the workforce's number and strength (Morgan, 2015).

Undernourished children are prone to deadly infections (Rytter, Kolte, Briend, Friis, & Christensen, 2014). Even in mild forms of undernutrition, mortality can associate with underlying immunodeficiency (Olofin et al., 2013). Around 45% of child mortality is due to undernutrition (Black et al., 2013). Children suffering from wasting are more prone to death than those suffering from stunting (Bourke, Berkley, & Prendergast,

2016). Also, overweight children are at high risk of diseases and mortality (Huttunen & Syrjanen, 2013; Rahman & Adjero, 2015).

Initiatives Taken to Combat Child Malnutrition

Vaezghasemi, Ohman, Ng, Hakimi, and Eriksson (2020) found that although parents are worried, they cannot control their children's bad eating habits mainly because they do not want their children to be upset. Thus, the creativity of parents in preparing meals is a need, and by making the meals attractive to children, children will likely be happy and want to eat the nutritious food on the plate. In addition, Pehlke, Letona, Hurley, and Gittelsohn (2015) found that some parents only give their children money or unhealthy snacks. This practice is common because parents have work and have less time to prepare their children breakfast and a snack leaving them with less assurance that their children will be healthy when they are likely to receive diseases and disorders in their bodies. Furthermore, even if parents in lower economic levels give their all in feeding their children to avoid being underweight, they still cannot provide enough comprehensive care to prevent stunting (Kien et al., 2015).

Parents with one goal in mind: to survive providing proper nutrition for their children, would enter every offered temporary jobs to earn money (Heinrich, 2014). Moreover, according to Tumilowicz, Neufeld, and Pelto (2016), parents sell things and food in their neighborhood to earn money and buy food for their children. On the other hand, Motbainor, Worku, and Kumie (2015) found that parents would go to the market instead to sell their harvests to have a better income. Due to this, parents would oftentimes sacrifice their own meal and would only eat once or twice daily to save money and make sure their children could eat (Peters, Parletta, Campbell, & Lynch, 2013). In

addition, Davis and Brazil (2016) found that parents with malnourished children would be drowned by debts asking other people as a way to lessen their struggles and address their needs in healthcare.

Apart from the Philippines' challenges due to its geological features and language barriers, the country's growing population further increased healthcare access in remote regions and islands. At this juncture, the government is limited in its capacity to address the nutrition needs of patients of any age (Sioson, 2013). Therefore, the government has decentralized most governance responsibilities to approximately 1490 local government units and municipalities across 81 provinces (Reeve et al., 2018).

Moreover, Montaño and Bingil (2018) revealed that a kitchen garden is effective to have for families with malnourished children. By this, it could also improve children's nutrition. When families start having a garden in their backyard, their access to food resources improve. In addition, Fagundes et al. (2020) found that families experiencing water scarcity benefit from collecting water from the rain as an alternative source of water. Then, the study of Degefa et al. (2022) revealed that parents treat their children's sickness themselves first. If the treatment was not successful, they would then rely on medications in the form of herbs, usually by a traditional health practitioner.

Additionally, the Philippine government has also taken action to help families to combat child malnutrition as they established programs that have a national scope including the Philippine Plan of Action for Nutrition (PPAN), the Malnutrition Reduction Program (MRP), and the Republic Act No. 11037 or the Masustansyang Pagkain para sa Batang Pilipino Act (MPBPA). The PPAN, emphasizing the first 1000 days of life, is the country's directional framework for nutrition improvement and devotes substantial

attention to nutrition programs for school children (Capanzana & Aguila, 2020; Ignacio & Bullecer, 2016; Lapiña & Catelo, 2017; Raval, 2018). Meanwhile, the MRP, developed by the DOST, is a science-based nutrition intervention strategy that aims to help underweight kids aged six months to below three years old (Bautista, 2022). Further, the MPBPA is a national feeding program for undernourished children in public daycare centres, kindergarten, and elementary schools (Credo & Del Castillo, 2019). Also, the program provides breakfast to lunch and targeting up until the adolescent age may help mitigate micronutrient deficiencies through age groups (Agdeppa, Custodio, & Toledo, 2022).

Aside from establishing programs, the Philippine government has also implemented laws for the safety and health of children and the right to breastfeed. These include the Philippine Milk Code (PMC) of 1986, the Rooming-In and Breastfeeding Act (RIBA) of 1992, and the Expanded Breastfeeding Promotion Act (EBPA) of 2009. The PMC regulates the distribution and prohibiting donations of breastmilk substitutes and other related products, including bottles and teats in order to avoid infants being at greater risk of illness and death (Alburo-Caeñte, 2014; Alfonso, Capili, Reyes, Tatad, & Silvestre, 2015; de Castro & Fernandez, 2014). On the other hand, RIBA provides breastfeeding rooms in every hospital for mothers to nurse their infants (Salcedo, 2015). The EBPA is prioritizing the rights of mothers and giving support so that mothers would not be lacking anything to successfully breastfeed for the first six months to 1,000 days (Dowling, 2018).

Moreover, the Republic Act No. 11148, or the Kalusugan at Nutrisyon ng Mag-Nanay Act, signed in 2018, ensures the prioritization of health and nutrition of

pregnant women by a supplementation program both in the national and LGUs through the allotment of appropriate resources in its implementation (Congress of the Philippines [COP], 2018). The government delivered numerous of these services to society. Particularly as part of separate maternal and child health programs, family planning, early childhood care and development, and nutrition. (Abrigo & Tam, 2019; Alcantara, Mirabueo, & Narrajos, 2020).

Our local government here in Davao has also initiatives to strengthen the Nutrition Program of the city including the implementation of the Integrated Management of Acute Malnutrition (IMAM) and the First 1000 Days ni Baby program. In the IMAM, aside from vitamins, the city government's nutrition team distributed Ready-to-Use Therapeutic Food (RUTF) and Ready-to-Use Supplementary Food (RUSF), specifically for severely acutely malnourished children and moderately malnourished children, respectively (*"Davao City LGU ensures proper nutrition of mothers, children,"* 2020). Then, in the First 1000 Days ni Baby program, Davao City will use the budget to educate women, especially pregnant mothers, on the proper care and good nutrition for mothers and infants to raise awareness, promote collaboration and invest in food (Herrin, Abrigo, Tam, & Ortiz, 2018; Nutrition International, UNICEF, NNC, & Department of Health [DOH], 2015).

Common Gained Insights from Parents with Malnourished Children

The study of Herliana, Utami, and Kurniati (2018) found that some parents of malnourished children regret marrying too early especially marrying an abusive partner. Parents regret the negative consequences of such marriage including having a child suffering from malnutrition but accepted the consequences and try to cope with it. Also,

parents regret of not knowing the sanctions they will face later on. Moreover, according to Maina (2020), children born to parents who regret marrying each other are malnourished and are frequently sick.

Additionally, parents realized the importance of family planning. Teaching parents about family planning is essential to improve the health of their children and lower the rate of child malnutrition in the country (Dunbar et al., 2018; Narayan, John, & Ramadas, 2018). A recent study recommended that family planning and providing nutritious diet to children, especially in those families with low income be done (Wazir, Khan, & Khattak, 2015). Even if family planning is being applied, malnutrition will not be solved if parents are not being attentive and not strict enough in feeding their children (Flax, 2013).

Some parents regret in bearing a child because according to them, it gives them more responsibilities. Then, mothers stated that fathers tend to avoid their responsibilities as co-parents giving them more burden and stress (Ahon, Jeong, Kieffer, Mwanyika-Sando, & Yousafzai, 2021). In addition, parents regret having more children even if they know they lack financial support and assistance. Also, parents regret forcing their children help aid their financial problem instead of sending them to school (Ware et al., 2018). The lives of parents after bearing children turned upside-down with less to provide their children when it comes to food and schooling (Maina, 2020). Parents figured that to solve malnutrition, it takes hard work, perseverance, and being under the same roof. Also, it requires love, trust, cooperation, and teamwork as a family to proper child nutrition (Bain et al., 2013; Muraya, Jones, Berkley, & Molyneux, 2016).

On the other hand, there are also parents who regret not sending their ill undernourished children to clinics or consulting a doctor so that their children should

have been treated before it is too late (Cederborg, Hultman, & Magnusson, 2012). However, another study found that there are parents who regretted sending their children for medications in which they considered the treatment to be unsuccessful. The parents concluded the practitioners cheated them after using all possible means just to have money for treatment and following their instructions. Others demand to receive a refund (Zakayo et al., 2020).

According to mothers, child malnutrition is the most difficult and worrying battle they face in their entire lives. In the midst of their journey, they also realized that the environment and the importance of preparing food play a significant role in combatting child malnutrition, thus, they learned about the importance of hygiene and from disposing waste to preparing nutritious food and continued doing these (Barham, 2019). Also, they realized that their children experienced malnutrition and sickness because of their own doings (Rotabi & Gibbons, 2012). In addition, they learned that better nutrition can affect the academic performance of their children (Calub, Africa, & Burgos, 2020).

The lifestyle and behavior of the child may not contribute to undernutrition, however; the child feeding practices of the parents affect the child's dietary intake since they belong to the same environment (Bhutia, 2014). In addition, inadequate and inappropriate feeding contributes to the overall nutrition of young children in families suffering from financial constraints. Parents know that inadequate feeding practices might affect the appetite and the nutritional status of their children (Kabir & Maitrot, 2017).

In a nutshell, child malnutrition is a very serious issue that can actually result to life-long consequences such as morbidity, reduced learning ability and performance, defect in growth and immunity system, decline in workforce, and deadly infections that

would lead to mortality. Parents of malnourished children experienced hardships like poverty, poor access to health care, food insecurity, lack of opportunities for stable salaries, and so on. Experiencing these struggles motivates the parents to take action to cope with the problem. Some ways parents did to help their children suffering from malnutrition include preparing meals creatively, working abroad, and having a small business of their own. Further, parents gained insights along the way and started to regret and learned things on the way like how difficult it really is raising a child suffering from malnutrition as someone who has these big responsibilities. Studying the daily struggles, coping mechanisms, and insights of parents with malnourished children in our community is crucial at this time to raise awareness and support those seeking to alleviate their hardships.

Chapter 3

METHODOLOGY

The research design of the study is described in this chapter, together with our role as qualitative researchers, sample size, and sampling techniques. Moreover, this section also covers the inclusion and exclusion criteria for the participants, data collection, and the plan for analyzing the data. Lastly, a discussion of ethical considerations and ways for maintaining trustworthiness of this study were also conveyed.

Research Design

Qualitative research requires interviewing participants and knowing their experiences of what they undergo aiming to acquire wisdom about what it deems like to be another individual and understand the world as the individual experiences it (Austin &

Sutton, 2014; Kalra, Pathak, & Jena, 2013). On the other hand, Yüksel and Yıldırım (2015) explained that the primary motives of phenomenological research are to seek reality from the reports of an individual of their experiences and feelings and to draw out in-depth descriptions of the phenomenon. Also, in a phenomenological study, the data gathering mainly involves interviews with participants who have first-hand knowledge of the issue or experience (Creswell & Poth, 2016).

This study utilized a phenomenological approach as it mainly focused on hearing parents' stories about living with their children who are malnourished. This phenomenological research includes the daily struggles and the coping mechanisms of parents handling malnourished children and their gained insights. By using this strategy, we were able to look at the essence of each of them. Generalizing ideas were formed from the essentials in order to respond to our query, which was described in the first chapter.

Research Participants

The present study involves five parents residing in Barangay Lacson, who were selected based on predetermined criteria we set. All participants in this study are parents of three or more children, and at least one of their children is malnourished. Participants are between the ages of 18 and 35 as Mokwena and Kachabe (2021) reported that this age group has the highest incidence of malnourished children. Additionally, the monthly income of each family must not exceed to ₱10,000, since Adrian (2022) of iMoney Learning Centre categorized a monthly income of ₱10,957 as a poverty threshold.

Table 1. Demographic Profile of the Participants

Family Number	Family Status	Interviewee	Alternate Name	Age	Number of Children	Monthly Income	Code Name
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1	Compacted	Mother	“Fely”	28	4	₱5,000.00	Fely M28-4-5k
2	Compacted	Mother	“Hilda”	35	4	₱5,000.00	Hilda M35-4-5k
3	Compacted	Mother	“Linda”	34	3	₱2,000.00	Linda M34-3-2k
4	Compacted	Mother	“Nene”	24	3	₱4,000.00	Nene M24-3-4k
5	Separated	Mother	“Sisa”	31	4	₱5,000.00	Sisa M31-4-5k

In this study, a non-probability purposive sampling technique was employed to select the participants. This sampling method was deemed appropriate as the study focused on a specific group of parents with malnourished children in the present-day society. Purposive sampling involves the identification and selection of participants who possess similar knowledge and experience relevant to the research objectives (Palinkas et al., 2013).

Research Locale

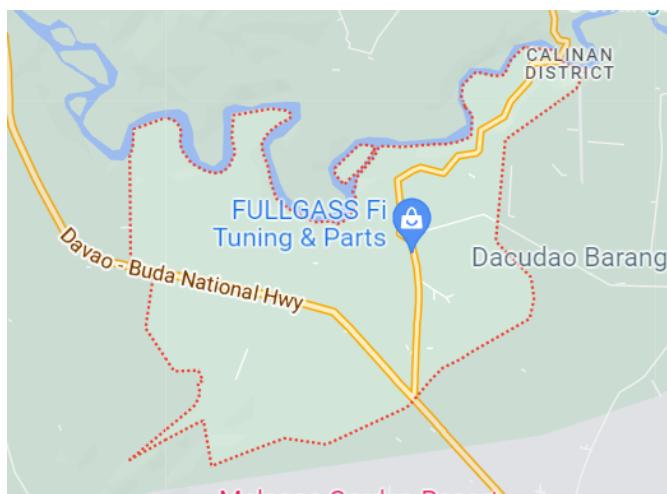


Figure 1. Map of Barangay Lacson

Lacson is located in Davao City and shares a common border with nine barangays including Calinan. Lacson, for the neighboring barangays, is known for the production of crops including coconuts, corn, and rice. According to the PhilAtlas (2020), in their latest census reference date in the year 2020, there are an estimated 1,872 families with a total population of 6,549 who reside in the barangay. In 2022, there are at least 30 kindergarten pupils found to be malnourished.

Research Instrument

The research instrument used in this study is a self-formulated semi-structured interview guide, which was carefully developed to align with the research questions and collect the necessary data. To ensure the quality and relevance of the interview questions, each core question underwent a rigorous validation process by experts prior to data collection. The interview guide was also translated into the participants' native language to facilitate their understanding and participation in the study. The semi-structured nature of the interview guide allowed us to collect data in a standardized yet flexible way, ensuring that all participants were asked the same core questions while allowing for unique experiences to be explored. This approach also allowed us to gather more in-depth and personalized data.

The primary aim of the interview guide was to explore the experiences of parents living with children with malnutrition. The questions focused on understanding their struggles and coping mechanisms for handling malnourishment, as well as the insights gained from their daily experiences. This allowed us to gain an in-depth understanding of the participants' perspectives and experiences, which are crucial for developing effective interventions to address child malnutrition. The core questions, along with the follow-up

questions, were formulated in a way that encouraged participants to provide detailed and descriptive responses, allowing for a more nuanced understanding of their experiences with child malnutrition. Overall, the interview guide was a critical tool in this study, allowing for the collection of rich and diverse data that captured the complex experiences of parents living with child malnutrition.

Data Gathering Procedure

At the onset of data gathering, we sought permission from relevant authorities by sending letters, including the school principal, school president, the barangay captain of Lacson, and the barangay health center in-charge of Lacson, to conduct the study. To find and contact the participants, we utilized Facebook Messenger and telephone communication to schedule a visit to their homes. We informed the participants beforehand that their participation in the study would be voluntary. During the visit, we provided an orientation on the study's objectives and ensured the participants that their participation would be voluntary and confidential. Once all the necessary steps were completed, we obtained consent from the participants through an Informed Consent Form (ICF) before conducting the interviews at a mutually convenient time agreed upon by the participants. To ensure that no important details were missed, we requested permission to record the entire interview session.

Data Analysis

This study analyzed qualitative data using a method known as thematic analysis. Thematic analysis is an approach where meanings and concepts from data undergo extraction and it includes pinpointing, examining, and recording patterns or themes (Tjandra, Collins, Ensor, & Omar, 2013). In this method, qualitative researchers must

look for common themes in the data collection (Braun & Clarke, 2014). Thus, we chose thematic analysis to illustrate the thoroughness of the research.

Firstly, familiarizing the data before starting the data analysis is a must. We reviewed and listened to all audio files at least twice. Additionally, we transcribed and translated all of the responses and had these checked by our co-researchers. By doing so, we were ensured that we grasped the necessary information to answer the research questions. Also, we ensured to avoid errors in the transcripts and translations (Braun & Clarke, 2014; Judger, 2016; Terry, Hayfield, Clarke, & Braun, 2017).

Secondly, we coded the transcripts. According to Sutton and Austin (2015), coding is the stage where the qualitative researchers will identify similarities and differences between information collected from participants and information obtained from other studies. Also, Alhojailan (2012) stated that one of the tasks is to connect contrasting chunks of information. We evaluated numerous unique perspectives from those who participated in the study to grasp the issue further. The word-by-word notes accompanied each part of the translation and transcription. We jotted down the patterns detected in each section.

Finally, the themes were identified. We arranged the data into themes based on our subjective judgment of what seems to be the most significant and vital in addressing the research questions after common meanings in the coded data have been discovered (Braun & Clarke, 2014). The transcripts coded for each participant and our interpretations were categorized under each topic and served as the study's headings. We requested the participants to provide input for us to double-check our assumptions.

Role of the Researchers

In a qualitative study, researchers have several roles that include acting as instruments, primary collectors of data, and facilitators that create a supportive environment for participants to share their experiences. The collected data were then interpreted by the researchers using their expertise and knowledge to make sense of the participants' experiences, which is then communicated to the academic community through publications and presentations (Creswell, 2013; Charmaz, 2014). The researchers' reflexivity is crucial in qualitative research as personal biases and perspectives can affect the study outcomes (Pillow, 2012).

Qualitative research differs from quantitative research in various ways, such as its approach to data analysis. Qualitative researchers use non-statistical methods, including interviews, observations, and document analysis, to explore complex phenomena and gain insight into human experience, whereas quantitative research uses statistical methods to analyze data (Creswell, 2013). In addition, qualitative research often uses an inductive approach, allowing theories and hypotheses to emerge from the collected data, rather than being predetermined before the study (Charmaz, 2014). This approach enables the researchers to explore phenomena in a more open-ended and flexible way, leading to novel and unexpected insights (Guest, Bunce, & Johnson, 2012).

Qualitative research is characterized by a focus on context and meaning. Researchers aim to understand the social and cultural contexts in which phenomena occur, as well as the meaning participants attribute to their experiences (Charmaz, 2014). This requires the researchers to be sensitive to nuances of language and social interaction, as well as historical and cultural factors that shape human experience. The focus on context and meaning generates knowledge that is more complex, nuanced, and culturally

specific than what can be obtained through quantitative research methods alone (Charmaz, 2014; Creswell, 2013; Guest et al., 2012).

Overall, researchers in a qualitative study have distinct roles that include creating a supportive environment, collecting and analyzing data, and communicating findings to the academic community. Qualitative research differs from quantitative research in its goals, methods, and assumptions about knowledge and reality. Through non-standardized methods, qualitative research seeks to provide a comprehensive understanding of the complexities of human experience, generating knowledge that is culturally specific, nuanced, and socially embedded.

Ethical Considerations

While interacting with the participants, we, the researchers, always followed ethical considerations, which included ensuring confidentiality, data privacy, and anonymity throughout the study. These ethical considerations are principles and values qualitative researchers follow to avoid indulging in harmful and unlawful conduct, which include autonomy, nonmaleficence, beneficence, and justice (Bhasin, 2020). Following ethical considerations is crucial to protect participants' privacy, avoid misleading results, and establish trust, mutual respect, and fairness among all participants involved in the study. In addition, it educates and monitors the person researching to ensure a high ethical standard (University of Hong Kong, 2020). Moreover, it is essential to practice ethical guidelines while conducting a research study because it establishes the validity of the said study (Singh, 2019).

In this study, we, the researchers, ensured confidentiality, data privacy, and anonymity in several ways. Firstly, participants were given informed consent to

participate, which included the disclaimer that participation is voluntary and that they have the right to withdraw to observe autonomy. Once they agreed to participate, we notified the participants in advance of everything about the research, including the aim, scope, and methodology, while ensuring that no personal identifying information was shared to maintain confidentiality. Secondly, we respected the participants' privacy by allowing them to decide when the interview will be held and whether they will allow us to take photos and videos or not, to observe nonmaleficence and transparency and to prevent response fabrication. Moreover, we guaranteed the participants complete secrecy of the data collected and their identities; codes or alternate names act as replacements for their actual names to ensure no identities are exposed, thus ensuring anonymity. Lastly, we ensured that there would be no bias and that all participants would benefit from this study equally by being heard by the community and that the future policies and initiatives that will be made by the society help combat child malnutrition and will be effective to them, to observe justice and beneficence.

Trustworthiness of the Study

In qualitative research, establishing the trustworthiness of data is crucial as it creates a foundation for the arguments of the findings and proves that the data gathered were worth noting for further research (Elo et al., 2014). According to Devault (2019) and Korstjens and Moser (2017), data trustworthiness comprises four primary criteria: credibility, transferability, dependability, and confirmability.

The first criterion that qualitative researchers must establish is credibility. Credibility refers to how confident the findings of the study are when it comes to truthfulness, thus determining whether or not the research findings are an accurate

interpretation of the participants' perspectives (Anney, 2014; Connelly, 2016). Participants are the only ones who can adequately rate the results' trustworthiness (Trochim, 2020). To ensure that we accurately interpreted their voices, we prolonged our engagement with the participants and transcripts and asked follow-up questions or clarifications during the interview. After journaling the answers, we compared and verified if each other's interpretations were similar or different. Lastly, we looked for opposing data and reported findings that support all points of view to avoid bias and to ensure completeness.

The second criterion that must be observed is transferability. Transferability establishes the concept of showing readers that the study's findings can be applied to other contexts, people, and time periods (Anney, 2014). The researchers can improve transferability by thoroughly defining the research background and key assumptions (Trochim, 2020). In this study, our findings about the lives of parents of malnourished children could apply to other parents from the population and other locales. Also, since the issue of child malnutrition is perennial, the findings and the benefits of this study could also apply to future generations.

The third criterion or principle is dependability, which refers to the consistency and reliability of the findings of the study and the degree to which research procedures are followed (Moon & Blackman, 2014). It also refers to how stable the data gathered over time is and in different conditions (Kyngäs, Kääriäinen, & Elo, 2020). We addressed this by following the correct order of data gathering procedure and data analysis and checking the validity of the transcripts displayed in this study by reviewing actual responses given by the participants. In the review, we rechecked the translations and the

typewritten version to ensure that the main details or data were well supported and documented.

The last criterion of trustworthiness that qualitative researchers established is confirmability, which concerns how the data and the results are connected. Confirmability refers to the degree of certainty that the conclusions of the study are based on the real responses rather than possible researcher biases and fabrications (Kyngäs, Kääriäinen, & Elo, 2020). Confirmability ensures that the findings are formed more by participants than by a qualitative researcher and refers to the extent the results of the study could be verified and validated by other researchers (Anney, 2014). In this study, we assured that there were no acts of bias that would affect the data collected from participants' responses, specifically through manipulation or changing it.

Further, honesty is a critical component of trustworthiness in research. According to American Educational Research Association (AERA, 2014), honesty requires researchers to be truthful, transparent, and clear in reporting their research findings, methodology, and limitations. Researchers should be honest and transparent in the dissemination of their findings, and avoid overgeneralizing or exaggerating their results (Ferguson & Heene, 2012). By reporting our findings accurately and honestly, we can help promote informed decision-making and contribute to the advancement of scientific knowledge.

Furthermore, to ensure that we ourselves were not bias with our findings, member-checking was done to give the participants the opportunity to review the findings and the interpretations made. This process allows the participants to provide feedback on the accuracy and completeness of the data interpretation, strengthening the

trustworthiness of the study. To ensure the trustworthiness of qualitative research findings, various techniques have been developed that help mitigate potential sources of bias. Member checking is one such technique that involves giving participants the opportunity to review the findings and interpretations made, thereby providing feedback on the accuracy and completeness of the data interpretation (Birt, Scott, Cavers, Campbell, & Walter, 2016). By involving the participants in this way, we can enhance the credibility of our findings and ensure that our interpretations accurately reflect the participants' experiences.

Another technique to enhance the trustworthiness of qualitative research is peer debriefing. The objective of peer debriefing is to obtain an external perspective and gain insights into possible biases or areas that need further exploration (Lincoln & Guba, 2013). This technique is considered to be a crucial step in the validation of the research findings and contributes to the overall credibility of the study. Through peer debriefing, we can identify any potential weaknesses in the research design and improve the trustworthiness of the research. Moreover, peer debriefing can help identify alternative interpretations of the data, further enriching the research process (Charmaz, 2014).

Chapter 4

RESULTS AND DISCUSSION

This chapter presents a comprehensive analysis and interpretation of the data collected in this study in relation to the main subjects that were developed. The data are presented, examined, and interpreted in a structured manner that follows the research questions stipulated in Chapter 1. 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 daily struggles of parents with malnourished children?

Table 2. Thematic Analysis of the Daily Struggles of Parents with Malnourished Children

Major Themes	Significant Statements
Food Insecurity due to Financial Constraints	<p>“If we cook without the spices, then the food will have no taste.”</p> <p>“If we don't have milk, just water.”</p> <p>“If I run out of money, I won't have anything to buy to feed the child.”</p> <p>“We struggle when it comes to access to spices for the food to taste better.”</p> <p>“Just like when we will run out of rice.”</p> <p>“We don't have any money to buy snacks.”</p> <p>“We don't have any money to buy oil.”</p> <p>“We don't have something to eat when my husband has no source of income.”</p> <p>“If there's no coconut tree to climb, therefore, no income.”</p> <p>“They would choose to eat with table salt than the vegetables which is mostly served.”</p> <p>“If the children will have nothing, they would grab oil and salt then soy sauce, and if nothing at all, vinegar and put some salt to taste.”</p> <p>“Money... that struggle in money.”</p> <p>“It was difficult to buy medicine and antibiotics today.”</p> <p>“I would burn the corn rice to make alternative coffee, but they don't seem to like it.”</p>
Parents' Unenlightenment	<p>“I myself don't know what I should feed them.”</p> <p>“I don't know how to decide.”</p> <p>“Whoever is in the kitchen will get stressed about what meal to prepare.”</p> <p>“Sometimes you'll get confused by the medicine, then, you will be worried what if you'll give them the wrong prescriptions, what would happen to the child.”</p>

Distinguished Wills	“I have a lot of work to do. Taking care of the children, clean up then he, a husband, only uses his cellphone.”
	“It's hard for us especially I'm the only one who's earning a living.”
	“If he'll get tight in the gamble, we'll be in the worse because we cannot buy our needs, because debts due to gambling will be paid first than buying needs.”
	“He is more likely to borrow money from others, then they would pass on the burden to me, and I struggle to pay for it.”
Housekeeping Challenges	“There is no flow that will take about three or four days.”
	“The water will be dirty, and worse if it's raining.”
	“There are always times when it's always raining and the water is murky.”
	“When it's pouring, I'll struggle in cooking because our kitchen is outside.”
	“When the flood is intense, there will be no supply of water and when the flow of water is back, it would be murky.”

Parents who have malnourished children must face numerous challenges on a daily basis that are more difficult than those faced by other parents. They struggle to rear their children who suffer from malnutrition, making it inevitable that they will encounter difficulties. One of the most apparent struggles is securing daily food due to financial obstacles. These parents also lack sufficient knowledge and education, which can lead to stressful questioning about what they should prepare for their daily meals and which medications to give their children. Unfortunately, some of the parents we interviewed struggle even more to provide for their families because their partners have other priorities that cause arguments, fury, and even violence, which can introduce fear and worsen the situation. In addition, parents face housekeeping challenges and have to deal with living in poor conditions. All of these factors make it difficult for parents to provide for their children and make a better life for their families.

Food Insecurity due to Financial Constraints

Food Insecurity due to Financial Constraints is a heart-wrenching theme that showcases the struggles of parents with malnourished children. These parents often face difficulty providing food for their family due to their low income, leaving them with a constant worry about consistent feeding. Although they strive to provide the best for their children, they are also mindful of what their children want.

Unfortunately, the financial constraints faced by these parents make it challenging for them to buy nutritious or quality food. As a result, they struggle to access necessary materials, condiments, and ingredients for their daily meals, give healthy snacks to their children when going to school, and buy medicine whenever their children are sick. In some cases, families cannot even vary their daily food, while others have nothing to eat at all. The reality is that most cannot even afford condiments or spices, leading to tasteless meals.

These financial constraints not only affect the physical health of children but also have a profound impact on their emotional and mental wellbeing. Children may feel left out or embarrassed when they cannot bring healthy snacks or lunches to school, leading to a lack of confidence or self-esteem. Additionally, parents may feel a sense of shame or inadequacy when they cannot provide for their children, leading to stress and anxiety.

"Mahiubos pud ta kay ingon ana magluto unya wala tay lamas maong way lami ang pagkaon." (Nene_M24-3-4k)

We will also feel sorry because cooking without spices would result in a tasteless meal.

While some families struggle to access food condiments or spices to add flavor and variety to their meals, others may face even more severe difficulties. In some cases,

parents may only be able to provide their children with basic food condiments to sustain them.

"Og wala juy makuan [masud-an] ang mga bata, mukuan [musud-an] lang sila'g mantika butanga'g asin nya toyo tapos og wala jud, kaning suka butangan og asin para malami-lami pa." (Linda_M34-3-2k)

If the children have nothing, they will grab oil and salt, then soy sauce, and if nothing at all, vinegar, and put some salt to taste.

It is common for children to develop a preference for certain foods, even if they are not the healthiest options. In some cases, children may prefer to eat foods that are high in salt or sugar, as these can be more appealing to their taste buds. However, this preference can also be a result of the limited availability of other food options. In situations where families are struggling to access a diverse range of foods and condiments, children may become accustomed to eating the same meals repeatedly, leading to boredom and a loss of appetite. This can make it more challenging for parents to encourage their children to try new foods or to eat healthy foods that are essential for their growth and development. In some cases, children may also develop a preference for salt over vegetables, as vegetables can be less appealing to their taste buds. However, this can be a result of how vegetables are prepared and presented to children.

"Mangrekamo jud sila kung masagunson nga gulay. Usahay mag gulay ko, di nana sila mukaon ana kay 'Mag-asin nalang ko, Ma.' Kaunon pa nila ang asin kaysa sa gulay nga sige gibalik-balik og kaon." (Fely_M28-4-5k)

Sometimes if I cook them a dish with vegetables, they will not eat it and will say, "I'll just eat my rice with table salt, Mom." They would choose to eat with table salt than the vegetables which is mostly served.

Milk is an essential component of a child's diet and is considered a must-have drink every day. It contains many vitamins, calcium, and protein that are crucial for children's health, nutrition, and growth. However, not all parents have the financial means

to buy milk regularly for their children, leaving them with difficult choices. Some parents resort to giving their children only water, which may not provide sufficient nutrients for their growing bodies. In contrast, others may choose to make alternative drinks using available food items. While these alternative drinks may provide some nutritional value, they may not be as effective as pure milk.

The inability to provide milk for their children can also have wider implications for families. Children may miss out on key nutrients essential for their growth and development, leading to potential health problems later in life. Additionally, parents may feel a sense of guilt or stress due to their inability to provide for their children adequately. One parent shared their situation when they had no milk and that there has another source for an alternative:

"Di man jud nato maiwasan mahutdan og gatas maong usahay kanang makapagaling sila mama ug mais kay kuan kanang bugas bitaw kanang paigon himuon ug kape pero dili lang kaayo sila ganahan." (Hilda_M35-4-5k)

We cannot really avoid running out of milk, so, sometimes, when my parents would be able to grind the corn they harvested, I would burn the corn rice to make alternative coffee, but they don't seem to like it.

The struggle of parents to provide snacks for their children at school can be a significant source of stress and worry. Snacks can be important for children, as they can provide energy and nutrients to help them concentrate and learn throughout the day. However, for parents who are struggling to make ends meet, buying snacks can be a challenge. Parents may feel a sense of shame or embarrassment when they cannot provide snacks for their children at school, especially when they see other families who are more financially stable. This can lead to feelings of inadequacy or failure, as parents may feel like they are not doing enough to provide for their children's needs. Moreover, the inability to provide snacks for their children can have practical implications, as children

may become hungry or distracted during the day, affecting their ability to learn and engage in school. This can have long-term consequences for their academic performance and overall wellbeing.

“Lisod man kaayo muswekla maabot didto sige ra mi’g tan-aw didto ilang classmate mukaon nya wala mi amoam ikapalit.” (Fely_M28-4-5k)

It would be hard going to school, then when we arrive there, we would only look while their classmates were eating, but we don't have any money to buy snacks.

It is common for parents who are struggling financially to try different means to earn a living and provide for their families. However, the reality is that many of these jobs may not pay enough to meet their basic needs. For example, climbing and selling coconuts can be a physically demanding job, requiring significant effort and time. However, the income generated from this may not be enough to support a family, especially if coconuts are sold at a low price.

“Pag walay sak-unon nga lubi, wala man juy kwarta, nya karon, panagsa ra man sad ang magpasaka kay barato ra man kaayo ang lubi.” (Fely_M28-4-5k)

If there's no coconut tree to climb, therefore, no income, now, coconut climbers are rare because coconuts are only cheap.

Sunguya et al. (2014) reported that poor feeding practices are commonly due to food insecurity, low income, and poverty, which often lead to poor diet quality and unfavorable health outcomes associated with undernutrition. Ihab et al. (2015) and Shen et al. (2015) supported this by stating that poor diet quality is a key factor that contributes to undernutrition in children. In addition, Nnakwe and Onyemaobi (2013) suggested that parents' inability to vary their food due to financial constraints can lead to a decline in the nutritional status of children and mothers. Hinrichsen (2017) noted that a lack of opportunities for formal jobs and stable salaries is a significant challenge for parents of malnourished children in their everyday lives, especially those with low levels of

education or less experience. This is further compounded by income restrictions, poverty, and the high cost of varied foods, which often prevent parents from providing their children with high-quality meals (AbuKishk et al., 2021). Moreover, even if parents are employed, families could still experience child malnutrition (Fabio, 2014; Kume et al., 2020; Purdam et al., 2016). Furthermore, low-income mothers who struggle to obtain enough food and have insufficient breast milk are forced to feed their children with water and other substitute foods that might expose them to infectious diseases and result in undernutrition (Madeghe et al., 2016).

Parents' Unenlightenment

Parents' Unenlightenment refers to a common challenge faced by parents with malnourished children, who lack the knowledge and understanding necessary to make informed decisions about their family's diet. Without a background in nutrition or a clear understanding of the food pyramid and balanced diet, parents may struggle to plan and prepare meals that provide their children with the essential vitamins and nutrients they need to thrive. This can result in an imbalanced diet that fails to meet their children's nutritional needs and can contribute to malnutrition and other health issues. Moreover, children may become bored with the same limited range of foods, leading to a further decline in their nutritional intake.

Parents with malnourished children often face stressful instances when deciding what to feed their children. One parent shared her experience of struggling to come up with new and nutritious meal ideas for their family due to a lack of knowledge and resources. They recounted moments when they had to think about what to cook for their children every day, especially when they had no idea what other dishes they could

prepare. The parent expressed their concerns about their children's health and the quality of the food they were eating. They felt helpless in providing their children with the necessary nutrients to grow and stay healthy. This highlights the challenges parents face when they lack knowledge and resources about proper nutrition and the impact it has on their children's health.

"Usahay wa sad ko kabalo unsay ipakaon sa ilaha, kanang dili ko kabalo mudesisyon... Usahay pul-an pud lagi bantug ikaw na naa sa kusina magkapuliki kung unsay angay andamon." (Sisa_M31-4-5k)

Sometimes, I myself don't know what I should feed them, like, I don't know how to decide... Sometimes they'll get bored of [the food]. That's why, whoever is in the kitchen will get stressed about what meal to prepare.

Due to the difficult situation these families face, children are more susceptible to getting sick. Parents who lack knowledge about proper nutrition and balanced diets may also struggle to identify the right medicine or treatment for their children when they become ill. This can lead to confusion and further stress for the parents, as they try to navigate their child's health without proper guidance or resources.

"Usahay malibog man kag unsay tambal ani unya mahadlok sad ka ilabi na'g kanang wala ka kabalo basin diay og mali ang tambal, unsay mahitabo sa bata." (Sisa_M31-4-5k)

Sometimes you'll get confused by the medicine, then, you will be worried what if you'll give them the wrong prescriptions, what would happen to the child.

Having enough feeding and health knowledge improves the ability of parents to foster better feeding practices and a healthy environment and reduce the risk of child malnutrition. Parents who lack access to information on proper nutrition and healthy lifestyles may struggle in figuring out what type of food to prepare every day, how to balance their children's lifestyle, and how to address their children's sickness. This can lead to incorrect perceptions and practices, potentially worsening the nutritional status

and health of their children, resulting in short stature and slow cognitive development (Casale et al., 2018; Grépin & Bharadwaj, 2015; Le & Nguyen, 2020).

Distinguished Wills

Distinguished Wills is a poignant and distressing theme that depicts the struggles of parents with malnourished children. It revolves around the actions of their partners, which have a significant impact on the nutrition and daily living of their entire family. In this situation, parents are forced to face an arduous battle as they try to navigate the challenges of raising their children in a healthy and supportive environment. The partners of these parents may not assist or cooperate with them in fulfilling their responsibilities at home, which can cause a rift in the relationship and ultimately lead to fights. As a result, the parents are left to shoulder the burden of providing for their family alone, often with limited resources or support. This can exacerbate the problem of malnutrition and make it even more challenging for them to provide their children with the nourishment they need to thrive. One parent shared their situation when it comes to household activities wherein their partner has other plans:

“Oo, parehas anang ako daghan ug buhatunon para mag-atiman sa mga bata, maglimpyo tapos siya kay mag cellphone lang. Away jud ang abuton.”
(Nene_M24-3-4k)

Yes, I have a lot of work to do. Taking care of the children, clean up, then, he, a husband, only uses his cellphone. There is going to be a fight of course.

When it comes to the safety of the family, parents struggle maintaining peace in their homes due to their violent drunkard partner. Parents are also worried about the impact of it to the children. In most cases, parents struggle to provide for their family's needs especially if only one of them is earning a living while the other has anything else to do. If only their partners earn a living and are more serious when it comes to being a

parent, the responsibilities and the struggles of these parents and the risk of malnutrition in their homes will be reduced.

“Unsaon man na. lisod kaayo unya ako ra usa manrabaho ‘nya akong bana kay di man sige man gud pangayog pasaylo unya mao raman gihapon bulag nalang mayntag... Okay mahubog unya muhatag ug konsumo makig bugno paman samot ug gamitan ug lagaraw, bulag ray paraan kay ang mga bata mahadlok naman muuli. Sa akoa naman muhigda, unya mahubog ilang amahan unya mugamit ug likog, lisod na.” (Sisa_M31-4-5k)

What could we do? It's hard for us especially I'm the only one who's earning a living then my partner always ask for forgiveness then it will be just the same so it's better for both of us to get separated... It's okay if he want to get drunk then give support to the children, but the only thing he did will just argue, worst when he uses a weapon, the only way is to get separated because the children are scared to go home and wanted to sleep beside me. When my partner gets drunk and uses a weapon, it's dangerous.

Parents with malnourished children suffer as their partner spends the money into different purposes such as gambling. The family will be in a tough situation once they will lose the money in gambling and that the debts from gambling will be paid first than buying their daily needs in the house. Their partner would drown their family in debt and have their parents struggle paying for it. Two parents shared their encounters:

“Kanang kuan man gud na siya mahilig ug utang ba kanang akoy paninglan nya akoy maguol unsa ako ibayad. Kahilakon na lang jud kayko maghuna-huna.” (Hilda_M35-4-5k)

He is more likely to borrow money from others, then they would pass on the burden to me, and I struggle to pay for it. I'm tearing up just thinking of it.

“Kabalo naman sila unsay kahimtang namo ug unsay trabaho sa ilang amahan nga sugarol tapos ug maipit siya sa sugal kay mas maipit mi kay ang konsumo kay di kaayo namo mapalit kay tungod mas mauna pag bayad ang utang sa sugal kontra sa amoang konsumo.” (Linda_M34-3-2k)

They already know regarding our situation and what the father that is addicted to gambling works. Then, if he'll get tight in the gamble, we'll be in the worse because we cannot buy our needs, because debts due to gambling will be paid first than buying needs.

Children living in areas where violence and conflict are present, such as war or fighting among parents, are at high risk of malnutrition, which can significantly affect their physical and mental health as well as their education (Akresh, 2016). Violence in households also tends to be associated with low income, as parents may not be able to work together for the well-being of their family. Witnessing or experiencing violence can lead to loss of appetite in children, which further exacerbates their malnutrition (Tranchant et al., 2014). Moreover, low-income families with children are often forced to prioritize their basic needs such as food and shelter, which may leave little or no resources for other essential services such as healthcare (Akresh, 2016). Thus, children living in violent households may suffer from malnutrition not only due to a lack of access to nutritious food but also due to the economic and social consequences of violence and conflict (Akresh, 2016; Tranchant et al., 2014).

Housekeeping Challenges

The theme **Housekeeping Challenges** is a complex issue that affects many families who live in poor living conditions. Parents who are struggling with housekeeping face a variety of challenges that can impact their daily lives in significant ways. One of the primary challenges that parents face is access to clean and safe water. In some areas, water supply may be limited or unreliable, which can make it difficult for families to obtain the water they need for basic household tasks such as cooking, cleaning, and bathing. When there is no supply of water for several days, parents may have no choice but to collect water from alternative sources, such as rainwater. However, collecting rainwater can be risky, especially if the water is contaminated, which can lead to health problems for the family.

For parents who have malnourished children, ensuring that the water they use is safe is a top priority. Contaminated water can exacerbate malnutrition and put children's health at risk. As a result, parents may have to take extra precautions to purify the water they collect or find alternative sources of clean water to use.

Moreover, maintaining the home itself can be a significant challenge for parents. In many cases, the houses in which they live may be poorly constructed or in disrepair, which can make it difficult to keep them standing. Parents may have to patch holes in the roof, reinforce walls, or repair damaged floors, all of which can be time-consuming and expensive.

In areas where it rains frequently, parents face an additional challenge. Rainwater can quickly turn murky and contaminated, making it unsafe to drink and to wash rice with. When this happens, parents may have to find alternative sources of clean water, which can be a significant burden.

“Naa man juy usahay na straight ang ulan, lubog jud ang tubig nya mu ingon mani akong bata na, ‘Ma, lubog paman ang tubig.’ Ana ko, ‘Iyabo na kay mubalik tag salod if matinaw-tinaw na.’ Usahay pud dugay kaayo mutin-aw aw mu hulat jud mi mu kuan kay naa juy panahon na lubog jud ang tubig.” (Fely_M28-4-5k)

There are always times when it's always raining and the water is murky. My child would say, "The water is still murky." I'd tell them to just throw it out because we will fetch water if the water is clear. Sometimes it takes a long time for the water to clear; we would wait for the water to be clear. There are times the water is so dirty.

In addition to the challenges faced by parents in poor living conditions regarding water supply, flooding due to heavy rain can also pose a significant problem. Parents with malnourished children, in particular, may find it challenging to manage the impact of floods on their already limited access to safe and clean water. During floods, water supplies can be severely disrupted as there may be no flow of water due to the flooding or

the water may become contaminated with sewage and other pollutants. This can be especially challenging for families who live near riverbanks or in low-lying areas that are more prone to flooding.

One parent who lives near the riverbank shared their experience of struggling to obtain clean water during a flood. They explained that the floodwater would affect their water supply, and they would be left without access to clean water for an extended period. Even after the floodwaters recede, the water from the faucet may still be dirty due to the heavy rain and flooding. Floods can also make it difficult for families to access food and other essential items, exacerbating the challenges of malnourishment. Furthermore, the flooding can damage homes, making them uninhabitable and forcing families to seek temporary shelter elsewhere.

“Kuan, kanang naay usahay kanang kusog ang tubig tas kusog ang baha diri tapos mapalong ang supply sa tubig sa gripo, pag-uli ana mao nana siyang lubog. Human ana dili pako magsalod. Maghulat rako na matin-aw na.”
(Linda_M34-3-2k)

Sometimes, the flow of water is good, but when the flood is intense, there will be no supply of water and when the flow of water is back, it would be murky. Then, I won't fetch. I will wait once it's clear.

Parents with malnourished children who live in poor living conditions face multiple challenges during rainy days. In addition to the issues of water supply and flooding, parents who have an outdoor kitchen may find it challenging to prepare meals for their families during rainy days. Outdoor kitchens are common in many low-income areas, and they are often made of materials that are not waterproof, making them vulnerable to damage during heavy rain. The equipment and fireplace used for cooking can become wet, making it impossible to use them until they dry out.

This can be particularly problematic for parents with malnourished children, who may rely on cooking nutritious meals to help improve their children's health. When it rains for extended periods, parents may be unable to cook and prepare meals, leaving their children without the proper nutrition they need. Moreover, outdoor kitchens are often located away from the main house, making it difficult for parents to access them during rainy days. This can make it even more challenging for parents to cook meals for their families during inclement weather.

“Sud-an may... ay, di man maglisod pero sud-an may wa namo. Kana lang mag-ulang maglisod kog luto kay nasa gawas ang lutuanan. Di na nuon ko makaluto pag mabasa among munting kusina. Mag-antos. Mao na among kalisud pag mag-ulang na maapektuhan, madamay jud ang paghanda og pagkaon para ining akong mga bata.” (Linda_M34-3-2k)

Well, I don't struggle in cooking but only in what I will cook. When it's pouring, I'll struggle in cooking because our kitchen is outside. I cannot cook whenever our little kitchen got wet. Suffer. That's our struggle every rainy days that will affect the preparation of food for my children.

Water supply and sanitation facilities in poor living conditions have a profound impact on the health and well-being of children and their families. Lack of access to clean water is a significant threat that affects the nutrition of children and the overall health of the entire household. Without proper water facilities, food preparation and cleaning of the surrounding area become challenging, and the risk of contamination and illness increases. Contaminated water can bring many diseases to the family, including diarrhea, cholera, and typhoid fever. These diseases can cause malnutrition, dehydration, and even death, particularly in children who are already malnourished. Children who consume contaminated water are more susceptible to chronic diseases, which can lead to long-term health problems (Prentice, 2018).

Moreover, poor housing conditions can lead to children's exposure to more diseases and malnutrition, further exacerbating the challenges faced by families in these situations. The hindrances resulting from poor housing conditions can affect the daily lives of parents and cause significant stress, particularly when it comes to feeding their children. In a study conducted by Man and Guo (2016), it was found that parents living in poor housing conditions were more likely to experience stress while feeding their children, which could negatively impact the children's nutritional intake. Furthermore, Palacios et al. (2020) found that inadequate housing conditions were linked to a higher risk of malnutrition in children. The study found that children living in homes without basic sanitation facilities or adequate ventilation were at higher risk of malnutrition than those who did not.

Research Question #2: What are the coping mechanisms of parents in handling the malnourishment of their children?

Table 3. Thematic Analysis of the Coping Mechanisms of Parents With Malnourished Children

Major Themes	Significant Statements
Financial Efforts and Assistance	“Work to support the children.”
	“I would accept assignments by neighbors.”
	“My partner would immediately accept the job with no hesitation.”
	“My partner will negotiate in order to earn money in a good way.”
	“Go to your neighbor and ask if they can lend you some money”
	“I borrow from the store.”
	“My parents would support us whenever my children will get sick.”
	“Ask someone if they can lend us some money.”
	“I joined the 4Ps program”
	“My older sibling thankfully took charge upon arriving at the hospital.”
Feeding Efforts	“I would only assure that they have something to eat and I won’t eat my lunch anymore.”
	“Forcing them to eat.”
	“I’ll find a way for my child to have the appetite to eat.”
	“I’ll change it if they don’t like to eat.”
	“I’ll slice the food smaller than plate like a burger patty.”
From the Surroundings	“I look for vegetables on the sides.”
	“We can use lemongrass instead of onions if we have our own garden.”
	“I won’t buy medicine. I would rather boil herbals.”
	“We usually get water from the rain.”
	“We had to stick with herbal remedies.”
Consultations	“I will always ask them what meal they want to eat.”
	“I will just ask them first what they want to eat for breakfast.”
	“That’s why you should ask; you’ll go to the health center so you can know what you’ll need to do so that the children’s sickness won’t worsen.”
Going Beyond Responsibilities	“I’ll only use coals, it seems like I don’t have a man here.”

Parents with malnourished children face immense struggles on a daily basis, yet they still try their best to survive and improve their lifestyle and their children's nutritional status. In order to meet their immediate needs, they find different ways to be financially aided, such as earning a living or borrowing from others. Despite their worries, parents strategize to feed their children daily and avoid seeing them starving and sickly. Unfortunately, due to their lack of resources, they have limited access to food and rely on their surroundings, which means they may have to look for vegetables or fetch water from the rain. Parents cope with their lack of knowledge and education by seeking help from others during meal preparation and when administering treatments. Moreover, when their partners are absent, parents must take on additional roles and responsibilities, even if it means doubling their efforts and making sacrifices.

Financial Efforts and Assistance

The theme **Financial Efforts and Assistance** is a prominent one among parents with malnourished children. With an unstable source of income, these parents find themselves exploring various ways to be financially aided. In many cases, they rely on their partners to work and earn a living. However, due to low wages, they struggle to provide for their daily needs such as food, vitamins, and allowance. As a result, some parents take the initiative to generate additional income. For instance, one parent shared that they would accept any job offer from neighbors in exchange for money. On days when their partner has no work, they accept assignments from other people to earn a living. It is clear that parents with malnourished children must go to great lengths to ensure their family's financial stability, and this remains a major challenge for them.

“Pareha karon maghagbas nalang pud kog apil kay para naa lang pud koy ma sideline-sideline kay di man pud ko kasalig sa iyang trabaho. Usahay naay muingon na ‘Naa koy ipa-uling didto na kahoy. Ulinga.’ Abtik nalang pud kaayo na siya bisag unsa pa kakapoy ang manguling pero iyaha nalang pud gyung sugalan kay kutob sa trabaho basta makakwarta lang sa tinarong lang na pa-ag.” (Fely_M28-4-5k)

Like these days, I would accept assignments by neighbors with my partner so that I can earn a little extra because I can't also be fully dependent in my partner's job. Sometimes, someone will tell us that “I have logs for you to coal. Coal them.” My partner would immediately accept the job with no hesitation knowing how tiring it is to coal, but my partner will negotiate in order to earn money in a good way.

Moreover, borrowing money is just one of the various initiatives that parents with malnourished children undertake to survive their daily lives. Often, these parents experience financial crises and must resort to asking their relatives or neighbors for loans to buy their families' basic necessities or pay their hospital bills, at least temporarily. This is particularly common when they have no paycheck from their work and have already run out of money. Despite the stigma attached to borrowing, some parents are forced to take this step just to ensure their children's survival. In fact, one of the parents shared how they receive help from other people nearby, which has been crucial in keeping their family afloat during tough times. It takes immense courage for parents to seek assistance in this way, but their determination to provide for their children motivates them to take such steps.

“Musuporta man sad sila mama sa akong mga anak pag magkasakit. Mao gihapon mangutang gihapon ug kwarta.” (Sisa_M31-4-5k)

My parents would support us whenever my children will get sick. Similarly, we will ask someone if they can lend us some money.

Furthermore, in their quest for a better life, parents of malnourished children actively seek out various programs and initiatives sponsored by the government or non-governmental organizations. By joining these programs, they hope to receive

assistance, particularly in the form of financial aid. This financial assistance, they believe, will go a long way in alleviating their daily struggles. As one parent shared, after eleven years of waiting, they finally qualified to become beneficiaries of a government program. This is a testament to the lengths to which parents are willing to go in order to improve their lives and the lives of their children, despite the many challenges they face on a daily basis.

“Sa karon, murag karon ra mi napasok anang 4P’s sukad-sukad jud. Sige ramig ka dili. Karon rajud mi napasok sa 4P’s karong March 6 daw ang validation. Sige ra mi’g aplay sugod 2012.” (Linda_M34-3-2k)

Now, it seems like it's the first time we become beneficiaries of the 4P's program. We always got rejected. Now, we got accepted, finally, and that the validation will be this March 6. We've been applying since 2012.

Parents with malnourished children face immense challenges in providing proper nutrition for their children. To overcome this challenge, they resort to various methods to earn money and make ends meet. One of the ways is by taking on temporary jobs that are available to them, as pointed out by Heinrich (2014). In addition, Tumilowicz et al. (2016) found that some parents sell items and food in their neighborhood to earn money and buy food for their children. On the other hand, Motbainor et al. (2015) discovered that some parents would go to the market to sell their harvests for a better income. Despite these efforts, parents with malnourished children still struggle financially, and according to Davis and Brazil (2016), they may even be drowned by debts, forcing them to ask for financial help from other people just to address their healthcare needs. It is clear that parents with malnourished children go through great lengths to provide for their families, yet their efforts are still not enough to guarantee a decent quality of life.

Feeding Efforts

In the theme **Feeding Efforts**, parents with malnourished children exhibit a high level of dedication and sacrifice in ensuring that their children have enough to eat. Many of these parents have their partners who work to earn a living while they stay at home, doing household chores and raising their children. One parent stated that their top priority is to provide their children with something to eat each day, even if it means going hungry themselves. This selflessness and determination to provide for their children exemplifies the resourcefulness and resilience of these parents, who often face extreme challenges in meeting their families' basic needs.

"Akong partner kay construction karon. Akong trabaho kay diri ra sa balay, mag-atiman. Siguruhon ra nako silag pakaon tapos ako dili nako mani-udto. Himuan lang nako silag pani-udto tapos didto rami mubanat ug kaon sa panihapon." (Linda_M34-3-2k)

My partner works in a construction. While I stay at home taking care of the children. I would only assure that they have something to eat and I won't eat my lunch anymore. I'll just make them their lunch and then we will eat together at dinner.

Parents of malnourished children strive to provide their children with the best possible care, including creatively and attractively plating nutritious meals to regain their children's appetite. These parents understand that their children's health depends on a balanced and nutritious diet, and they use their creativity to make the meals more appealing to their children. One parent, for example, shared a strategy they used to encourage their children to eat by presenting the food in a fun and visually appealing way. These efforts demonstrate the parents' resourcefulness and commitment to their children's wellbeing, even in the face of significant challenges.

“Kanang pugson og pakaon. Mangita og paagi para maganahan ang anak mukaon. Kay ako og dili sila ganahan ana lahion nako, akong slice-son ginagmay nya butangan bitaw kanang, i-burger patty mga ingana gud para ganahan sila mukaon.” (Hilda M35-4-5k)

Forcing them to eat. I'll find a way for my child to have the appetite to eat. As for me, I'll change it if they don't like to eat, I'll slice the food smaller then plate like a burger patty and the like for them to like to eat.

Studies have shown that parents of malnourished children often restrict their own food intake to ensure that their children have enough to eat. Peters et al. (2013) found that parents prioritize their children's needs over their own, with a focus on preventing hunger and ensuring their children's wellbeing. Vaezghasemi et al. (2020) also noted that parents are concerned about their children's emotional state, and aim to prepare meals that are both nutritious and visually appealing to avoid upsetting their children. This highlights the importance of creativity in meal preparation, as making the meals more attractive to children may encourage them to eat and improve their overall wellbeing.

From the Surroundings

The theme **From the Surroundings** highlights the resourcefulness of parents with malnourished children who have limited access to resources. To cope with the high prices of vegetables in the market, many of these parents grow their own vegetables in their backyards. However, when their garden produce is not yet available, financially struggling parents would rely on their surroundings and search the neighborhood for available vegetables to include in their meals for the day. This shows how parents adapt to their environment and utilize the resources they have to provide for their families, even in difficult circumstances. These are their ways to lessen their expenses as one of the parents exclaimed:

“Mangita ug gulay anang daplin daplin. Mga gabi, tinangkong, kamunggay. Dira ra mi naga kuha sa kilid kilid kay syempre ang mga isda mahal kaayo dili ta ka-afford ana mao mag gulay nalang ta.” (Nene_M24-3-4k)

I look for vegetables on the sides. Taro, water spinach, horseradish. We only get them from the backyard or everywhere because the fish in the market are very expensive and we can't afford them.

Further, parents with malnourished children often face challenges in accessing clean and safe water for their families. In some cases, the only available water sources may be contaminated or unreliable, which can lead to waterborne illnesses and further malnutrition. To cope with this challenge, some parents have resorted to collecting rainwater or seeking other sources of water outside their homes. While this water may not be suitable for consumption, it can still be used for other household needs such as bathing and cleaning.

“Nagosalod man mig ulan ko pero dili ingon nga kuan... kanang inumon, kanang ipang hugas, ipang kuan sa kan-on.” (Linda_M34-3-2k)

We usually get water from the rain but not... for drinking nor for rinsing rice.

In addition, malnourished children are more susceptible to getting sick, and parents who are financially unstable often resort to alternative methods to help heal their children. One common practice is the use of herbal plants. Parents with malnourished children rely on these herbal remedies as a cost-effective and convenient solution. In some cases, children may even prefer these natural remedies. With no money to purchase traditional medicines, parents turn to herbal plants to aid in the recovery of their sick children.

“O, naa jud, sir. Kanang akong bata pag sakit dili naman ko mupalit og tambal na paliton. Igo ra ko mag-init-init ug laga-laga og mga herbal kay wala man jud ko'y ikapalit.” (Fely_M28-4-5k)

Yes, there are times, sir. When my child gets sick, I won't buy medicine. I would rather boil herbals because I don't have money to buy medicine.

Montaño and Bingil's (2018) study highlighted the effectiveness of kitchen gardens in improving the nutrition of malnourished children and their families' access to food resources. Additionally, Fagundes et al. (2020) suggested that families facing water scarcity can benefit from collecting rainwater as an alternative source. Degefa et al. (2022) also found that parents often treat their children's illnesses themselves using herbal remedies before resorting to medications from traditional health practitioners. These alternative methods of coping with limited resources demonstrate the resourcefulness and resilience of parents in providing for their children's basic needs.

Consultations

In some cases, parents with malnourished children may involve other people in decision-making when it comes to meal preparation and treatment options, a theme known as **Consultations**. When parents have no idea what meal to prepare, they may ask their children what they want to eat. However, this can potentially lead to an imbalanced and controlled diet, as children may have a preference for instant or preserved foods that are not nutritious. Despite the risk of compromising their child's health, parents may allow their children to choose what to eat out of fear that they will get bored or lose their appetite. One parent shared how they regularly ask their children for meal choices, rather than deciding for themselves. This suggests that parents may be unaware of the long-term consequences of allowing their children to make these decisions.

"Ay pangutan-on man nako sila unsa ilang gustong kan-on parehas anang muskwela gutom man baya sa skwelahan mantag pagkahapon. Pagkabuntag ana pangutan-on nako daan unsa ilang kaonon pamahaw." (Sisa_M31-4-5k)

Oh, I will always ask them what meal they want to eat, just like going to school. Well, they will surely starve as school will be until afternoon. Then in the morning, I will just ask them first what they want to eat for breakfast.

Moreover, when parents are unsure of which medicine to give their malnourished children, they often turn to health center workers for advice. They prioritize their children's safety and are cautious about giving the wrong medication. As a result, they seek guidance from trusted individuals with knowledge and expertise to ensure the well-being of their children.

“Oo di kalikayan uy kay di man ta magpasagad ug pa inom kay basig musamot na hinoon ang sakit mao nang mangutana gyud ka, muadto ka sa center para makabalo ka didto kung unsay dapat buhaton aning kuana para di madungagam ang sakit sa bata.” (Sisa_M31-4-5k)

You can't avoid it, and we also don't let them drink medicine that isn't prescribed by the doctors because it might worsen their illness. That's why you should ask; you'll go to the health center so you can know what you'll need to do so that the children's sickness won't worsen.

According to Burtscher and Burza (2015), parents with malnourished children often lack decision-making autonomy and rely on others to make important decisions such as what to feed their children or how to treat serious illnesses. They may respect or consider the advice of others, potentially leading to an imbalanced and controlled diet. In addition, Dereje (2014) found that illiteracy among parents when it comes to making decisions about daily food and other household matters can have a significant impact on the health of the entire family.

Going Beyond Responsibilities

Going Beyond Responsibilities is a theme that highlights how some parents willingly take on more duties than what is traditionally expected of them. Their partner may have a different will, or in other words, busy with other things. However, it could also be due to the fact that the work of the partner is already tiresome during the day. When mothers lack support in managing household chores, they frequently step in to do

their partner's work on top of their own, even though it is not part of their official responsibilities.

“Uling lang man ko kay mura man kog way kaubang laki diri, maong mag-uling nalang ko. Busy man siya pag mouli siya diri.” (Linda_M34-3-2k)

I'll only use coals, it seems like I don't have a man here. So, I'll coal. He's busy doing something else when he came home.

Bearing a child brings about numerous responsibilities that can be overwhelming for mothers of malnourished children who struggle to fulfill multiple roles as a wife, homemaker, and caregiver. In addition, parents reported that their partners tend to shirk their co-parenting responsibilities, adding more burden and stress. As a result, mothers of malnourished children often find themselves in a difficult position, as they must balance the care of their children with the demands of their other responsibilities. This can be particularly challenging in cases where mothers lack support from their partners or other family members. In some cases, mothers may even neglect their own health in order to prioritize the needs of their children, which can have long-term consequences for both the mother and child. Despite these challenges, many mothers continue to persevere, demonstrating remarkable resilience in the face of adversity (Ahon et al., 2021; Chary et al., 2013).

Research Question #3: What insights can be gained from the lived experiences of parents with malnourished children?

Table 4. Thematic Analysis of Insights of Parents with Malnourished Children Gained from their Lived Experiences

Major Themes	Significant Statements
Planning Your Future	<p>“When they get married, just be responsible.”</p> <p>“If they plan to get married, they should plan very well after studying in school.”</p> <p>“After graduating school, you're not able to marry as soon as possible.”</p> <p>“You need to have a job first and choose something that can help you in your marriage.”</p> <p>“Plan your marriage.”</p> <p>“See if the job can be done already with ease.”</p> <p>“Marriage is not only the thing you should invest on but also your children which is very tough.”</p> <p>“Think about marriage first before entering it.”</p> <p>“My only regret is because of a stubborn man.”</p> <p>“If your partner is like that, stubborn, it seems like you're going to suffer until you can.”</p> <p>“For the youths out there, finish first your studies.”</p> <p>“If there's a good-paying job, the children's food is like, somehow not irregularly given.”</p> <p>“Not marrying too early, pregnancy should really be planned.”</p> <p>“I should have finish my studies first before entering parenthood.”</p> <p>“You should really prioritize your studies.”</p> <p>“If you really finished your studies and have a well-paying job, you have something to depend on and you'll get anything you need and want.”</p>
Daily Feeding Practices	<p>“If they like my cooking, they finish their plates, and if they don't like my cooking, they will go weak because they didn't like my cooking.”</p>

	“If the food I prepare are the same every day, I think it’s not somehow right.”
Parental Resilience	“Let’s just continue to fight!”
	“You don’t have any other choice.”
	“These days, I don’t care if we are struggling.”
	“I may not have finished my studies, it’s my children’s turn to revive.”
	“Endure the hardships, even though life is getting hard because we don’t know the time.”
	“Just don’t give up because we don’t know and only time can tell.”

Parents with malnourished children have gained valuable insights from their daily experiences and encounters, and they often wish to share their regrets and advice with the world, particularly with the youth, to prevent a recurrence of the problem of child malnutrition. One of the most important pieces of advice they offer is to plan marriage and family life carefully, taking into account the potential challenges that may arise, such as financial difficulties or unexpected health issues. Another common regret that parents of malnourished children express is about their feeding practices. They wish they had been more careful and conscious of the nutritional value of the food they provided their children. They often realize too late that the choices they made had a negative impact on their children's health and well-being. Therefore, they advise parents to be more mindful of the food they give to their children and to prioritize balanced and healthy meals.

Lastly, parents of malnourished children emphasize the importance of determination and perseverance in overcoming the challenges they faced. They believe that despite the difficulties, they were able to endure and overcome them because of their strong will and determination to provide the best for their children. They encourage others not to give up and to remain steadfast in their pursuit of a better life for their families, despite the obstacles they may encounter.

Planning Your Future

The theme **Planning Your Future** involves parents reflecting on past events and missed opportunities, which have resulted in difficult situations they find themselves in now. These experiences can lead to regrets and a desire to advise their children to make more informed choices for their own futures. Having gone through difficult situations and missed opportunities, parents want to help their children avoid making the same mistakes. One key piece of advice is to be responsible with life choices. This includes making wise decisions about education, career, and relationships. Parents who have faced financial hardships or other challenges may urge their children to avoid getting married too early and instead prioritize finishing their studies before pursuing romantic relationships.

Another crucial piece of advice is to prioritize family over other activities. Parents who have dealt with addiction or other issues may encourage their children to steer clear of these behaviors and instead focus on building strong relationships with family members. Moreover, some parents may have regrets about past decisions that have led to negative outcomes, such as malnourished children. These experiences can serve as powerful motivators for parents to urge their children and other youths to make careful and thoughtful decisions about their own futures.

“Nagmahay rako tungod sa laki na badlungon. Ug ingon ana man inyong partner, na badlungon, murag mag-antos na lang jud ka hantod sa kaya nimo. Ug para sa mga batan-on dira, unahon nila ang pag-eskwela. Di nang mag uyab-uyab, crush-crush kay ang crush kay paingon gihapon sa uyab.” (Linda_M34-3-2k)

My only regret is because of a stubborn man. And if your partner is like that, stubborn, it seems like you're going to suffer until you can. And for the youths out there, finish first your studies. Do not enter into boyfriend-girlfriend relationships, crushes because crushes would still result into relationships.

“Ug magminyo na, magtarong lang jud. Naa na guy pamilya dapat di na maglaag, dili na mag-inom-inom o barkada. Ang atimanon kay ang pamilya na gyud kay syempre naa naguy pamilya, atimanon na gyud ang pamilya ug di na magbarkada-barkada.” (Nene_M24-3-4k)

When they get married, just be responsible. If you have a family, you shouldn't wander around, you shouldn't drink or hang out with friends. The only thing that needs to be taken care of is the family because of course you already have a family. The family will have to be taken care of instead of hanging out with friends.

Parents who have experienced the challenges of raising malnourished children with less educational attainment often advise the youth to carefully plan their lives ahead. These parents regret not finishing their studies before becoming parents and urge their children to prioritize their education and career in their future endeavors. This is a warning to the youth that they will be on their own with no one to turn to if they do not make wise choices for their future.

Further, these parents have learned that having a stable, well-paying source of income is crucial for a better lifestyle and can prevent malnourishment and illness in their children. They know that without a reliable source of income, feeding practices may become compromised and result in inadequate nutrition, such as skipping meals. As such, parents urge the youth to plan their future careers and endeavors carefully and avoid starting a family until they have a stable source of income. This is another warning based on their own experiences, as they do not want future generations to suffer from the same burdens they have faced.

“Ug naa jud kay trabaho nga tarong, ang pagkaon jud sa bata kanang dili gani ingon na weather-weather. Kung wala gani, ma dayon na weather-weather jud.” (Linda_M34-3-2k)

And if there's a good-paying job, the children's food is like, somehow not irregularly given. Then, if there's none, well, it will be irregularly given.

“Dapat lagi ba pag human skwela dapat mag ingana. Unahon sa jud pag skwela kay og mag kalisod mo, ah wa jud. Kanang wala kay ma daganan bitaw. May man tung naka human naka nya gwapo kag trabaho naa kay makuhaan og unsay imong mga kailangan og gusto.” (Hilda_M35-4-5k)

I should have finish my studies first before entering parenthood. You should really prioritize your studies, because if you'll be in a difficult situation, you know what'll happen next. You don't have someone to approach to. If you really finished your studies and have a well-paying job, you have something to depend on and you'll get anything you need and want.

“Kung ingon nalang gud ug magminyo, planuhon gyud daan maghuman sa'g iskwela. Paghuman ug skwela di man ka diretso dayon minyo ka dayon; kinahanglan usa mutrabaho pa, pilion sa nimo na imong makatabang gud sa imong kaminyoon para di masuon sa ilang magulang na kuan biyaan ra magbiyaay sa mga kuan sa bana kay way klaro.” (Sisa_M31-4-5k)

If they plan to get married, they should plan very well after studying in school. After graduating school, you're not able to marry as soon as possible; you need to have a job first and choose something that can help you in your marriage so you won't be like your elders who got separated from their partners because they weren't clear about themselves.

Furthermore, parents believe that when it comes to marriage, people should consider the well-being of their future children. They advise the youth, especially those who plan to get married, to ensure that they have a stable source of income before starting a family. This way, they can minimize potential problems that may arise in their family life. By adopting this mindset, future generations can be spared from malnourishment and other hardships caused by financial instability.

“Kanang wala nag minyo sayo dapat giplano unta ang pag pregnancy bitaw.” (Hilda_M35-4-5k)

Not marrying too early, pregnancy should really be planned.

“Mag plano jud ug minyo. Tanawon jud daan ang trabaho kung kaya na ba nila. Kaya na ba jud nila nga kanang kuan... ang minyo man gud dili kay imong problema lang kay labi na ug naa nay anak pirty jung lisura. Pagpaeskewla ang pinakakuan jud sa bata labi nag nagsakit halos di jud ka katulog ug huna-hunag unsaon ko ni akong anak, asa ko manguha ug igasto. Mao jud na ang kuan... kung mag minyo kay huna-hunaon sa jud daan bago jud.” (Fely_M28-4-5k)

Plan your marriage. See if the job can be done already with ease. Marriage is not only the thing you should invest on but also your children which is very tough. Sending them to school is the most something of all for the child especially if they get sick, you can barely sleep peacefully because all you think about is your children, where would you find the money to spend. Those are the things that is really needed to get prepared of. If you think about marriage first before entering it.

Parents have come to realize the importance of family planning in ensuring the health and well-being of their children, and reducing the incidence of child malnutrition in the country. Studies by Dunbar et al. (2018) and Narayan et al. (2018) have highlighted the need for educating parents about family planning. The benefits of family planning are particularly significant for families with no high-paying jobs, as providing a nutritious diet for their children can be a challenge (Wazir et al., 2015).

However, it is important to note that family planning alone may not be enough to solve the problem of malnutrition. Even if parents use family planning, they must also be attentive and strict in feeding their children, as pointed out by Flax (2013). Therefore, it is crucial to not only promote family planning but also educate parents on proper child feeding practices to ensure the health of their children.

Daily Feeding Practices

The theme **Daily Feeding Practices** involves parents learning from their experiences that their children's behavior during meals can significantly impact their feeding practices. Parents realize that if their children do not like the food they prepare, they may be less likely to eat it and may not finish their plates. On the other hand, if children enjoy what is on their plates, they may be more likely to have an appetite and finish their meal.

Parents also recognize that feeding their children the same meals every day is not ideal. They understand that variety in food choices can keep their children interested in their meals and prevent them from getting tired of the same flavors. Observing the health of their children, parents may realize the importance of changing their ways of feeding and preparing meals to promote a healthy diet for their children.

“Og angay sila sa akong niluto daghan silag mahurot ug di ka angay ay kanang maluya jud kay di man maangay sa akong niluto.” (Sisa_M31-4-5k)

If they like my cooking, they finish their plates, and if they don't like my cooking, they will go weak because they didn't like my cooking.

“Lainan sad ko'g huna-huna nga magbalik-balik ang sud-an taga-adlaw.” (Sisa_M31-4-5k)

I don't like to think about it because if the food I prepare are the same every day, I think it's not somehow right.

The lifestyle and behavior of a child may not directly contribute to undernutrition, but parents' feeding practices can significantly affect their child's dietary intake, especially since caregivers and children belong to the same environment. Research indicates that inadequate and inappropriate feeding practices are common among families facing financial constraints and can contribute to the overall nutrition of young children (Kabir & Maitrot, 2017). Parents recognize that insufficient feeding practices can negatively affect their child's appetite and nutritional status. Moreover, parents believe that positive behavior is an indicator of good health and vice versa (Burtscher & Burza, 2015). They understand that their child's behavior during mealtime can be influenced by their feeding practices, and this can affect their overall well-being. As such, parents play a crucial role in ensuring that their child's nutritional needs are met through appropriate feeding practices. The caregiving parents belong to the same environment as the child, and their behavior can affect their child's dietary intake (Bhutia, 2014).

Parental Resilience

Parental Resilience is a powerful and inspiring theme, especially when it comes to parents who are committed to raising their children despite facing constant challenges. These parents have learned the importance of resilience, perseverance, and not giving up in the face of adversity. They have become role models for their children, and their love and dedication to their family have become their primary motivation. For parents whose children are malnourished, their situation can be incredibly difficult, but they remain determined to give their children a better future. They understand that education is the key to breaking the cycle of poverty, and they want their children to have the opportunity to pursue their dreams and live fulfilling lives.

Despite the challenges they face, these parents continue to fight for their children's wellbeing and future. They find ways to provide for their family and make sacrifices to ensure that their children have access to education and other opportunities that will help them succeed. In essence, Parental Resilience is not just about overcoming challenges, but also about learning from them and using that knowledge to make a better future for oneself and one's family. These parents are a testament to the power of love, resilience, and hope, and their dedication to their children is truly admirable.

“Kuan nako sa ubang ginikanan nga parehas sa akong kahimtang, kuan lang jud sila, like, antos lang jud bisag nagkalisod kay dili man pud mah kuan ang panahon na. Usahay naa man juy muabot na grasya unya kuan lang jud kapit lang kay dili man jud nato mabana-bana ang panahon.” (Fely_M28-4-5k)

My advice for the other parents who are in the same situation as me is to just endure the hardships, even though life is getting hard because we don't know the

time. Sometimes, there would always be a blessing that would come into your life, so just don't give up because we don't know and only time can tell.

"Ang importante jud na kanang parehas sa amo, bisan ug lisod, laban lang! Kung dili ta mulaban kay wala man jud tay mahimo. Sa ako lang jud, dili ko gusto na maparehas sa ako na kanang walay mahuman. Maong sa karon, bahalag maglisod mi, importante jud na makaskwela akong anak. Kay murag kung unsa man tung wala nako na...wala man ko kahuman murag sa ako nalang pung anak ikuan nako para mabawi-bawi man lang pud ba." (Fely_M28-4-5k)

The important thing is, like us, over hardships. Let's just continue to fight! Because if we won't, you don't have any other choice. For me, I don't want them to be like I am who did not graduate. So, these days, I don't care if we are struggling, it's important that my children can go to school. Because, like, whatever I do not have, I may not have finished my studies, it's my children's turn to revive.

Heinrich's (2014) statement is a powerful reminder that parents, regardless of their circumstances, share a common goal of providing for their families. This goal is driven by the innate love and desire to ensure their children's wellbeing and future. For parents of malnourished children, this goal becomes even more critical as they strive to meet their children's basic physiological needs, such as food, shelter, and health. Maslow's Hierarchy of Needs theory further reinforces this idea, emphasizing that physiological needs are the most fundamental and must be met before other's needs, such as safety, belongingness, esteem, and self-actualization, can be achieved. In the case of parents with malnourished children, meeting these physiological needs becomes the top priority, as they recognize that without proper nutrition, their children's health, growth, and development will be severely impacted.

The commitment and sacrifice of these parents are remarkable, as they prioritize their children's needs over their own. They are willing to endure hardships, face challenges, and make difficult decisions to ensure their children receive the care and resources they need to thrive. These parents are a testament to the strength and resilience

of the human spirit and demonstrate the unwavering love and dedication of parents for their children.

The study highlights the relevance of Maslow's Hierarchy of Needs in the context of child malnutrition and the role of parents in addressing it. Parents face significant challenges in providing for their children's basic needs, which can result in malnutrition. As parents strive to meet these basic needs, they also work towards fulfilling their children's more advanced needs, which becomes the foundation of their daily lives. Maslow's theory provides a framework for understanding how parents prioritize their child-rearing responsibilities and how the provision of basic needs affects their ability to fulfill their roles. In addition to exploring topics such as disabilities and motivation, Maslow's Hierarchy of Needs can be used to understand the problem of child malnutrition and the critical role that parents play in addressing it.

Chapter 5

IMPLICATIONS AND CONCLUDING REMARKS

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

Implications

The issue of child malnutrition in the country has significant implications for the health and well-being of the next generation. Despite the presence of various policies and programs aimed at improving child nutrition, many families with malnourished children are still not benefiting from these interventions. These interventions include PPAN, MRP, MPBPA, and Kalusugan at Nutrisyon ng Mag-Nanay Act. To address this, there is a need to enhance awareness and ensure that these policies and programs are accessible to those who need them the most.

In addition, financial constraints pose a significant challenge for parents with malnourished children, as many of them struggle to make ends meet despite having jobs. One solution is to create new job opportunities that do not require high educational attainment, allowing these families to earn higher wages and improve their living conditions. Additionally, providing parents with training and education on new strategies and techniques to earn extra income could be a valuable way to alleviate their financial burden.

Further, it is crucial to recognize the complexity of the issue of child malnutrition and to adopt a multi-faceted approach that involves not only policies and programs but

also community-based solutions that address the underlying factors contributing to malnutrition. Furthermore, for the future researchers, this research paper can serve as their guide and can also be used to get information to put amendments in their research paper as well in terms of the results that were formulated if they will conduct studies related to this study. By addressing the issue of child malnutrition, we can ensure a healthier and brighter future for the next generation.

Concluding Remarks

Parenting malnourished children is a challenging task that can be emotionally and physically draining. This study sheds light on the various obstacles that families with malnourished children face on a daily basis. Their ultimate goal is to improve their standard of living and address the issue of child malnutrition to live a more comfortable life. One of the biggest hurdles that these families encounter is financial constraints. Living below the poverty line can exacerbate the struggles and issues within their homes, including food insecurity, partner conflict, and inadequate living conditions, which can negatively impact their children's health and nutrition.

The study reveals that people in close proximity to the parents of malnourished children play a crucial role in their lives. Many of these parents cannot handle their problems alone and often seek financial assistance and guidance in decision-making. However, life is not always easy, and not everyone can live the life they desire. People must make an effort to acquire their wants and needs. These families need long-term solutions that will transform their lifestyles entirely, and they continue to fight to survive.

Addressing the issue of child malnutrition requires a multi-faceted approach that goes beyond the families alone. Governments, non-governmental organizations, and other

stakeholders must work together to provide sustainable and long-term solutions to improve the lives of families with malnourished children. By addressing financial constraints, providing access to nutritious food, and empowering parents with knowledge and resources, we can help these families break free from the cycle of malnutrition and lead healthier, more fulfilling lives. As Mahatma Gandhi once said, “The true measure of any society can be found in how it treats its most vulnerable members.” By coming together and addressing the issue of child malnutrition, we can create a more just and equitable world for all.

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Appendix 1A: Letter of Permission



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

November 4, 2022

Sr. Cherrie Eloisa Garrote, PM
 School President
 Holy Cross College of Calinan

Dear Ma'am,

Greetings in the Mighty Name of our Lord, Jesus Christ!

We are writing this letter to inform you that we will be conducting a research study entitled: **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE** as the major requirement in our Practical Research 1 and 2. The objectives of our study are to know the struggles of low-income parents living with child malnutrition in Barangay Lacson, know the coping mechanisms of parents in handling malnourished children, and know what insights they gained from their experiences as parents of malnourished children. Questionnaires will be used to gather data from the parents of the purposely selected parents that have at least five children with at least one is suffering from malnutrition. The result of this study will be a part of our contribution to help formulate better policies and programs to address and raise awareness about the issue.

In lieu of this, we would like to ask permission to conduct an interview with the parents of malnourished children on November 12 and 13 during their vacant time so that their schedules will not be affected and disturbed.

During the interview, the researchers will focus on knowing the struggles, coping mechanisms, and insights that they have gained. Therefore, this endeavor will not in any way harm parents during the interview. Also, confidentiality of the information obtained

is assured as there will be no other individuals who have access on them except the



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

Thank you very much.
 Very truly yours,

Bryce D. Duran
 Researcher

Mark Glenn Frey G. Valmores
 Researcher

Alexza E. Angco
 Researcher

Russell Jay P. Manglicmot
 Researcher

Areana Thalia Catiwalaan
 Researcher

Noted by:

Jovelyn Bangcot
 Research Advisor

Approved by:

Sr. Cherie Eloisa Garrote, P.M.
 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 Road, Calinan Poblacion, Davao City

November 4, 2022

Ma. Corazon Suñga, PhD
 Basic Education Principal
 Holy Cross College of Calinan

Dear Ma'am,

Greetings in the Mighty Name of our Lord, Jesus Christ!

We are writing this letter to inform you that we will be conducting a research study entitled: **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE** as the major requirement in our Practical Research 1 and 2. The objectives of our study are to know the struggles of low-income parents living with child malnutrition in Barangay Lacson, know the coping mechanisms of parents in handling malnourished children, and know what insights they gained from their experiences as parents of malnourished children. Questionnaires will be used to gather data from the parents of the purposely selected parents that have at least five children with at least one is suffering from malnutrition. The result of this study will be a part of our contribution to help formulate better policies and programs to address and raise awareness about the issue.

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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:

Bryce D. Duran/bryced103005@gmail.com//09078687746



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

Thank you very much.
 Very truly yours,

Bryce D. Duran
 Researcher

Mark Glenn Frey G. Valmores
 Researcher

Alexza E. Angco
 Researcher

Russell Jay P. Manglicmot
 Researcher

Areana Thalia Catiwalaan
 Researcher

Noted by:

Jovelyn Bangcot
 Researcher Advisor

Approved by:

Ma. Corazon Suñga, PhD
 Basic Education 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 1C: Letter of Permission



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

November 4, 2022

Mr. Nilo H. Forro
 Barangay Captain
 Lacson, Calinan District, Davao City

Dear Sir,

Greetings in the Mighty Name of our Lord, Jesus Christ!

We are writing this letter to inform you that we will be conducting a research study entitled: **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE** as the major requirement in our Practical Research 1 and 2. The objectives of our study are to know the struggles of low-income parents living with child malnutrition in Barangay Lacson, know the coping mechanisms of parents in handling malnourished children, and know what insights they gained from their experiences as parents of malnourished children. Questionnaires will be used to gather data from the parents of the purposely selected parents that have at least five children with at least one is suffering from malnutrition. The result of this study will be a part of our contribution to help formulate better policies and programs to address and raise awareness about the issue.

In lieu of this, we would like to ask permission to conduct an interview with the parents of malnourished children on November 12 and 13 during their vacant time so that their schedules will not be affected and disturbed.

During the interview, the researchers will focus on knowing the struggles, coping mechanisms, and insights that they have gained. Therefore, this endeavor will not in any way harm parents during the interview. Also, confidentiality of the information obtained is assured as there will be no other individuals who have access on them except the researchers and their research adviser.

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:

Bryce D. Duran/bryce103005@gmail.com//09078687746



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

HOLY CROSS COLLEGE OF CALINAN, INC.

Thank you very much.
Davao-Bukidnon Road, Calinan Poblacion, Davao City
 Very truly yours,

Bryce D. Duran
 Researcher

Mark Glenn Frey G. Valmores
 Researcher

Alexza E. Angco
 Researcher

Russell Jay P. Manglicmot
 Researcher

Areana Thalia Catiwalaan
 Researcher

Noted by:

Jovelyn Bangcot
 Research Advisor

Approved by:

Mr. Nilo H. Ferro
 Lacson Barangay Captain

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.



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

Bryce Duran/bryce103005@gmail.com//09078687746

Thank you very much for your help.

Very truly yours,

Bryce D. Duran
 Researcher

Russell Jay P. Manglicmot
 Researcher

Mark Glenn Frey G. Valmores
 Researcher

Alexza E. Angco
 Researcher

Areana Thalia Catiwalaan
 Researcher

Noted by:

Jovelyn Bangcot
 Research Advisor

Approved by:

Melina C. Gonzales, EdD
 Research and Publication Head

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

Appendix 2B: Letter to the Validator



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

November 4, 2022

Mr. Cris Dan Makiling
 Validator
 Holy Cross College of Calinan

Dear Ma'am,

Greetings in the Mighty Name of our Lord, Jesus Christ!

We, Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan. enrolled in the class of Grade 12-Our Lady of the Assumption and conducting research entitled: **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE**. This study aimed to explore the struggles of parents living with child malnutrition. Also, the coping mechanisms of parents in handling the malnourishment of their children and what insights they gained from the lived experiences of parents with malnourished children. Specifically, this study sought to answer the following questions:

1. *What are the daily struggles of parents with malnourished children?*
2. *What are the coping mechanisms of parents in handling the malnourishment of their children?*
3. *What insights can be gained from the lived experiences of parents with malnourished children?*

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

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

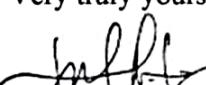


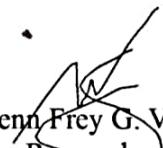
HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Road, Calinan Poblacion, Davao City

Bryce Duran/bryce103005@gmail.com//09078687746

Thank you very much for your help.

Very truly yours,


 Bryce D. Duran
 Researcher


 Mark Glenn Frey G. Valmores
 Researcher


 Alexza E. Angco
 Researcher

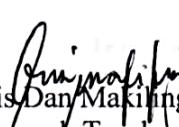

 Russell Jay P. Manglicmot
 Researcher


 Areana Thalia Catiwalaan
 Researcher

Noted by:


 Jovelyn Bangot
 Research Advisor

Approved by:


 Cris Dan Makiling
 Research Teacher

Appendix 3A: Validator's Sheet



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

Research Assessment Tool and Validation Sheet

Name of Evaluator

Melina C. Gonzales

Degree

Doctor of Education

Position

Research and Publications Head

Institution

Holy Cross College of Calinan

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

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.				-	



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Davao-Bukidnon Road, Calinan Poblacion, Davao City

Comments and Suggestions:

Thank you for your visit

A handwritten signature in black ink, appearing to read "M. Lopez".

Signature of Evaluator

Date Evaluated:

Appendix 3B: Validator's Sheet



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

Research Assessment Tool and Validation Sheet

Name of Evaluator Cris Dan R. Makiling
Degree BSED Social Studies
Position Subject Area Coordinator
Institution Holy Cross College of Calinan

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.				/	



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

Comments and Suggestions:

Signature of Evaluator

Date Evaluated: **Mr. 4, 2022**

Please answer the following questions to the best of your knowledge. If you do not know the answer to a question, please do not leave it blank. You may write any comments about this protocol or the study as a whole; please do not leave a leading question. You may write each comment when you are ready and at your own convenience. Thank you very much.

1. Following are the research objectives to be addressed in this study:

- a) To determine the effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- b) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- c) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- d) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- e) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- f) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- g) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- h) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- i) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- j) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- k) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- l) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- m) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- n) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- o) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- p) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- q) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- r) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- s) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- t) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- u) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- v) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- w) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.
- x) To evaluate the safety profile of the treatment regimen in the management of patients with chronic hepatitis C.
- y) To evaluate the long-term efficacy of the treatment regimen in the management of patients with chronic hepatitis C.
- z) To evaluate the cost-effectiveness of the treatment regimen in the management of patients with chronic hepatitis C.

Appendix 4: Interview Protocol



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

INTERVIEW GUIDE

UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE

This interview protocol is designed to explore the daily struggles of parents with malnourished children, the coping mechanisms of parents in handling the malnourishment of their children, and the insights parents gained from their lived experiences. Rest assured that your responses and insights to the queries will be dealt with the utmost care and confidentiality. If you have any concerns about this protocol or the study as a whole, please do not hesitate to call my 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 daily struggles of parents with malnourished children?

- 1.1 What is the current condition of your child who experience deficiency in their nutrition and you as a parent? (*Kumusta na man mo karon, unsa na ang kasamtamang kondisyon sa imong anak na nakasinati og kakulangan sa ilang nutrisyon?*)
- 1.2 What are your struggles when it comes to handling child who experience deficiency in their nutrition? (*Unsa man sad ang mga kalisud nga imong nasinati pag-abot sa pag-atiman sa imong anak na nakasinati og kakulangan sa ilang nutrisyon?*)

Research Question #2: What are the coping mechanisms of parents in handling the malnourishment of their children?

- 2.1 What actions or efforts you and your family are doing to address the issue of nutrition deficiency? (*Unsa may mga nabuhat na ninyo ug*

mga ginabuhat ninyo sulod sa inyong pamilya aron masolusyunan ang kini nga problema sa kakulangan sa nutrisyon?)

- 2.2 What are the positive results or benefits you get as a parent from your actions taken? (*So, unsa may mga benepisyor unsa may mga anindot nga resulta sa imong mga nabuhat og mga ginabuhat?*)

Research Question #3: What insights can be gained from the lived experiences of parents with malnourished children?

- 3.1 What are your realizations as a parent living with a child who experiences nutrition deficiency? (*Isip usa ka ginikanan sa bata nga nakasinati og kakulangan sa nutrisyon, unsa may mga reyalisasyon nimo, mga na-realize nimo on the way?*)

- 3.2 What learnings you have gained from your experience?

THANK YOU...

Appendix 5A: Participant Information Consent



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Davao-Bukidnon Road, Calinan Poblacion, Davao City

**UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES
 OF PARENTS IN OVERCOMING THE ISSUE**

I, P1, agree to participate in the study in which purpose is to determine the true colors of child malnutrition and the roles of parents in overcoming the issue. I am fully aware that the study will be conducted by Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan and will be supervised by Jovelyn Bangcot, 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 in an interview about **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE**;
- 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, Jovelyn Bangcot, are provided.

P1

V
 Participant's signature

November 12, 2022

Date

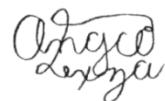


HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Road, Calinan Poblacion, Davao City

Bryce Duran
 Researcher's signature


November 12, 2022
 Date

Mark Glenn Frey Valmores November 12, 2022



Researcher's signature Date

Alexza Angco

November 12, 2022

Researcher's signature Date

Russell Jay Manglicmot November 12, 2022



Researcher's signature

Date

Areana Thalia Catiwalaan

Researcher's signature

November 12, 2022

Date

Complaints about this research:

This project has been approved by 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 Dr. Mr./Miss/Mrs. Jovelyn Bangcot through his/her number 09970851808 or email him/her at jovelynbangcot@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797

Appendix 5B: Participant Information Consent



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

**UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES
 OF PARENTS IN OVERCOMING THE ISSUE**

I, Norlyn L. Edao, agree to participate in the study in which purpose is to determine the true colors of child malnutrition and the roles of parents in overcoming the issue. I am fully aware that the study will be conducted by Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan and will be supervised by Jovelyn Bangcot, their research adviser.

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- b. that my participation will involve in an interview about **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE**;
- 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.

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 Participant's signature

November 12, 2022
 Date

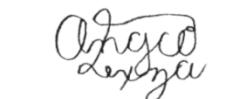


HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Road, Calinan Poblacion, Davao City

Bryce Duran
 Researcher's signature


November 12, 2022
 Date

Mark Glenn Frey Valmores November 12, 2022



Researcher's signature Date

Alexza Angco November 12, 2022


 Researcher's signature Date

Russell Jay Manglicmot November 12, 2022



Researcher's signature

Date

Areana Thalia Catiwalaan

Researcher's signature

November 12, 2022

Date

Complaints about this research:

This project has been approved by 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 Dr. Mr./Miss/Mrs. Jovelyn Bangcot through his/her number 09970851808 or email him/her at jovelynbangcot@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797

Appendix 5C: Participant Information Consent



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

**UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES
 OF PARENTS IN OVERCOMING THE ISSUE**

I, P3, agree to participate in the study in which purpose is to determine the true colors of child malnutrition and the roles of parents in overcoming the issue. I am fully aware that the study will be conducted by Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan and will be supervised by Jovelyn Bangcot, 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;
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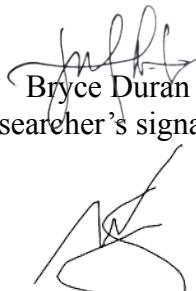
P3

Participant's signature

November 12, 2022
 Date

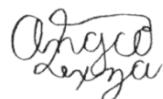


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Davao-Bukidnon Road, Calinan Poblacion, Davao City


 Bryce Duran
 Researcher's signature

November 12, 2022
 Date

Mark Glenn Frey Valmores November 12, 2022



Researcher's signature Date

Alexza Angco November 12, 2022



Researcher's signature Date

Russell Jay Manglicmot November 12, 2022



Researcher's signature

Date

Areana Thalia Catiwalaan

Researcher's signature

November 12, 2022

Date

Complaints about this research:

This project has been approved by 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 Dr. Mr./Miss/Mrs. Jovelyn Bangcot through his/her number 09970851808 or email him/her at jovelynbangcot@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797

Appendix 5D: Participant Information Consent



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

**UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES
 OF PARENTS IN OVERCOMING THE ISSUE**

I, , agree to participate in the study in which purpose is to determine the true colors of child malnutrition and the roles of parents in overcoming the issue. I am fully aware that the study will be conducted by Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan and will be supervised by Jovelyn Bangcot, 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 in an interview about **UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES OF PARENTS IN OVERCOMING THE ISSUE**;
- 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
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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, Jovelyn Bangcot, are provided.

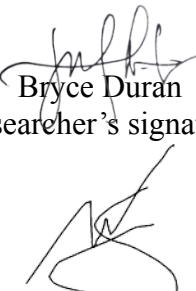
P4

 Participant's signature

November 12, 2022
 Date

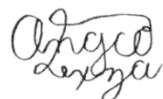


HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Road, Calinan Poblacion, Davao City


 Bryce Duran
 Researcher's signature

November 12, 2022
 Date

Mark Glenn Frey Valmores November 12, 2022



Researcher's signature Date

Alexza Angco November 12, 2022



Researcher's signature Date

Russell Jay Manglicmot November 12, 2022



Researcher's signature

Date

Areana Thalia Catiwalaan

Researcher's signature

November 12, 2022

Date

Complaints about this research:

This project has been approved by 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 Dr. Mr./Miss/Mrs. Jovelyn Bangcot through his/her number 09970851808 or email him/her at jovelynbangcot@gmail.com. Alternatively, you can direct your queries to the school's Research and Publication Officer through number: 2950797

Appendix 5E: Participant Information Consent



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

**UNCOVERING THE TRUE COLORS OF CHILD MALNUTRITION AND THE ROLES
 OF PARENTS IN OVERCOMING THE ISSUE**

P5

I, _____, agree to participate in the study in which purpose is to determine the true colors of child malnutrition and the roles of parents in overcoming the issue. I am fully aware that the study will be conducted by Bryce Duran, Mark Glenn Frey Valmores, Alexza Angco, Russell Jay Manglicmot, and Areana Thalia Catiwalaan and will be supervised by Jovelyn Bangcot, their research adviser.

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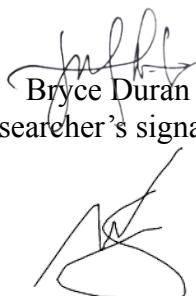
P5

(Signature)
 Participant's signature

November 12, 2022
 Date

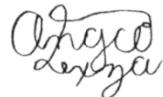


HOLY CROSS COLLEGE OF CALINAN, INC.
Davao-Bukidnon Road, Calinan Poblacion, Davao City


 Bryce Duran
 Researcher's signature

November 12, 2022
 Date

Mark Glenn Frey Valmores November 12, 2022


 Bryce
 Duran

Researcher's signature Date

Alexza Angco November 12, 2022


 Alexza

Researcher's signature Date

Russell Jay Manglicmot November 12, 2022


 Russell Jay

Researcher's signature

Date

Areana Thalia Catiwalaan

Researcher's signature

November 12, 2022

Date

Complaints about this research:

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Appendix 6: Transcripts and Translations

Participant 1:

Researcher: Kumusta na man mo karon, unsa na ang kasamtangang kondisyon sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What is the current condition of your child who experience deficiency in their nutrition and you as a parent?*)

Fely: Kanang akong anak, kuan man pud siya kanang ma ok iyang lawas. Mga gagmay baya kayna akong mga anak. Mga malnourished pero karon kay murag natabang-tabangan man siya. (*My child, his well-being is fine. My children, take note, are light. Malnourished, but could be helped.*)

Researcher: Unsa man sad ang mga kalisud nga imong nasinati pag-abot sa pag-atiman sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What are your struggles when it comes to handling child who experience deficiency in their nutrition?*)

Fely: Kanang sa mga feeding-feeding, ipanghatag radaw nila sa classmate. Mangreklemo jud sila kung masagunson nga gulay. Usahay mag gulay ko, di nana sila mukaon ana kay mag "Aisin nalang ko, Ma." Kaunon pa nila ang asin kaysa sa gulay nga sige gibalik-balik og kaon. (*Sometimes if I will cook them a dish with vegetables, they will not eat it and will tell "I'll just eat my rice with table salt, Mom." They would choose to eat with table salt than the vegetables which is mostly served.*)

Fely: Di naman jud ko makuan no basta wala miy makaon kay kanang kuan jud walay sakhunon wala man juy makwartahan akong bana. Wala siyay ma sideline-nan, wala pud jud miy makuaan. (*I can't really, you know, we don't have something to eat when my*

husband has no source of income. No extra earnings, we also don't have something to get from.)

Researcher: Tapos, te, like, kanang pag-andam og pagkaon, pagluto nimo, naa ba kay kalisud? (*Then when you prepare food, do you have struggles when you cook?*)

Fely: Lisud jud kay akong mga bata puro gulay lang. Sa pagpangita og lamas ko maglisud maong magluto ko kay walay lamasay kay mahal na kaayo ang sibuyas ron. (*It's hard because my children are used to eating vegetables. I struggle in finding spices, so, I cook with no spices because onions are very expensive, nowadays.*)

Researcher: Pero kung wala kay lamas, te, unsa sad inyong i-puli, te? (*If there's no spice, what will be your alternative?*)

Fely: Tanglad, mga kuan pud diri kanang makutlo-kutlo lang pero tanglad jud akong madali-dali na lamas kontra anang law-oy. (*It would be lemon grass and there are also some greens here, but lemon grass would be more accessible for me to use in making a soup.*)

Researcher: Nya mukumento sad ang mga bata? (*Then do the children have any comments?*)

Fely: Aw mukaon man pud sila bisan tanglad lang akoang ilamas. (*Oh, they would still eat it even though it's just lemongrass.*)

Researcher: Tapos, te, ga-away mo sa imong bana? (*Then, do you often fight with your partner?*)

Fely: Usahay mu-ag i jud og lalis pareha anang mga kani ra pud mga bata kay labi nag maka-absent na sila kay walay baon na kwarta. Dili man jud sila muswekla, like, kuan lagi kanang ma-ibog sila sa ilang classmate nya pa-uli ana gikan nanaka'g lubi, masuko na jud kay mao daw na akong trabaho magpa-absent sa bata, siya, "Maningkamot man gani ko maski'g kuan imong pa absenon." Dili man gud kuan kay sila may mureklamo. Lisod man kaayo muswekla maabot didto sige ramig tan-aw didto ilang classmate mukaon nya wala mi amo a ikapalit. (*Sometimes we argue just like because of these children, especially when the children choose to skip classes because they didn't have any pocket money. They won't go to school because they would get jealous of their classmates, then, when we got home, [my partner] would get mad and argue that making them skip classes is my job, he, "I even try my hardest even if you make them skip their classes. It's not like that, they will be the ones who will complain. It would be hard going to school, then when we arrive there, we would only look while their classmates were eating, but we don't have any money to buy snacks.*)

Researcher: Dili pud sila mangayo? (*Won't they ask for any?*)

Fely: Di man pud kay muhulat man daw sad sila usahay naa man sad classmate muhatag sa ilaha. Pero nakaagi gud na sila, ana to sila na, "Ma dili jud daw mi pwede mu-absent kay niington si Ma'am na dili daw mi pa-absent-on karon." Nya wala baya kay pamahaw og paniudto kay hapon man ilang klase; ana siya, "Sagdi lang, ma. Kay karon ra man ni basig ugma muingon si Ma'am na pwede ko mu-absent, mu-absent ko." Aw, na-antos jud

niya iyahang ka gutom nya wala siya pamahaw nya sige kog huna-huna didto na unsa na kaha akong bata didto. Muskwela nga walay kaon, muhulahotay man pud. (*They won't ask because they would wait as sometimes, they have classmates that would give them [food]; There was a time when they told me that "Ma, our teacher told us that we can't be absent right now." Then they didn't have breakfast or lunch because their class would start in the afternoon; they told me, "It's okay because it would only be this time. Maybe tomorrow our teacher would tell us that we can be absent; then I will be absent." Oh, they endured their hunger even they don't have breakfast, and I think and worry about them all the time there at school. They'll go to school without eating, but they are hardworkers.*)

Researcher: Kanang mag-away mo sa imong bana, te, unsa sad ilang reaksyon, sa imong bata? (*If you fought with your partner, what would be the reaction of your children?*)

Fely: Muhilak na sila nya muingon dayun na dili daw sila mukuyog, "Kung mag bulag mong Papa, Ma, dili man mi mukuyog kay Papa, didto mi sa imoha." Nya "Di man gud, natural man na kuan kay kamo man gud hinungdan mag away mi kay mag absent-absent man gud mo sa inyong skwela." Mutubag na sila'g, "Aw sige, Ma, dili na mi mu-absent." Mao to, sukad ato, masig wala silay kaonon adto skwelahan, kuan jud sila, murag mapugos ba na mu-adto'g skwelahan. Bisag wala silay recess mukuan na lang pud sila, pero mahadlok na lagi muingon man na "Bantay unya, ha? Muuli ko hapon naa gihapon mo sa balay. Kailangan muuli ko dili tamo makita dinhi sa balay, tua mo sa skwelahan kay mag dula raman diri sa balay." (*They will cry and they will tell us that they won't come with my partner if both of us get separated, but they will come with me, but it's natural because we were the reason why we fought in the first place because of the children's absence in school, "Oh okay, we will go to school," that's why after what happened, even if they have nothing to eat, they will still go to school; even if they didn't have anything for recess, they would still follow; but they will get scared because my partner will tell them, "If I see you, you should be in the school because all they do here is play."*)

Researcher: Aside sa mu hilak sila teh ma wadan sad silag gana mu kaon? (*Aside from crying, would they lose their appetite?*)

Fely: Oh, kuan pud na nila, bago na sila mukaon makigdungan na sila sa akoa kung muingon ko, "Una namog kaon", hukaran ko na sila nya muingon mana sila na, "Taklubi lang, Ma, dungan na lang ta unya." Di jud na sila mukaon pag dili pud ko mukaon kay muingon na alng pud ilang amahan, "Dungani na kaon ang mga bata kay mapasmo na ikaw gihapoy hinungdan." Kuan na lang pud kay labi nag tung akong kamanghuran di man jud mu kaon tug dili ko mu kaon, nya kana akong ika duha na anak kana mu kaon jud na siya, "Mu-una nako'g kaon, Ma, kay matulog ko." Nya ingnan ko na'ng tulo, "Unsa man mukaon mo?" Lingi-lingi na mu-ingon, "Ma, sabay ra ta ninyo kaon." Kuan man na sila basta ako pu'y ilang gina-agad nila. (*Yes, it's what they do. Before they eat, they usually wait for me. If I tell them to eat first, I will prepare the meal for them, but*

they will tell me, "Just leave it there because we want to eat together with you." They won't eat if I don't eat because my partner would say, "Eat together with the children because they might starve and you will be the reason." and I would just follow because especially my youngest child. The youngest won't eat if we don't eat together, then my middle child can eat alone because the middle child would tell me, "I would eat first because I will be going to bed," then I would tell the three of them, "Won't you eat?" They would shake their heads and tell me, "Let's just eat together." They would eat, but they would invite me to eat with them.)

Researcher: Unsa may mga nabuhat na ninyo ug mga ginabuhat ninyo sulod sa inyong pamilya aron masolusyunan ang kini nga problema sa kakulangan sa nutrisyon? (*What actions or efforts you and your family are doing to address the issue of nutrition deficiency?*)

Fely: Pareha karon maghagbas nalang pud kog apil kay para naa lang pud koy ma sideline-sideline kay di man pud ko kasalig sa iyang trabaho. Usahay naay muingon na naa koy ipa-uling didto na kahoy, ulinga. Abtik nalang pud kaayo na siya bisag unsa pa kakapoy ang manguling pero iyaha nalang pud gyung sugalan kay kutob sa trabaho basta makakwarta lang sa tinarong lang na pa-ag. (*Like these days, I would accept assignments by neighbors my partner so that I can earn a little extra because I can't also be fully dependent in my partner's job. Sometimes, someone will tell us that "I have logs for you to coal. Coal them." My partner would immediately accept the job with no hesitation knowing how tiring it is to coal, but my partner will negotiate in order to earn money in a good way.*)

Fely: Mao to akong magulang ang naghikaso maygani pag-abot didto (sa ospital) kay pila pud to among nagasto. Akong magulang ang nagsalo. (*So there, my older sibling thankfully took charge upon arriving at the hospital and the expenses are a lot. My older sibling paid it all.*)

Researcher: Nakaagi na ba na'g pacheck-up ang mga bata, te? (*Have your children underwent check-ups?*)

Fely: Wala pa man napacheck-up. (*No, they haven't.*)

Researcher: Pero kanang mag sakit sila, naa ba kay kalisud mag-identify og tambal? (*But just like when the children got sick, did you have any difficulties identifying the medicine?*)

Fely: O, naa jud, sir. Kanang akong bata pag mag sakit dili naman ko mupalit og tambal na paliton. Igo ra ko mag-init-init ug laga-laga og mga herbal kay wala man jud ko'y ikapalit. (*Yes, there are times, sir: When my child gets sick, I won't buy medicine. I would rather boil herbals because I don't have money to buy medicine.*)

Researcher: Unsa sad nang mga herbal, te? (*What kind of herb are those?*)

Fely: Kanang ubhon sila kay lagundi, mayana, ug maglaga pud ko'g tawa-tawa. Gi-anad nako silag herbal kay wala koy pang ospital, kay kung anaron silag hospital, permi na lang sad ospital padulgan. (*If they have a cough, I'll use the leaves of a five-leaved chaste*

tree, painted nettle, and asthma weed. I get them used to herbal remedies because we can't afford to go to a hospital, because if they get used to going to the hospital, they'll be going there again and again.)

Researcher: Tapos, te, kanang mga panahon na wala moy ikasud-an, unsa puy ipuli sa sudan ninyo, te? (*Then, during those times when you don't have any food, what would be your alternative food?*)

Fely: Kuan usahay ako og akong mga bata muington raman pud ko og nga, "Nya mangita pa ko og gulay, mukaon mo'g walay gulay? Kay mangayo man kog kan-on. "Sige lang, ma. Mag-asin lang mi, unsa man, ma? Naa kay 3 pesos pampalit lang og ginamus?" Nya, "Wala lagi koy kwarta, 'ngita gani kog masabaw nako mag law-uy ko ron." Ana siya, "Asin lang mi, ma." Nya kana akong kinamanghuran, dili man jud na siya musud-an og asin, mu-ingon dayun na, "Ma, asukal ra akoa." Usahay mahutdan man og asukal, nya mu-ingon, "Dili sa ko mukaon, ma." Mao ra puy pilian sa akong anak kana akong kinamanghuran. Dili jud na mu-kaon og sud-an og asin, asukal hinuon mukuan na siya, pareha anang maggulay or magluto na ko, sige ra ko'g atubang anang linung-ag maghuna-huna unsa na pud kaya akong gulayon ning mga bata ron. (*Sometimes my children would tell me that it would be at a later time because I'd find vegetables first. "Would you like to eat without vegetables?" Because I would ask for rice", they would tell me "It's okay. We can have salt, what would you like, ma? Do you have 3 pesos to buy ginamos (fermented fish)?"* Then, I would tell them, *"I really don't have money that's why I'm trying to find something to make a soup with, today I will be making a vegetable soup."* Then, they would reply me, *"We will just gonna have salt."* My youngest won't really eat salt, our youngest child would tell me, *"I just gonna have sugar."* Sometimes, we run out of sugar, our youngest will say, *"I won't eat for now."* My youngest child is the only one who's picky, my youngest child won't eat salt, my youngest would prefer sugar, just like when I cook vegetables or prepare meals, I would stare at the rice thinking about what vegetable should I cook.)

Researcher: Unsa pud na mga gulay te? (*What kind of vegetables is it?*)

Fely: Kanang mga udlot sa kamote, nya kanang kuan man diari, panagsa ra mga kuan usahay kalabasa law-uyon ko na, mukaon man pud sila basta gulay na law-uy, mukaon na sila labi nag kanang batong. Mu-ingon sila'g lutuon kay lami kaayo ang batong, kaso wala jud lagi tay ikapalit og mantika. Aw law-uy mukaon na lang pud na sila para mukuan lng jud sila. (*The roots of the sweet potato, then here, sometimes we make squash into soup, and they will still eat it if it's vegetable soup, especially if it's string beans.* They will tell me to cook it because it's very delicious when I cook string beans, but we don't have any money to buy oil. Oh, vegetable soup; they will eat it to satisfy their hunger.)

Researcher: Usahay pud, te, hugaw pud ang tubig? Or... (*Are there times that the water is dirty? Or...*)

Fely: Usahay muulan, malipay na lang pud ko'g muulan kay mao nay ikaligo nila, tubig sa ulan, mu-ingon man na sila, "Ma, naa may salod nato, ma, dili na lang ta manalod, ma, kay kani na lang among iligo." Pareha aning kinder nako, buntag ilang klase, mureklamo man mu-ingon siya, "Tugnaw kaayo nang ulan, ma, oy, magsalod lang ta." Nya saluran na pud nako tung gamay na balde kay tag dos raman tung gamay na balde. (*Sometimes when it rains, I am glad because they can take a bath in rainwater. They would tell me, "We have caught buckets of rainwater; we don't need to catch more; we will use this to take a bath." Just like my kindergarten, when their class starts in the morning, my kindergartener would complain and say, "The rainwater is so cold; we should just fetch." Then we would fetch water using the small bucket that costs 2 pesos.*)

Researcher: Pangligo ra pud to nila, te? (*They only use it to take a bath?*)

Fely: O, pang ligo ra nila. (*Yes, only for their bath*)

Researcher: Kanang manalod mo sa gripo, te, usahay ba hugaw inyong tubig? (*When you fetch water from the faucet, is it sometimes dirty?*)

Fely: Naa man juy usahay na straight ang ulan, lubog jud ang tubig nya mu-ingon man ni akong bata na, "Ma, lubog paman ang tubig." Ana ko, "Iyabo na kay mubalik ta'g salod if matinaw-tinaw na." Usahay pud dugay kaayo mutin-aw; aw, muhulat jud mi mukuan kay naa juy panahon na lubog jud ang tubig. (*There are always times when it's always raining and the water is murky. My child would say, "The water is still murky." I'd tell them to just throw it out because we will fetch water if the water is clear. Sometimes it takes a long time for the water to clear; we would wait for the water to be clear. There are times the water is so dirty.*)

Researcher: Pag-abot sa gobyerno o sa ubang organisasyon, te, unsa may natabang nila, te? (*How did the government or other organizations help you?*)

Fely: Niapil ko'g 4P's nga programa pero napasa na nako aang mga kinahanglanon pero hangtud karon, wala pay balita, wala pa mi nadawat. (*I joined the 4Ps program, but my 4Ps, I've passed my requirements but up until now we haven't received anything.*)

Researcher: Naa pud kay mga pama-agip na pwede nimo mashare sa uban? (*Do you have personal ways that you can share to others?*)

Fely: Kuan lang jud, kanang maningkamot lang jud na makaunsa sa kalisud. Bisag pait na, dili lang jud magpalupig sa kabus-on; kanang maningkamot ka makab-ot ra man gihapon. Parehas anang mga bata, nya akong bana manaka-ay lang og lubi. Pag walay sak-unon nga lubi, wala man juy kwarta, nya karon, panagsa ra man sad ang magpasaka kay barato ra man kaayo ang lubi. (*They just need to work hard and overcome hardships. Even though life is getting hard, just don't be affected; if you work hard, you'll reach your goals. Just like the children, my partner climbs coconut trees. If there's no coconut tree to climb, therefore, no income, now, coconut climbers are rare because coconuts are only cheap.*)

Researcher: Naa bay mga butang, te, na maka-ingon ka na “Unsaon ko man ni oy?” or “Unsa man akong buhaton ani oy?” (*Are there things where you can say, "How can I do this?" or "What should I do about this?"*)

Fely: Ay, o, naa ju'y mga ingana labi na pag ang panahon na mugikan akong bata gikan skwelahan, muingon na, “Ma, akong balon, ma, 10 pesos each kami, ma. Gusto nako ingani among baon.” Kanang kung unsa ilang makita sa ilang klasmeyt, gusto nila ilaha pud na naa puy ilaha, gusto pud nako na maabot nko sa ilaha pero unsaon ko man na? Bisan unsa-unsafe namog kuan na mahimo nako na sa akong mga anak dili man jud nako ma achieve. Ang ako lang maingon sa ilaha na, “Hulata lang na makasugod na ta’g dawat sa 4P’s kay para man na sa inyuha. Kung makakuan nako ana, dinha ko jud ihatag sa inyoha para dili namo maibog pag unsay makit-an ninyo sa inyong mga klasmeyt kay makit-an ra pud na sa inyoha jung sarili na naa na pud moy ing-ana.” (*Yes, there are times, especially when my children arrived from school, my child would say, "Ma, my allowance, we should have 10 pesos each, ma. I want it to be like this." What they see in their classmates, they also want to have those, I also want to give them what they want, but what can I do? Even if we did everything for my children, I can't provide what they need. What I can say for them is, "We shall wait when we can receive something from the 4P's because it's for all of you; if I already received it, I would give it to all of you so that you all won't be jealous of what your classmates have because you can see from yourself that you also have those."*)

Researcher: So, unsa may nga benepisyo or unsa may mga anindot nga resulta sa imong mga nabuhat ug mga ginabuhat? (*What are the positive results or benefits you get as a parent from your actions taken?*)

Fely: Oh, murag nahimo gani nga kani ang priority sa Barangay. Ug naa juy ginagmay na hinabang, dili jud mi ma zero ana...ma...kuan matagaan jud mi. (*It's like we became the priority of the barangay. And we'll receive little help, we'll not be left out, we really have something to receive.*)

Researcher: Naa ba kay advice para sa ubang mga ginikanan, te, nga adunay pareha nimo og sitwasyon? (*Do you have any advice for the other parents that has the same situation as you have?*)

Fely: Kuan nako sa ubang ginikanan nga parehas sa akong kahimtang, kuan lang jud sila, like, antos lang jud bisag nagkalisod kay dili man pud makuan ang panahon na. Usahay naa man juy muabot na grasya unya kuan lang jud kapit lang kay dili man jud nato mabana-bana ang panahon. (*My advice for the other parents who are in the same situation as me is to just endure the hardships, even though life is getting hard because we don't know the time. Sometimes there would always be a blessing that would come into your life, so just don't give up because we don't know and only time can tell.*)

Researcher: Isip usa ka ginikanan sa bata nga nakasinati og kakulangan sa nutrisyon, unsa may mga reyalisasyon nimo, mga na-realize nimo on the way? (*What are your realizations as a parent living with a child who experiences nutrition deficiency?*)

Fely: Ang importante jud na kanang parehas sa amo, bisan ug lisod, laban lang! Kung dili ta mulaban kay wala man jud tay mahimo. Sa ako lang jud, dili ko gusto na maparehas sa ako na kanang walay mahuman. Maong sa karon, bahalag maglisod mi, importante jud na makaskwela akong anak. Kay murag kung unsa man tung wala nako na...wala man ko kahuman murag sa ako nalang pung anak ikuan nako para mabawi-bawi man lang pud ba. (*The important thing is, like us, over hardships. Let's just continue to fight! Because if we won't, you don't have any other choice. For me, I don't want them to be like I am who did not graduate. So, these days, I don't care if we are struggling, it's important that my children can go to school. Because, like, whatever I do not have, I may not have finished my studies, it's my children's turn to revive.*)

Researcher: Unsa may learnings nimo, mga na-learn nimo na lessons sa kinabuhi base sa imohang experiences nga pwede sad nimo ma-share sa uban nga mga ginikanan? (*What learnings you have gained from your experience?*)

Fely: Kuan jud... mag plano jud ug minyo. Tanawon jud daan ang trabaho kung kaya naba nila. Kaya naba jud nila nga kanang kuan... ang minyo man gud dili kay imong problema lang kay labi na ug naa nay anak pirti jung lisura. Pagpaeskewla ang pinakakuan jud sa bata labi nag nagsakit halos dijud ka katulog ug huna-hunag unsaon koni akong anak, asa ko manguha ug igasto. Mao jud na ang kuan... kung mag minyo kay huna-hunaon sa jud daan bago jud. (*Plan your marriage. See if the job can be done already with ease. Marriage is not only the thing you should invest on but also your children which is very tough. Sending them to school is the most something of all for the child especially if they get sick, you can barely sleep peacefully because all you think about is your children, where would you find the money to spend. Those are the things that is really needed to get prepared of. If you think about marriage first before entering it.*)

Participant 2:

Researcher: Kumusta na man mo karon, unsa na ang kasamtangang kondisyon sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What is the current condition of your child who experience deficiency in their nutrition and you as a parent?*)

Hilda: Katung ni agi bulan gi hubak siya, na admit. Matabang man siya og inom og tambal kato lang ba kay kusog naman gud iyang paghinga, nya ma hadlok baya ko pag ma kuan na pud siya. Iyang sakit kay Bronchopneumonia. (*The other month, due to asthma, my child got admitted to the hospital. Though medicine could help but that time, the condition was worse and their breathing became faster and I am so scared of what will happen. My child's disease is bronchopneumonia.*)

Researcher: Unsa man sad ang mga kalisud nga imong nasinati pag-abot sa pag-atiman sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What are your struggles when it comes to handling child who experience deficiency in their nutrition?*)

Hilda: Kanang dili kaayo siya gana kuan og kanang gulay ba, pinili lang. (*My child doesn't really eat vegetables but choose something else.*)

Hilda: Kanang kwarta jud... kanang lisod sa kwarta ba. (*Money... that struggle in money.*)

Researcher: Unsa may mga nabuhat na ninyo ug mga ginabuhat ninyo sulod sa inyong pamilya aron masolusyunan ang kini nga problema sa kakulangan sa nutrisyon? (*What actions or efforts you and your family are doing to address the issue of nutrition deficiency?*)

Hilda: Driver siya sa kuan gani truck tung tanker. Pag wala, manghurnal sa kilid-kilid. (*He drives a truck. Whenever there are days without work to do, we accept other tasks for money.*)

Hilda: Kanang pugson og pakaon. Mangita og paagi para maganahan ang anak mukaon. Kay ako og dili sila ganahan ana lahion nako, akong slice-son ginagmay nya butangan bitaw kanang, i-burger patty mga ingana gud para ganahan sila mukaon. (*Forcing them to eat. I'll find a way for my child to have the appetite to eat. As for me, I'll change it if they don't like to eat, I'll slice the food smaller then plate like a burger patty and the like for them to like to eat.*)

Researcher: So, unsa may nga benepisyo or unsa may mga anindot nga resulta sa imong mga nabuhat ug mga ginabuhat? (*What are the positive results or benefits you get as a parent from your actions taken?*)

Hilda: Oh, sa katung Amway benepisyo. (*I received help from Amway.*)

Researcher: Unsay masugatan ninyo sa hospital, te, like, kalisud pag-abot sa hospital? (*What difficulties do you encounter at the hospital?*)

Hilda: Kana bitawng... naa juy excess. (*The... there's always excess.*)

Researcher: Tapos sa iyang tambal, te, naa moy kalibog? (*How about their medicines, do you have any confusions?*)

Hilda: Wala pud, kay ipasabot man pud ka nila sa ilang inject or para sa bisag unsa. (*No, because they will also explain the injections or anything to you.*)

Researcher: Kanang diri ra siya, human wa siya na hospital, te, kanang maglibog pa ba mo unsa ilang iinom na tambal? (*If not in the hospital, do you still have confusions about what medicine they have to take?*)

Hilda: O, labi na'g kanang dili na mapatuo sa mga naandan nila na tambal. (Yes, especially when they don't want to take the medicines they used to have.)

Researcher: Ay, aside sa Amway diay, te, unsa pay laing tabang na imong nadawat, te? (*Aside from Amway, what other help did you receive?*)

Hilda: Kuan, katong pandemic kay nagkuan silag mga foodpack. Mao lang. Kana lang foodpack sa barangay. (*During the pandemic they distributed foodpacks. That's all. Only foodpacks from the barangay.*)

Researcher: Kanang sa pagpa-andam sa ilang mga pagkaon te naa ba kay kalisod?

(*Do you encounter any difficulty in preparing their food?*)

Hilda: Kanang lamas ug gulay kay mahal biya kaayo ang lamas ron ha ha ha. (*The spices and vegetables because they are very expensive these days.*)

Researcher: Kanang magluto ka na way lamas, maganahan pud ang mga bata ana? (*If you cook without the spices, do your children like eating?*)

Hilda: Dili (No.)

Researcher: Maunsa ra man sila te? (*What they will do?*)

Hilda: Kanang muington ra na sila'g kanang mangita ra na sila'g kanang kuan, toyo or mantika, kanang ketchup, mao lang kung dili sila ganahan sa sud-an. (*They will look for anything else, soy sauce or oil, or ketchup, if they don't like the food.*)

Researcher: Mao rana ilang sud-anon te? (Is that they only eat?)

Hilda: O, kay dili sila ganahan sa sud-an nga gulay pero pag adobohon ang gulay, ganahan ra man pud sila mukaon. Pero inig kanang way lamas, usahay bitaw kanang kulangan sa vetsin kanang mahutdan nya mu-ana sila na mantika na la'g toyo ilaha.

(*Yes, because they don't want to eat to eat vegetables, but when I cook adobo with vegetables, they like it. But when we run out of spices, like, sometimes, running out of vetsin, they'll tell me they would rather eat their meal with oil and soy sauce.*)

Researcher: Musud-an sad sila'g asin te? (Do they also eat salt with rice?)

Hilda: Usahay, kana ganing naay bahaw diri ila mama, kanang bahaw na mais kay ituslo nilag asin. (Sometimes, when my mom has cold corn rice, they sprinkle salt on it.)

Researcher: Kamo sa imong bana, te, maglalis ba mo usahay? (*Do you argue with your husband, sometimes?*)

Hilda: Usahay, kanang inom. Usahay man gud priority niya ang inom ba kaysa sa sud-an bitaw. (*Sometimes, because of drinking. Sometimes, drinking is more of a priority for him than for our food to eat.*)

Researcher: Maunsa man ang bata, te, na makakita sa inyo na mag-away? (*How will the children react if they see you fighting?*)

Hilda: Usahay, mubadlong labi na to ang akong kinamagulangan na "O, mag-away nasad mo?" (*Sometimes, my eldest child will tell on us, "Oh, you two will fight again?"*)

Researcher: Ang mga manghud niya, te? (*What about the other children?*)

Hilda: Masuko sila sa ilang papa. Mulaban. (*They will get angry at their father. They'll fight back.*)

Researcher: Katong wala pa sila mulaban te, mahadlok ba sila? (*Are they afraid before?*)

Hilda: O, katong murag kanang murag wala pa ka adjust sa iyaha. Kanang kapoy na pud kaayo sige'g badlong na na kuan, maglalis jud mi, magshinagitay unya mahadlok sila nya akong ingon na "Adto sa mo ila nanay kaw" para dili bitaw sila makadungog kay murag

ni-ag i man gud to ug trauma akong kinamagulangan. Musumbong to siya katong kinder siya ba kanang grade 6 nako ron, musumbong siya sa iyang maestra kanang maghinuktok. Murag nakuan na bitaw nako na dili na mag ing-ana. Murag i-adjust nalang nako bisag lagot na kay ko kay musumbong siya sa iyang maestra nya muhilak kay nag away daw mi. (*Yes, the time when they haven't adjusted yet. When we're fighting and shouting at each other, they're going to be scared, I'll tell them, "Go to your grandmother," so they won't hear because my oldest is going through a trauma. When he was still a kindergarten, because he is in the 6th grade now, he's going to complain to his teacher. Like, I've learned not to quarrel anymore if possible. Like, I'm just going to adjust even though I'm already in rage because he'll run to his teacher and cry because we're fighting.*)

Researcher: Naa bay butang na mutanaw ka sa laing pamilya nya makaingon ka nga "Maypa sila..."? (*Is there something that you see in other families that you don't have?*)

Participant: Oo, makaingon labi na nang close bitaw kaayo kay ila man gung papa kay dili kaayo close sa ilaha ba, kanang dili makipag-bonding. Makakita kog pamilya na close kaayo na manuroy, makaingon ko na maypa sila, unta ing-ana mi. (*Yes, like, they are very close, because my children's father is not as close, like, he won't bond as family. I notice that other families travel together, having vacations, they appear happy, and I am jealous.*)

Researcher: Naa sad bay mga butang na makapangutana na lang ka sa imong sarili na kanang, kahilakon na kayka maghunahuna, te? (*Do you also have things that made you question yourself and make you cry, sometimes?*)

Hilda: Kanang kuan man gud na siya, hilig ug utang ba, kanang, akoy paninglan nya akoy maguol unsa akong ibayad. Kahilakon na lang jud kayko maghuna-huna. (*He is more likely to borrow money from others, then they would pass on the burden to me, and I struggle to pay for it. I'm tearing up just thinking of it.*)

Researcher: Unya, unsay gibuhat nimo para ana, te? (*Then, what did you do to address that?*)

Hilda: Kuan, mangayo kog tabang sakong manghud kung naa siyay ikatabang. (*I would seek help from my brother if he could help me.*)

Researcher: Pag-abot sa kanang mahutdan bitaw silag gatas unsa man puy ilang inumon, te? (*What if milk is not available? What do you feed them and what do they drink?*)

Hilda: Di man jud nato maiwasan mahutdan og gatas maong usahay kanang makapagaling sila mama ug mais kay kuan kanang bugas bitaw kanang paigon himuong ug kape pero dili lang kaayo Sila ganahan. (*We cannot really avoid to run out of milk, so, sometimes, when my parents would be able to grind the corn they harvested, I would burn the corn rice to make alternative coffee, but they don't seem to like it.*)

Researcher: Ug magkasakit imong mga bata, te? (*When your children will get sick, how do you address it?*)

Hilda: Dili bayo basta-basta kaayo ron na makapalit ug antibiotic, herbal-herbal ra jud. (*It was difficult to buy medicine and antibiotics today, so we had to stick with herbal remedies.*)

Researcher: Isip usa ka ginikanan sa bata nga nakasinati og kakulangan sa nutrisyon, unsa may mga reyalisasyon nimo, mga na-realize nimo on the way? (*What are your realizations as a parent living with a child who experiences nutrition deficiency?*)

Hilda: Kanang wala nag minyo sayu dapat gi plano unta ang pag pregnancy bitaw. (*Not marrying too early, pregnancy should really be planned.*)

Researcher: Unsa may learnings nimo, mga na-learn nimo na lessons sa kinabuhi base sa imohang experiences nga pwede sad nimo ma-share sa uban nga mga ginikanan? (*What learnings you have gained from your experience?*)

Hilda: Dapat lagi ba pag human skwela dapat mag ingana. Unahon sa jud pag skwela kay og mag kalisod mo, ah wa jud. Kanang wala kay ma daganan bitaw. May man tung naka human naka nya gwapo kag trabaho naa kay makuhaan og unsay imong mga kailangan og gusto. (*I should have finish my studies first before entering parenthood. You should really prioritize your studies, because if you'll be in a difficult situation, you know what'll happen next. You don't have someone to approach to. If you really finished your studies and have a well-paying job, you have something to depend on and you'll get anything you need and want.*)

Participant 3:

Researcher: Kumusta na man mo karon, unsa na ang kasamtangang kondisyon sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What is the current condition of your child who experience deficiency in their nutrition and you as a parent?*)

Linda: Karon ok naman sila, bago raman pud nako sila gipabakunahan atong niaging bulan. (*They're fine these days, I just got them vaccinated last month.*)

Researcher: Unsa man sad ang mga kalisud nga imong nasinati pag-abot sa pag-atiman sa imong anak na nakasinati og kakulangan sa ilang nutrisyon? (*What are your struggles when it comes to handling child who experience deficiency in their nutrition?*)

Linda: Kanang sa baon og sa pamilite, kanang mukaon pa silag kan-on tapos mukaon pa jug biscuit kay gutumon lagi daw sila. Unya doble ang magasto sa pamilite. (*In their food and fare, like, they will eat their meal, then, eat a biscuit later on because, according to them, they're hungry. Our expense for fare is also double.*)

Researcher: Unsa may mga nabuhat na ninyo ug mga ginabuhat ninyo sulod sa inyong pamilya aron masolusyunan ang kini nga problema sa kakulangan sa nutrisyon? (*What actions or efforts you and your family are doing to address the issue of nutrition deficiency?*)

Participant: Akong partner kay construction karon. Akong trabaho kay diri ra sa balay, mag-atiman. Siguruhon ra nako silag pakaon tapos ako dili nako mani-udto. Himuan lang nako silag pani-udto tapos didto rami mubanat ug kaon sa panihapon. (*My partner works*

(in a construction. While I stay at home taking care of the children. I would only assure that they have something to eat and I won't eat my lunch anymore. I'll just make them their lunch and then we will eat together at dinner.)

Researcher: Nagahatag ba ang laing tao ug advice sa imo, te, pag-abot sa pagbuhi? (*Do other people give you pieces of advice when it comes to living?*)

Linda: Kabalo na man sila unsay kahimtang namo ug unsay trabaho sa ilang amahan nga sugarol tapos ug maipit siya sa sugal kay mas maipit mi Kay Ang konsumo kag di kaayo namo mapalit Kay tungod mas Mauna pag bayad ang utang sa sugal kontra sa amoang konsumo. (*They already know regarding our situation and what the father that is addicted to gambling works. Then, if he'll get tight in the gamble, we'll be in the worse because we cannot buy our needs, because debts due to gambling will be paid first than buying needs.*)

Researcher: Unsa say mga kalisud nimo sa pagluto sa mga pagkaon nila, te? Pag andam unsay lutuon. (*Also, what are your struggles when it comes to preparing food? Preparing what to cook?*)

Linda: Kana lang mag-ulang maglisod kog luto kay nasa gawas ang lutuanan. Di na nuon ko makaluto pag mabasa among munting kusina. Mag-antos. Mao na among kalisud pag mag-ulang na maapektuhan, madamay jud ang paghanda og pagkaon para ining akong mga bata. (*When it's pouring, I'll struggle in cooking because our kitchen is outside. I cannot cook whenever our little kitchen got wet. We'll suffer. That's our struggle every rainy days that will affect the preparation of food for my children.*)

Researcher: Mabasa pud ang mga kahoy te? (*Will the logs be wet, too?*)

Linda: Uling lang man ko kay mura man kog way kaubang laki diri, maong mag-ulang nalang ko. Busy man siya pag muuli siya diri... (*I'll only use coals, it seems like I don't have a man here. So, I'll coal. He's busy doing something else when he came home.*)

Researcher: Asa diay gikan ang supply sa inyong tubig, te? (*Where did you get your supply of water?*)

Linda: Sa gripo? Ambot asa ni gikan ning tubig nila sa gripo diri. (*From the faucet? I don't know where their water from the faucet really came from.*)

Researcher: Usahay, te, lubog pud siya?

Linda: Kuan, kanang naay usahay kanang kusog ang tubig tas kusog ang baha diri tapos mapalong ang supply sa tubig sa gripo, pag-uli ana mao nana siyang lubog. Human ana dili pako magsalod. Maghulat rako na matin-aw na. (*Sometimes, the flow of water is good, but when the flood is intense, there will be no supply of water and when the flow of water is back, it would be murky. Then, I won't fetch. I will wait once it's clear.*)

Researcher: Ka-testing naba ka kung mag-ulang didto raka magsalod ug tubig, te? (*Have you tried fetching water from the rain?*)

Linda: Nagasalod man mig ulan ko pero dili ingon nga kanang inumon, kanang ipang hugas, ipangkuan sa kan-on. (*We usually get water from the rain but not... for drinking nor for rinsing rice.*)

Researcher: Sa inyong sitwasyon, te, gi-unsa mo pag tabang sa gobyerno o sa lain pang organisasyon, te? (*From your situation, how did the government or other organizations help you?*)

Linda: Sa karon, murag karon ra mi napasok anang 4P's sukad-sukad jud. Sige ramig ka dili. Karon rajud mi napasok sa 4P's karong March 6 daw ang validation. Sige ra mi'g aplay sugod 2012. (*Now, it seems like it's the first time we become beneficiaries of the 4P's program. We always got rejected. Now, we got accepted, finally, and that the validation will be this March 6. We've been applying since 2012.*)

Researcher: Sa skwelahan, te, naa puy madawat ang mga bata te? (*At school, do your children receive anything, too?*)

Linda: Kuan, tung ni-aging tuig, naay ni-anhi diri sa DSWD man yata to, tung akong isang estudyante nakadawat ug 3k didto mi sa Calinan nagdawat... gift check. (*Last year, I think it's DSWD, my one student received 3,000 pesos at Calinan as a giftcheck.*)

Researcher: Kanang mahutdan sila'g gatas, unsa na man pud ilang gina-inom te? (*When you will run out of milk, what do they drink, instead?*)

Linda: Kuan ra man among...tag-isa ra man ka pack among ginapalit ug naa juy igong kwarta kaparehas anang padalhan ko sakong pag-umangkon, maka tibo ko'g palit ug kanang tagpila kabuok na swak. (*We only buy one pack if we have enough money like when my niece will lend us money, I can buy more packs of milk.*)

Researcher: Kung wala moy ikasud-an, te, unsa na lang man?

Linda: Og wala juy makuan ang mga bata, mukuan lang sila'g mantika butanga'g asin nya toyo tapos og wala jud, ahh... kaning suka butangan ug asin para malami-lami pa. (*If the children will have nothing, they would grab oil and salt then soy sauce, and if nothing at all, vinegar and put some salt to taste.*)

Researcher: So, unsa may nga benepisyo or unsa may mga anindot nga resulta sa imong mga nabuhat ug mga ginabuhat? (*What are the positive results or benefits you get as a parent from your actions taken?*)

Linda: Kung unsay pangayuon nila makapalit ko ug biscuit, mahatag nako tas sud-an pung tarong. (*Whatever they would ask me to buy especially biscuits, I can give them.*)

Researcher: Isip usa ka ginikanan sa bata nga nakasinati og kakulangan sa nutrisyon, unsa may mga reyalisasyon nimo, mga na-realize nimo on the way? (*What are your realizations as a parent living with a child who experiences nutrition deficiency?*)

Linda: Nagmahay rako tungod sa laki na badlungon. Ug ingon ana man inyong partner, na badlungon, murag mag-antos na lang jud ka hantod sa kaya nimo. Ug para sa mga batan-on dira, unahon nila ang pag-eskwela. Di nang mag uyab-uyab, crush-crush kay ang crush kay paingon gihapon sa uyab. (*My only regret is because of a stubborn man. And if your partner is like that, stubborn, it seems like you're going to suffer until you can. And for the youths out there, finish first your studies. Do not enter into boyfriend-girlfriend relationships, crushes because crushes would still result into relationships.*)

Researcher: Unsa may learnings nimo, mga na-learn nimo na lessons sa kinabuhi base sa imohang experiences nga pwede sad nimo ma-share sa uban nga mga ginikanan? (*What learnings you have gained from your experience?*)

Linda: Ug naa jud kay trabaho nga tarong, ang pagkaon jud sa bata kanang dili gani ingon na weather-weather. Kung wala gani, ma dayon na weather-weather jud. (*And if there's a good-paying job, the children's food is like, somehow not irregularly given. Then, if there's none, well, it will be irregularly given.*)

Participant 4:

Researcher: Sa pang adlaw-adlaw ninyong pag-atiman sa mga bata, pag-abot sa pagpakaon sa mga bata, unsa man ang mga kalisod na imong nasinati? (*In your daily care of the children, when it comes to feeding the children, what are the difficulties you have experienced?*)

Nene: Maghilak magkaon kay syempre moadto ug skwelahan magdali unya mag-away pa na sila. Lisod pakon-on kay langayan. (*Cry while eating because of course they will go to school in a hurry and then they will fight. It's hard to feed them because they eat very slowly.*)

Mahiubos pud ta kay ingon ana magluto unya wala tay lamas maong way lami ang pagkaon. (*We will also feel sorry because if we cook without the spices, then the food will have no taste.*)

Researcher: Sa pag-andam sa ilang pagkaon, usahay ba napangutana nimo imong kaugalingon nga tama ba kaha ni, tama ba ni akong gibuhat, unsa ba jud kaha akong ipakaon saila taga adlaw o balanse ba? (*When preparing their food, have you sometimes asked yourself if this is right, am I doing this right, what should I feed them during the day or is it balanced?*)

Nene: Oo, makapangutana ta. Mao ba ni, tama ba ni atong gipakaon, dili ba ni mali. (*Yes, I asked myself. Is this right, is this what we are feeding right, is this not wrong?*)

Researcher: Unsa man pud ilang taga adlaw na kaonon? (*What do they eat during the day?*)

Nene: Taga-adlaw kasagaran kay itlog, isda, naa puy gulay. (*Eggs, fish, and vegetables are usually eaten daily.*)

Researcher: Mamili pud sila ug kaonon? (*Do they also choose food?*)

Nene: Oo, mamili pud. Pilian jud kaayo pud. Mo sugot nalang ug sigeg itlog, tagsa ra mo kaon ug gulay. (*Yes, they are also picky. They prefer to eat eggs instead of vegetables.*)

Researcher: Hilig ba sila ug mga junkfoods? (*Do they like junk foods?*)

Nene: Dili, dili jud nako sila ginapakaon ana. Mo kaon sila pero panagsa ra. Gina-dili jud nako sila anang junkfoods ug softdrinks, paimnon nako pero panagsa lang. (*No, I don't feed them that. I rarely let them eat junk food. I don't really like to feed them junk foods and soft drinks, they only drink some sometimes.*)

Researcher: Samtang magtan-aw ka sa ubang ginikanan, duna bay mga butang nga makaingon ka sa imong sarili ug 'maypa sila, giunsa kaha na nila? (*When you look at other parents, are there things that you ask yourself 'they are great, how did they do that'?*)

Nene: Sa pag-atiman, makaingon ta ug pinasagdaan ra guro ang anak kay wala naghilak unya amo a sige ug hilak. Mga ingon ana ba, mga compare compare gud, Kanang maka

ana ka nga ‘ah hayahaya nila uy, gipasagdaan lang ang anak mag laag-laag’, unya kami naa ra diri nakulong. Sa pagkaon, ‘ah lamia nila ug sud-an, daghan siguro ug kwarta’ unya kami pobre lang. (*In taking care, I can say that the other parents did not take care of their children very well because their children don’t cry, while my children are always crying. Comparisons, that’s why I can say ‘ah, they just let the child wander around’, then we’re just stuck here. When it comes to food, ‘ah, they eat and eat, they must have a lot of money’ then we are just poor.*)

Researcher: Sa pagskwela, unsay nahuman nimo? (*In school, what did you finish?*)

Nene: 1 year course lang sa college. (*Only 1 year course in college.*)

Researcher: Unsa man ang mga kalisod nga panan-aw nimo naapektohan jud ang mga bata? (*What are the difficulties that you see affecting the children?*)

Nene: Naglisod ko ug pakaon sa ilaha kay naay usahay trabaho o wala. Unsaon nalang atong adlaw-adlaw na pagkaon sa buntag, udto, hapon. (*I have a hard time feeding them because sometimes we have some work and sometimes we don’t.. And the difficulties of feeding them daily in the morning, noon, afternoon.*)

Researcher: Sa pagskwela nila? (*How about when they go to school?*)

Nene: Oo, kay ang balon. Usahay kay maglisod pud kay wala man tay kwarta, unya wala may trabaho. Maglisod pud ta sa balon panagsa. Syempre kailangan pud nila ug balon, mo adto ug skwelahan ‘Ay kana akoa ma, kini ako’ unya nagtipid ta sa kwarta kay mahal pud ang palitunon. (*Yes, because of the allowance. Sometimes it’s hard because we don’t have money, then there’s no job. We also have difficulty with the allowance sometimes. Of course they also need an allowance, we go to school and they point at something to buy and say ‘Oh that’s mine ma, it’s mine’ then we have to save money because they need an allowance everyday.*)

Researcher: Sa panahon nimo, naa ba kay kailangan nga naa sa imoha para maatiman jud pag-ayo ang mga bata isip sa usa ka ginikanan? (*In your time, what capabilities do you need as a parent to be able to take care of your children well?*)

Nene: Oo, kanang magdiskarte. Kanang dili kaayo gasto, magluto-luto. (*Yes, that will be practical or strategic. That doesn’t spend much to cook food.*)

Researcher: Sa imohang kinabuhi, unsa inyong mga kasakit nga kung naglisod ka aning mga butanga unya dili nimo kaya maingon sa lain tao kay basig naulaw ka? (*In your life, what are your pains that if you are struggling with these things then you can’t tell other people because you might be embarrassed?*)

Nene: Dili, dili ko maulaw nga i-share. Kailangan ug mo-share ka sa laing tao, kana sad mapagkatiwalaan pud nga tao kanang dili nila i-share sa uban. (*No, I’m not ashamed to share. You need to share with other people, that’s a trustworthy person that they don’t share with others.*)

Researcher: Isip usa ka ginikanan, unsa man imong mga kasakit na huna-hunaon nga kulang ug nutrisyon imong mga anak? (As a parent, what are your pains when you think that your children lack nutrition?)

Nene: Mahadlok nga dili mapa-iskwela ang mga bata. (*Fear that the children will not be able to go to school.*)

Researcher: Nagapacheck-up ba ang mga bata? (*Do children get check-ups?*)

Nene: Sa pagkakaron wala pa man pud kay okay man sila, pero katung mga baby pa sila oo. (*At the moment they have not because they are okay. When they are still babies, they have.*)

Researcher: Unsa pud kasagaran sakit nila? (*What illnesses do they usually have?*)

Nene: Ubo, sip-on, kalintura, mao man na kasagaran. (*Cough, cold, flu, it's common.*)

Researcher: Ug magpacheck-up ka, usahay ba kay dili ka ka-gets sa mga ginapang-ingon sa doctor? (*And you go for a check-up, is there sometimes you don't get what the doctor says?*)

Nene: Oo, labi na sa sulat nila. (*Yes, especially their penmanship.*)

Researcher: Sa imohang bana, naa bay panahon nga mag-away mo o maglalis? (*With your husband, do you ever fight or argue?*)

Nene: Oo, parehas anang ako daghan ug buhatunon para mag-atiman sa mga bata, maglimpyo tapos siya kay mag cellphone lang. Away jud ang abuton. (*Yes, I have a lot of work to do. Taking care of the children, clean up then he, a husband, only uses his cellphone. There is going to be a fight of course.*)

Researcher: Kada-away ninyo, mo unsa ra man pud ang mga bata? (*When you fight, what about the children?*)

Nene: Mo tan-aw lang pud saamoa pero tagsa ra na sila makabantay nga mag-away mi kay hilom ra man. Dili lang mo tingog. (*They just look at us, but they can only sometimes notice that we are fighting because it is quiet. They are just silent.*)

Researcher: Kanang makabantay sila, mawad-an ba sila ug gana mo kaon? (*If they noticed that you are fighting, did they lose their appetite?*)

Nene: Dili man pud. (*Not at all.*)

Researcher: Diri sa inyong panimalay ug palibot, kumusta man inyong kondisyon? Makaingon ba ka nga safe jud sila diri ug sigurado jud ba nga dili sila magkasakit? (*Here in your home and environment, how is your condition? Can you be sure that they are safe here and are you sure that they will not get sick?*)

Nene: Dili man jud nato matagna ang panahon, wa ta kabalo ug safe ba karong adlawa. Naa man juy mga panghitabo nga dili nato mahibal-an. (*We can't predict the weather, we don't know if it's safe today. There are events that we do not know about.*)

Researcher: Ang supply ninyo sa tubig? (*How about your water supply?*)

Nene: Okay lang. Kung walay agas, maabtan ug mga tulo ka adlaw o upat, kana mo salod na jud mi ug ulan. (*It's okay. If there is no flow that will take about three or four days, then we will have to get from the rain.*)

Researcher: Pagsalod ninyo ug tubig ulan, ginaunsa man ninyo para malimpyo lang? (*When you use rainwater, how do you clean it?*)

Nene: Ginasala namo kanag sa ulan, naa man mi net. Ginapanglung-ag namo, sabaw, sa CR, panghugas ug plato. (*We filter the rain, we also have a net. We use the water to cook, soup, CR, and wash dishes.*)

Researcher: Asa gikan inyohang tubig? Dili sad maglubog usahay? (*Where does your water come from? Is it murky sometimes?*)

Nene: Gikan sa Malagos. Naa, mo lubog unya manimaho ug chlorine. Naa juy time nga manimaho ug chlorine. Kanang maglimpyo siguro sila. (*From Malagos. It does, it sometimes smells like chlorine. They are probably cleaning.*)

Researcher: Unya ginainom gihapon na ninyo? (*Then you still drink?*)

Nene: Naa mi mineral, naga-gamit mi ug mineral. (*We have minerals, we use minerals.*)

Researcher: Sa panahon nga wala nakay gatas nga mapainom sa mga bata, unsa may ginabuhat nalang nimo? (*When there is no milk for children to drink, what do you do?*)

Nene: Usahay mangutang sa tindahan. Kung wala juy gatas tubig nalang. (*Sometimes I borrow from the store. If we don't have milk, just water.*)

Researcher: Di pud nimo sila paimnon ug kape? (*You don't make them drink coffee either?*)

Nene: Kape man jud akong gamit unya butangan ug gatas, mo inom pud na sila usahay kay milo man sila gud. Milo ug gatas. (*I drink coffee and then add milk, they also drink them sometimes because they usually drink Milo. Milo and milk.*)

Researcher: About sa gobyerno, giunsa mo nila pagtabang sa inyong sitwasyon karon? (*About the government, how did they help you in your current situation?*)

Nene: Naay feeding sa school. (*There is feeding at school.*)

Researcher: Naa bay panahon nga dili sila gusto mo kaon? Nakapangutana ba ka sa imong kaugalingon ngano? (*Is there a time when they don't really want to eat? Have you ever asked yourself why?*)

Nene: Oo, naa jud. Ngano dili ganahan mo kaon kay wala siguroy lami o busog pa sila. (*Yes, I have. They don't like to eat because probably the foods are not tasty or they are full.*)

Researcher: Ug dili sila gusto mo kaon ilang ihawa ilang pagkaon, ginapugos pa nimo sila ug pakaon? (*When they don't want to eat, do you force them to eat?*)

Nene: Oo, ginapugos kay mapasmo ug dili magkaon. (*Yes, I force them because it is not okay to skip meals.*)

Researcher: Sa pagpangwarta, unsa sad trabaho sa imong bana? (*When it comes to making money, what is your husband's job?*)

Nene: Usahay naa, usahay wala kay usahay mamintura o mag lay-out ug balay. Dili naman gud permanent ang iyang trabaho karon, niundang naman gud siya. (*Sometimes there is, sometimes there's none because sometimes he paints or lay-out a house. His job is not permanent now, he quit.*)

Researcher: Unsa diay iyang trabaho sauna? (*What was his job before?*)

Nene: Naa siya sa convenience. (*He worked in a convenience [store].*)

Researcher: Ikaw mangita pud ka ug trabaho? Unsa sad nga mga trabaho? (*Are you also looking for a job? What kind of job?*)

Nene: Oo, ug naa ray mo bantay sa mga bata manarbaho ko. Pait kaayo ang panahon. Pwede ra mahimong tindera anang palengke basta naa ray kasudlan maka-income income lang, pero gwapo jud mag negosyo kay wala tay amo. (*Yes, if only there is someone to look after my children while I work. These days have been really hard. I can be a seller in the market, anything as long as I have a place to earn income, but it's good to do business because we don't have an employer.*)

Researcher: Isip usa ka ginikanan sa mga bata nga nakasinati ug kakulangan sa nutrisyon, unsay imong mga reyalisasyon sa kinabuhin? (*As a parent of children who experience malnutrition, what are your realizations in life?*)

Nene: Despite sa kalisod, ato nalang ihilom bisag lami na ihilak kay i-strong lang gihapon ug malig-on. (*Despite the difficulty, let's just keep quiet even though it is hard not to cry because we have to be strong.*)

Researcher: Sa imong mga ginikanan, naa ba silay warning saimoha tapos wala nimo gituman? (*To your parents, did they warn you before and you didn't obey?*)

Nene: Oo, kanang mga tambag nila usahay magmahay ka. Makaingon ka ug tama diay to sila, maypag kato akong gibuhat. Kanang pamuyo, mo ana sila nga diri lang mo puyo kay

mas duol diri. (*Yes, those advice that I sometimes regret. I can say that they are right, I did something. The settlement, they want us to live closer to them but we chose to live here.*)

Researcher: Sa imong pagminyo, naa bay naingon imong ginikanan sa imong desisyon nga mag minyo naka? (*When you got married, did your parents say anything about your decision to get married?*)

Nene: Oo, ana sila ayaw sa pagminyo kay manarbah sa ka. (*Yes, they don't want me to get married because I still have to work.*)

Researcher: Usahay maglalis pud mo sa imong mama? (*Do you sometimes argue with your mother?*)

Nene: Oo, wala lang koy mama. Akong gihimong silbing mama kay akoang lola, didto mi saiyyaha nagdako. (*Yes, but I don't have a mom. My grandmother became our mom because we grew up with her.*)

Researcher: Ug maglalis mo, naapektohan ba nimo ang future nimo? (*And you argue, did it affect your future?*)

Nene: Wala man, dili man pud ingon nga as in away. Kanang mo tubag lang ka-isa, kanang mangatarungan lang ba. (*No, we don't fight that much. I only answer one time, or make up excuses.*)

Researcher: Kanang mo inom ug tambal imong mga anak, mo inom ba jud na sila ug tambal o ilahang iluwa? (*When your children take medicine, do they really swallow the medicine or do they spit it out?*)

Nene: Naa juy time nga usahay di sila mo inom pero kanang naa silay bation unya paimnon nako ug tambal, mo inom man sila. Panagsa lang nang dili mo inom pero ginapugos nako. (*There are times when sometimes they don't drink them but when they don't feel really well then I give them medicine and they drink them too. It is only rare that they don't take medicines, but I always force them to.*)

Researcher: Naa bay mga butang nga makaingon ka nga, hawd lagi ang ubang mga ginikanan no, giunsa na nila, kanang mga butang na ginahimo nila tapos makaingon ka sa imong sarili nga gusto ka magtuon kung unsaon, mangayo ka saila ug advice? (*Are there times that you ask yourself about how the other parents handle the situation and then ask for their advice?*)

Nene: Wala pud ko kakuan ana. (*I didn't think of that either.*)

Researcher: Unsa may matambag nimo sa mga batan-on, isip usa ka ginikanan sa mga bata nga kulang sa nutrisyon? (*What advice do you have for young people, as a parent of malnourished children?*)

Nene: Ug magminyo na, magtarong lang jud. Naa na guy pamilya dapat di na maglaag, dili na mag-inom-inom o barkada. Ang atimanon kay ang pamilya na gyud kay syempre naa naguy pamilya, atimanon na gyud ang pamilya ug di na magbarkada-barkada. (*When they get married, just be responsible. If you have a family, you shouldn't wander around, you shouldn't drink or hang out with friends. The only thing that needs to be taken care of is the family because of course you already have a family. The family will have to be taken care of instead of hanging out with friends.*)

Researcher: Unsay matambag nimo sa mga ginikanan nga parehas sa imo ug sitwasyon? (*What advice would you give to parents in the same situation as you?*)

Nene: Mo mata ug sayo, mag-atiman sa mga bata, magluto ug sayo, magpaligo. (*You wake up early, take care of the children, cook early, take a bath.*)

Researcher: Unsay mga kalisod nimo nga makahilak ka nga hunahunaon? (*What difficulties do you have that makes you cry every time you think about them?*)

Nene: Kanang mahutdan ka ug kwarta, walay ikapalit ug makaon sa bata. Mahutdan ka ug kwarta unya syempre mangayo ang mga bata wala kay ikahatag, masakitan ka. (*If I run out of money, I won't have anything to buy to feed the child. You will run out of money and then of course the children will ask for something but we have nothing, it hurts me.*)

Researcher: Unsa may pamaagi nimo ug wala na jud moy pagkaon? (*What do you do when you have no food?*)

Nene: Mangita ug gulay anang daplin daplin. Mga gabi, tinangkong, kamunggay. Dira ra mi naga kuha sa kilid kilid kay syempre ang mga isda mahal kaayo dili ta ka-afford ana mao mag gulay nalang ta. (*Look for vegetables on the sides. Gabi, tinangkong, kamunggay. We only get them from the backyard or everywhere because the fish in the market are very expensive and we can't afford them.*)

Researcher: Ma-expose ba ang mga bata sa polusyon? (*Are the children exposed to pollution?*)

Nene: Wala man, usahay mag daob ko tapos malanghap namo ang aso. (*No, sometimes I make a fire and then we inhale the smoke.*)

Participant 5:

Researcher: So, kuan, te ,sa pang-adlaw-adlaw ninyo na pag atiman sa mga bata sa pag abot sa pagpakaon gud sa ilaha, unsa may mga kalisud imong nasinati, te? (*So in taking care of the children daily and feeding them, what struggles do you experience?*)

Sisa: Kanang pareho anang pangpanud-an, pakaon jud nila sa kuan kay maningkamot ra man ta kung unsa ilang ipasud-an. (*Just like in our meals, I find ways to cook meals that they like.*)

Researcher: Kanang sa pagluto nimo sa ilang mga pagkaon nila, te, naa ba kay mga kalisud? (*In cooking their food, do you encounter struggles?*)

Sisa: Aw way problema sa lamas bisag naglisud mig pangita aha mi makalamas ani para mulami ang sud-an pero kanang mga pinobre pwede ra man ta tanglad kaysa bumbay og naa lang may mga kaugalingong gulayon, tanglad ug naa kay tanom na tanglad pwede ra man nimo ilamas na di naman ka magkinahanglan anang mga bumbay gawas anang maka gisa ka manginahanglan man jud kag lamas unya mantika. (*There's no problem in spices even we struggle when it comes to access to spices for the food to taste better but in our way of the poor, we can use lemongrass instead of onions if we have our own garden. If you have lemongrass, you can use it for spices. You don't need onions unless you're frying because you actually need those spices and oil.*)

Researcher: Unya, lamian ang mga bata ana, te? (*Then, do the children find it delicious?*)

Sisa: Oo, ug naay uban, usahay, naa poy dili kay pul-an man pud. (*Yes, sometimes they who don't because they will get bored.*)

Sisa: Mangita man pud na sila, mangita jud kag paraan kung unsay ma kuan mao gani to akong mama gipatrabaho ko kay para makasupporta pud. (*They will search, and I will search for ways to do that. That's why my mom force me to work to support the children.*)

Researcher: Ug mapul-an sila, te, unsa na lang may makaon nila ay kanang ilang, imong mahatag sa ilaha te? (*If they get bored, what food will they eat? I mean, what do you feed them?*)

Sisa: Ug angay sila sa akong niluto daghan silag mahurot, ug di kaangay, ay, kanang maluya jud kay di man maangay sa akong niluto. (*If they like my cooking, they finish their plates, and if they don't like my cooking, they will go weak because they didn't like my cooking.*)

Researcher: Pero kanang mawad-an jud silag gana unya unsay sunod nimong buhaton te ginapugos nimo sila te mga ingana? (*But if they lose their appetite, what do you do next? Do you force them?*)

Sisa: Ug di pud mapugos kay ug dili, dili man jud sila. (*If cannot be forced, because if not, then don't; they really won't eat.*)

Researcher: So, di lang jud sila mukaon (*So, they won't eat?*)

Sisa: Oo pero parehas anang gulayan nako sila kay importante ang gulay man gyud di man pud pirmente di man mi gakaon ug mantikaon lain man pud na, magluto kog ilang mauyunan unya ako pong kuanon ug gulay kay para makahigop pud silag sabaw. Ana lang. (*Yes, but just like if I make meals with vegetables in them because vegetables are important but not always, we also don't eat oily food because it's bad for you. I will cook something that they like, and then I will put vegetables in it so they can slurp hot soup. That's all.*)

Researcher: Unya kanang sa pagandam sa ilang pagkaon te like usahay ba gipangutana nimo imong kaugalingon na tama ba kaha ni, tama ba kaha ning akong gibuhat?

(*And in preparing their meals, like, do you ask yourself sometimes if what you're doing is right? "Am I doing this right?"*)

Sisa: Ay pangutan-on man nako sila unsa ilang gustong kan-on parehas anang muskwela gutom man bayan sa skwelahan mantag pagkahapon. Pagkabuntag ana pangutan-on nako daan unsa ilang kaonon pamahaw kay usahay wa sad ko kabalo unsay ipakaon sa ilaha, kanang dili ko kabalo mudesisyon kay lainan sad ko'g huna-huna nga magbalik-balik ang sud-an taga-adlaw. Naay isa na magprito daw ug itlog, nang isa muingon pud gatas lang puy ibahog sa ilang kan-on. (*Oh, I will always ask them what meal they want to eat, just like going to school, well, they will surely starve as school will be until afternoon. Then in the morning, I will just ask them first what they want to eat for breakfast because, well, sometimes, I myself don't know what I should feed them, like, I don't know how to decide I don't like to think about it because if the food I prepare are the same every day, I think it's not somehow right. One will say to fry an egg, and the other will say that they will just put milk on their rice.*)

Researcher: Gatas ilang sud-anon? (*They will eat rice with milk?*)

Sisa: Oo, mu-ingon magbalon mana silag para pani-udto, kato nalang priniritong itlog usahay pul-an pud lagi bantug ikaw na naa sa kusina magkapuliki kung unsay angay andamon. (*Yes, they will tell me they'll pack it for their lunch. Sometimes it will be just fried eggs, but sometimes they'll get bored of it. That's why, whoever is in the kitchen, will get stressed about what meal to prepare.*)

Researcher: Unsa man pud imong gina-andam ana, te? (*What meal do you usually prepare?*)

Sisa: Ay kasagaran nila kuanon kay mao ra man pud nang na lay gatas mao ray ibahug sa ilang kan-on kay magbalon man pud ang kay ang balon man puy kuan ana. (*Oh, what they usually eat is milk on rice because they'll pack their breakfast for their lunch.*)

Researcher: Tapos te, unsa man puy mga kalisod nimo te nga panan-aw nimo nga na apektohan ang mga bata? (*Then what are your struggles do you think affect the children?*)

Sisa: Parehas anang kuan bitaw mahutdan ta, kuntahay, mahutdan ug bugas pero mangita jud tag paraan nakakitag bugas para aning mga bata. (*Just like when we will run out of rice, but we will always find a way to have rice for these children.*)

Researcher: Unsa na paraan nimo, te, mangita ka ug bugas? (*In what ways do you find rice?*)

Sisa: Usa ana kanang muadto ka sa imong siligan pwede mangutang ba ka ug di kautang edi mangita jud kag paagi ana, naa jud kay siligan na kuan maluoy sa imong kalisod. (*One way is to go to your neighbour and ask if they can lend you some money, and if not, then you should find other ways. There are always neighbours who'll help you because of your situation.*)

Researcher: Tapos kamo mga ginikanan nila, te, mag away ba mo usahay? (*Then, like, do you, as parents, sometimes fight?*)

Sisa: Ay oo, nagbulag man mi sa ilang papa mao ganing naa sa akoa tulo na ni katuig kay wala man iyang papa, gikan sa iyang amahan na palahubog unya di musuporta sa ilaha ba mao nang nagbulag na lang mi. (*Oh yes, we are separated. That's why these children have lived under my roof for three years now, from my partner, who's a drunkard and won't support them. That's why we decided to part ways.*)

Researcher: Mao ra pud na inyong rason na nagbulag mo te or naa pay... (*Is that the only reason that they got separated, or is there another...*)

Sisa: Di muhatag ug consumo. (*He won't provide for our needs.*)

Sisa: Unsaon man na. lisod kaayo unya ako ra usa manrabaho 'nya akong bana kay di man sige man gud pangayog pasaylo unya mao raman gihapon bulag nalang mayntag... Okay mahubog unya muhatag ug consumo makig bugno paman samot ug gamitan ug lagaraw, bulag ray paraan kay ang mga bata mahadlok naman muuli. Sa akoa naman muhigda, unya mahubog ilang amahan unya mugamit ug likog, lisod na. (*What could we do? It's hard for us especially I'm the only one who's earning a living then my partner always ask for forgiveness then it will be just the same so it's better for both of us to get separated... It's okay if he want to get drunk then give support to the children, but the*

only thing he did will just argue, worst when he uses a weapon, the only way is to get separated because the children are scared to go home and wanted to sleep beside me. When my partner gets drunk and uses a weapon, it's dangerous.)

Researcher: Unya, te, kanang, naa bay mga panahon na mag-away mong duha unya ang mga bata kay nagkaon? Mawad-an pa sila'g gana, te, or mangaunsa ra pud sila, te? (*And then, are there times when you two will fight and the children are eating? Do they lose their appetite or what will happen to them?*)

Sisa: Ah murag kanang nagdugay ang mga bata murag na sanay nalang, nasanay na sila, maluoy ko sa mga bata kung akong papa maatubang niya di nalang ko musaba muhilom nalang ko para ang mga bata mutarong ug kaon pero di kalikayan mawad-an kag gana anang sigeg away-away. (*Ah, I think as time goes on the children are already used to it; they're used to it. Pity my children, but if my father is the one he will encounter, I will just remain silent so the children can eat properly, but we can't avoid losing an appetite from always fighting.*)

Researcher: Nagkasakit pud na ang mga bata te? (*Did the children also get sick?*)

Sisa: Oo, katong panganay pero musuporta man sad sila mama sa akong mga anak pag magkasakit. Mao gihapon mangutang gihapon ug kwarta. (*Yes, my eldest, but my parents would support us whenever my children will get sick. Similarly, we will ask someone if they can lend us some money.*)

Researcher: Na-ospital na pud na sila te? (*Did they get admitted to a hospital?*)

Sisa: Oo, na-ospital kana akong panganay pero kaning ikaduha, ikatulo wala pa nuon. (*Yes, the oldest child got admitted to a hospital, but the middle and youngest have not been yet admitted.*)

Researcher: Pero didto sa ospital te, naa bay mga kalisud na nasugatan nimo like, kanang ilahang serbisyo nila didto te? (*But in the hospital, did you experience struggles? Just like their services in the hospital.*)

Sisa: Ay okay ilang serbisyo pero adto napud ka inig bayad pero naa man puy nurse na mutabang hinoon muhangyo lang ka na usahay mukuan sa bayronon, hulat lang siya kung kanusa mi naay kwarta. (*Oh, their services are okay, but the problem is when it's time to pay. But there are nurses that will help you; you will just ask them if it's okay not to pay on time, and they will just wait if we already have enough money to pay.*)

Researcher: Naa pud moy kanang oras na malibog mo kung unsay gipanggingon sa doktor? (*Are there times that you'll get confused about what the doctor said?*)

Sisa: Oo, naa uy di kalikayan, maglibog ka kay ang mga bata samot na anang di muinom anang tambal kinahanglan muadto jud kag doktor mangutana'g unsa man ning himoon unya muingon ang doktor mao ning ipainom kay mao ning maka-ayo, pirti ka pa-iring-iring para maka inom. (*Yes, you can't avoid them. You'll get confused, just like when the children won't drink their medicine and you need to go to the doctor to ask them what to do, and the doctor will tell you that this is the medicine that they'll drink because it can cure their illness, and you'll do anything to make them drink it.*)

Researcher: Tapos diri sa panimalay ninyo, te, naa ba moy mapansin na nagsanhi ug sakin sa ilaha? kanang makasakit gud sa ilaha? (*Then here in your house, do you observe something that may cause illness to the children? Does it make them sick?*)

Sisa: Ay hinoon di man pirmente diri, didto mi sa ubos kay duol ra man ug iskwelahan pero kaluy-an ra pung kuana ug tung niaging pandemic hinoon ang mga bata wa na igog mga sakin di parehas atong wa pay pandemic na sagonson lang. (*Ah, actually, we don't always stay here. We live down there because it's near the school, but thankfully, the children didn't experience any illnesses during the pandemic, unlike before the pandemic when they usually get sick.*)

Researcher: Limpyo ra pud ilang palibot didto te? (*Are the surroundings there clean?*)

Sisa: Oo, kay ginasurvey man na sa kuan, kuan mana dira DSW para mahawan ang kuan ba kanang gumikan sa mga sakin-sakin karon. (*Yes, because it is surveyed by the DSW, so the environment will be clean from anything that can cause harm.*)

Researcher: Kanang supply sa tubig, te, okay ra pud? (*The water supply, is it alright?*)

Sisa: Oo okay ra. (*Yes, it's alright.*)

Researcher: Asa man pud gikan ang tubig, te? (*Where does the water come from?*)

Sisa: Dira sa kuan, water district man gihapon nang tubiga nang kuan. (*The water came from the water district.*)

Researcher: Tapos, te, usahay, mahugawan ang tubig? (*Then does the water sometimes get dirty?*)

Sisa: Murag, oo, naa jud nay, di malikayan naa jud nay makuan ang tubig samot na kung mag-ulang. (*I think so. It can't be avoided that the water will be dirty, and worse if it's raining.*)

Researcher: Malubog? (*The water gets murky?*)

Sisa: Oo. (*Yes.*)

Researcher: Unsa man puy ginabuhat nimo anang lubog na tubig te? (*What would you do with the murky water?*)

Sisa: Ay, kung ingana, pabukalon, pabukalon ang tubig, usahay, kanang ikuan sa mga bata. (*Oh, I will boil the water and then use it for the children.*)

Researcher: Tapos, te, kanang kuntahay wala na juy supply sa gatas unsa naman ilang imnon pud? (*Then if you run out of your supply of milk, what would they drink?*)

Sisa: Aw ug naa lay kape, muingon sila nga muinom ug kape, pero kanang isa, di muinom ug kape, pero katong magulang, muinom jud tug kape. (*Ah, if there's coffee, they'll tell me they'll drink it, but one of them wouldn't drink it, but the eldest child will drink coffee.*)

Researcher: Tubig lang? Magtubig ra siya? (*Only water? The child will only drink water?*)

Sisa: Aw di jud siya. Mukaon lang siya'g kan-on. (*Ah no, the child won't drink. The child would rather only eat rice.*)

Researcher: Tapos, pag-abot sa gobreyno o sa lain, te, giunsa man mo nila pagtabang? Naa silay natabang sa inyong pamilya? (*Then, in the government or other organizations, what did they do in order to help? Did they do something that helped your family?*)

Sisa: Oo, naa man nanghata'g tabang dira's baranggay. Mangtunol sila like mga pagkaon, ing-ana. (*Yes, they did lend help in this barangay. They would give us food.*)

Researcher: Mga rasyon? (*Rations?*)

Sisa: Oo. (*Yes.*)

Researcher: Miyembro pud mog 4P's te? (*Are you a member of the 4P's program?*)

Sisa: Wa man mi na kuan, murag pwede pa magpasa karong lunes, pasa pami sa among requirements. (*We haven't met our requirements yet, but we will, this Monday, if it's still okay.*)

Researcher: Tapos, like, unsa man say laing gipangbuhat ninyo para lang masulosyonan ilang kanang kakulangan gud sa nutrisyon, te? (*Then, like, what were the other things you did in order to find a solution for the children's malnutrition?*)

Sisa: Aw, maghunahuna sa ta kung unsay angay buhaton, ngita kag paraan nga kinsay duolon nimo mao na, unsay buhaton nimo sa problema na kuan, pero kaluy-an man pud sa Ginoo naa man puy paraan maka kuan. (*Ah, I think of suitable ways to do it; you'll find ways on who you'll ask for help and what you'll do in that problem, but thank God that there are ways.*)

Researcher: Pareha anang unsa man te? (*Just like what?*)

Sisa: Kasolusyon ka na makahatag sa mga bata. (*You found a solution so that you can give the children what they need.*)

Researcher: Tapos, te, like, kanang unsa man puy mga relisasyon ninyo te? (*Then, like, what are your realizations?*)

Sisa: Sa? (*Realizations in?*)

Researcher: Sa... isip usa ka ginikanan, te. (*In...being a parent.*)

Sisa: Sanglit sama sa, unsa man anang? (*Just like in, in what way?*)

Researcher: Anang... kanang na nay mga bata te ba unya kulang silag nutrisyon, unsay mga narealize nimo sa kinabuhi te? Unsa puy mga pagmahay nimo sa kinabuhi? (*...like there are children who lack nutrition, what are your realizations in life? What are your regrets also?*)

Sisa: Aw, natural man nang magmahay pero di man mabagud, ana man jud na, kinahanglan suportahan na lang nimo ang mga bata. (*Ah, it's natural to have regrets, but there's no need to be sad about it; it's just how it is. You just need to support the children.*)

Researcher: Unsa may mga pagmahay nimo, te? (*What are your regrets?*)

Sisa: Parehas gud anang magbulag-bulag ang mga ginikanan unya naa man juy pagmahay pero marealize man jud nimo na ang mga bata nalang imong atimanon unya ang mama patrabahuon para makatabang kuan sa mga bata suporta. (*Just like separation,*

(there will always be regrets, but you'll realize that you'll only take care of the children and let the mother work so they can help support their children.)

Researcher: Unya kanang para's mga batan-on gud, te, unya naa silay plano magminyo, unsa man puy inyong maingon sa ilaha te para maiwasan ang kani na sitwasyon gud? (*Then, for the teenagers, if they plan to get married, what would they do? What can you say to them so they can avoid a situation like this?*)

Sisa: Aw, kung ingon nalang gud ug magminyo, planuhon gyud daan maghuman sa'g iskwela. Paghuman ug skwela di man ka diretso dayon minyo ka dayon; kinahanglan usa mutrabaho pa, pilion sa nimo na imong makatabang gud sa imong kaminyoon para di masuon sa ilang magulang na kuan biyaan ra magbiyaay sa mga kuan sa bana kay way klaro. (*Ah, if they plan to get married, they should plan very well after studying in school. After graduating school, you're not able to marry as soon as possible; you need to have a job first and choose something that can help you in your marriage so you won't be like your elders who got separated from their partners because they weren't clear about themselves.*)

Researcher: Tapos, te, like kanang mga lesson learned gud nimo sa kinabuhi te, unsa man imong mga natun-an sa kinabuhi te? (*Then, like, what are your lessons learned about life? What did you learn about life?*)

Sisa: Sa, parehas unsa man sa? (*Just like in what?*)

Researcher: Isip usa ka ginikanan te mga ingana gud, unya na nay mga bata nga kulangan sa nutrisyon. (*Like, as a parent. Then, there are children who are suffering from malnourishment.*)

Sisa: Aw, parehas anang ikaw nga ginikanan pamati naman jud kag unsa kakuan imo jud nang isturyahan daan para maka kuan kay tinood murag taas ilang pagsabot pero kulang pa man sila pud sa mga pag isturya, sa mga kinaraang isturya. (*Ah, just like when you as a parent talk to them first so they can understand, because it's true that they have a wide understanding but they still lack old teachings.*)

Researcher: Unsa puy mga laing maingon sa ubang ginikanan te na nay problema sa ilang mga anak kuntahay magkasakit? (*What would you tell the other parents who have problems with their children, just like when the children got sick?*)

Sisa: Og siya ra man gyud sa iyang mga anak mao nay problema pero istuyahan mana nimo na mangita jud kag paraan dili na muington nga mao na mukuan kag dinautan, kinahanglan mukuan jud kag unsay mga angay dapat buhaton ana, magpatambag jud ka sa mga naay himkod nga kuan tao na mao na, konsehal ba musturya ka didto ug mga problema nimo, matabangan naman ka ana kung unsay ilang solusyon. (*If the parent is the only one who's taking care of the child, that is the problem, but you'll tell them that they'll need to find ways and not choose bad things, you'll need to choose the right thing to do, you'll get advice from people who are experts, maybe the counsellor, and you'll talk about your problems there. You will be helped by their solution.*)

Researcher: Nahuman ba nimo imong pag- eskwela, te? (*Did you finish your studies?*)

Sisa: Aw wala, wa ko kahuman. Kutob ra ko Grade 6. (*Oh, no, I haven't finished my studies. I stopped at 6th grade.*)

Researcher: Unsa diay imong style sa pag-atiman, te? (*What is your style in taking care of the children?*)

Sisa: Lahi para sa akoa kay kaning mga bata di man mga kuan kay mga himi man kaayo na, hilakon, pasagdaan ra pud nakog hilak kay ingana man jud ang bata hilakon, di man jud malikayan muhilak man jud nang bata. (*Their parent is different because my children are quite slow and tends to cry a lot, I will let them cry, well, children really are like that, they tend to cry a lot; you can't avoid it; children will always cry.*)

Researcher: Ah. Ang bana nimo te, aha na diay to ron siya te? (*Oh. Your partner, where is he now?*)

Sisa: Naa ra man siya nagpuyo sa kuan, singan ra pud namo diha sa ubos. (*He lived near us down there, so we are neighbours.*)

Researcher: Naa na puy iyang pamilya te? (*Does he have a separate family of their own?*)

Sisa: Aw wala man puy pamilya pero wa man gihapon gasuporta sa iyang mga anak, muagi lang dira mutrabaho sa Calinan. (*Oh, no, but still won't support their children. The partner will drive to work in Calinan.*)

Researcher: Unya te balik ta sa pagpanambal, kay kanang pag nagkasakit pud na sila te naa ba moy kalibog sa tambal? (*Going back to their medication, if the children got sick, did you get confused by the medicine?*)

Sisa: Oo di kalikayan uy kay di man ta magpasagad ug pa inom kay basig musamot na hinoon ang sakit mao nang mangutana gyud ka, muadto ka sa center para makabalo ka didto kung unsay dapat buhaton aning kuana para di madungagan ang sakit sa bata kay usahay malibog man kag unsay tambal ani unya mahadlok sad ka ilabi na'g kanang wala ka kabalo basin diay og mali ang tambal, unsay mahitabo sa bata. Lahi na baya ron kinahanglan baya ka magpacheck up. (*Yes, you can't avoid it, and we also don't let them drink medicine that isn't prescribed by the doctors because it might worsen their illness. That's why you should ask; you'll go to the health center so you can know what you'll need to do so that the children's sickness won't worsen because sometimes you'll get confused by the medicine, then, you will be worried what if you'll give them the wrong prescriptions, what would happen to the child. It is different nowadays because you'll need to have a check up.*)

Researcher: Naa puy panahon te na namali jud silag painom? (*Are there times when the doctor prescribes you the wrong medicine?*)

Sisa: Wala man pud ko kakuan na namali sila painom kay karong kuana di man ka pasagad ug kuan mukonsulta man jud kog di parehas sauna na naay mga kuan karon kay kinahanglan man jud na nay check up usa di muadto kag center kung wa kay ikapalit muadto kag center. (*There wasn't really a time where the doctor prescribed the wrong medicine because doctors now a days are well trained and we always go to be consulted*)

by the experts, unlike before. Now we first need a check up before going to the health center; and if you don't have any money to buy anything, you'll go to the health center.)

Appendix 7: Themes and Codes Table

Method of Analysis						
Title: UNVEILING THE TRUE FACE OF CHILD MALNUTRITION						
Statement of the Problem	Questions	Participant	Significant Statements	Grouping of significant statements	Formulated Meanings	Themes
1. What are the daily struggles of parents with malnourished children?	What is the current condition of your child who experience deficiency in their nutrition and you as a parent? What are your struggles when it comes to	Nene Catiwalaan, Areana Thalia	We will also feel sorry because if we cook without the spices, then the food will have no taste.	Dark Red: A Tasteless Meal	When parents prepare their daily meals, they struggle as they cook without spices for taste resulting for their children to dislike the food being prepared.	Food Insecurity Due to Financial Constraints

handling child who experience deficiency in their nutrition?	is going to be a fight of course.		would become a cause of a fight.
Nene	It's okay. If there is no flow that will take about three or four days, then we will have to get from the rain.	Brown: Inconsistent Source of Water	Parents struggle when there is no supply of water for several days. As a result, they would have no choice but to rather get water from the rain.
Nene	If we don't have milk, just water.	Dark Yellow: Water Over Milk	When the parents would run out of milk or could not even find any milk from nearby stores, they would settle and feed their children with only water.

	Nene	If I run out of money, I won't have anything to buy to feed the child. You will run out of money and then of course the children will ask for something but we have nothing, it hurts me.	Gold: Empty Pockets for Children	Parents get hurt thinking that their children would not receive anything or any food they want because of financial crisis.	Food Insecurity Due to Financial Constraints
	Sisa	We struggle when it comes to access to spices for the food to taste better.	Scarlet: No Access to Spices	Children are naturally picky eaters and when the food does not taste good, they lose their appetite which results to no food intake which would then results to undernutrition. One of the reasons food does not taste good that the children lose their appetite is the lack of spices.	Food Insecurity Due to Financial Constraints Parents with

		malnourished children struggle having access to spices.	Parents, having no background knowledge regarding the food pyramid and balanced diet, struggle in deciding what to have for meals and what type of food they should prepare. By this, children could have an imbalanced diet due to their daily food intake.	Parents' Unenlightenment
Sisa	Sometimes, I myself don't know what I should feed them, like, I don't know how to decide.	Yellow: What Should and Would I Feed Them		
Sisa	Sometimes they'll get bored of it. That's why, whoever is in the kitchen, will get stressed about what meal to prepare.	Orange: A Stressful Revival of Children's Appetite	Children will get bored of the food if it is repeated. In other words, they have already eaten the same thing recently or not so long ago. Parents with malnourished	Parents' Unenlightenment

Sisa	Just like when we will run out of rice.	Maroon: Running Out of Rice	<p>children struggle and are stressed about what to prepare that is different from what the family had recently. This is commonly due to parents having less knowledge about what other food that has this particular vitamin or nutrient or due to the inavailability of food sources in the place.</p> <p>Parents with malnourished children struggle in maintaining the supply of food in their homes. They struggle as they experience food scarcity or food insecurity that could lead to hunger,</p>

Sisa	It's hard for us especially I'm the only one who's earning a living.	Red: A Lone Rearer	Parents struggle to provide for their family's needs especially if only one of them is earning a living. Parents lack assistance and cooperation from their partners as they are the ones already been involved mostly in child-rearing activities. If their partners earn a living, the responsibilities and the struggles of these parents will be reduced.	diseases, and malnutrition.	Distinguished Wills
Sisa	When my partner gets drunk and uses a weapon, it's dangerous.	Dark Brown: A Violent Drunkard Partner	When it comes to the safety of the family, parents struggle maintaining peace in their homes	Distinguished Wills	

		due to their drunkard violent partner. Parents struggle as they are also worried about the impact of it to the children.	
Sisa	It can't be avoided that the water will be dirty, and worse if it's raining.	Light Brown: Polluted Water	Parents with malnourished children struggle with their water supply especially during rainy season. They struggle and worry about the contamination of the water is harmful to the family's health.
Sisa	Sometimes you'll get confused by the medicine, then, you will be worried what if you'll give them the wrong prescriptions, what would happen to the child.	Tangerine: Medicine Confusion	With their situation as a family, children get sick more often. Parents struggle having no to less idea of what medicine should their children receive resulting to confusion.

			Food Insecurity Due to Financial Constraints
Fely	We would only look while their classmates were eating, but we don't have any money to buy snacks.	Gold: Empty Pockets for Children	Parents with malnourished children struggle in buying snacks for their studying children. Having nothing to buy with, parents would only look at other families who are more financially stable.
Fely	We don't have any money to buy oil.	Dandelion: No Money for Condiments	The struggle of parents with malnourished children when it comes to money also affects their food preparation. As they struggle financially, they would not also be able or they would also find it difficult to buy necessary materials, condiments, or ingredients for the

			meal they will prepare.	
Fely	There are always times when it's always raining and the water is murky.	Light Brown: Polluted Water	However, when raining occurs every day, the only water source of the family is not available and parents will struggle as the water will be murky and thus, unsafe to drink and to wash rice with.	Housekeeping Challenges
Fely	I can't really, you know, we don't have something to eat when my husband has no source of income. No extra earnings, we also don't have something to get from.	Plum: No Earnings	If the partner has no source of income, therefore, it will lead to food insecurity as the family will have nothing to eat. Also, as parents tried to earn for a living, they also struggle in doing so. For example, one parent shared how they tried to climb and sell coconuts for a living. However,	Food Insecurity Due to Financial Constraints
Fely	If there's no coconut tree to climb, therefore, no income, now, coconut climbers are rare			

	because coconuts are only cheap	coconuts are cheap and that their income from this can hardly support their family.	Food Insecurity Due to Financial Constraints
Fely	I also want to give them what they want, but what can I do? Even if we did everything for my children, I can't provide what they need.	Gold: Empty Pockets for Children Parents want the best for their children but would never forget to consider what their children want. While everything can be acquired by money, they struggle in giving their children what they want and need. They continuously struggle with this as they proclaimed they still cannot provide enough even they have already done everything they can and know.	Food Insecurity Due to Financial Constraints
Fely	Sometimes if I will cook them a dish with vegetables, they will not eat it and	Yellow-Orange: Salt Over Vegetables Parents with malnourished children struggle also in providing	Food Insecurity Due to Financial Constraints

	<p>will say "I'll just eat my rice with table salt, Mom." They would choose to eat with table salt than the vegetables which is mostly served.</p>	<p>nutritious meals and in improving their health of their children as their children would not eat those supposedly nutritious meals prepared by them. Rather, their children would choose to have table salt, instead. This might be due to the fact that they have already lose their appetite as the meal prepared were repeated or that the children were used to having table salt as their meal.</p>	<p>Distinguished Wills</p>
Linda	<p>If he'll get tight in the gamble, we'll be in the worse because we cannot buy our needs, because debts due to gambling will</p>	<p>Pink: Partner's Fault</p>	<p>Parents with malnourished children suffer as their partner spends the money into different purposes</p>

	be paid first than buying needs.	such as gambling. The family will be in a tough situation once they will lose the money in gambling and that the debts from gambling will be paid first than buying their daily needs in the house.	Parents with malnourished children struggle during rainy days especially if their kitchen is located outside the house. The equipment and the fireplace will be wet and parents will not be able to cook and prepare their meals.	Housekeeping Challenges
Linda	When it's pouring, I'll struggle in cooking because our kitchen is outside.	Magenta: Wet Kitchen	Parents with No Supply of Safe Water	Parents with malnourished children also
Linda	When the flood is intense, there will be no supply of water	Purple: No Supply of Safe Water	Parents with malnourished children also	Housekeeping Challenges

	and when the flow of water is back, it would be murky.	struggle when it is flooding due to heavy rain. The flood will affect their water and there will be no flow in the meantime. The struggle would not last until the flood stops as the water from the faucet afterwards will be dirty brought by the heavy rain and flood.	Food Insecurity Due to Financial Constraints
Linda	If the children will have nothing, they would grab oil and salt then soy sauce, and if nothing at all, vinegar and put some salt to taste.	Dark Purple: A Meal of Condiments	When the homes experience food insecurity or food scarcity, parents struggle as their family totally have nothing on their plate. However, as they want to solve their hunger, the family comes up with eating rice with

			supposedly food condiments. Condiments such as oil, soy sauce, vinegar, and salt.	
Hilda	Money... that struggle in money.	Caramel: Financial Struggle	When asked, most of the parents with malnourished children answered how they struggle financially and how it affects their lifestyle.	Food Insecurity Due to Financial Constraints
Hilda	It was difficult to buy medicine and antibiotics today.	Gray: No Money to Buy Medicine or Vitamins	With how they struggle financially, parents with malnourished children find it difficult even purchasing medicines to their children when their children are sick.	Food Insecurity Due to Financial Constraints
Hilda	We cannot really avoid to run out of milk, so, sometimes, when my parents	Dark Gray: Corn Coffee Over Milk	Aside from condiments, parents with malnourished children make the	Food Insecurity Due to Financial Constraints

	would be able to grind the corn they harvested, I would burn the corn rice to make alternative coffee, but they don't seem to like it.	juice of corn rice to make coffee as an alternative way as they do not have the money to buy milk. However, children find it unappealing.	Distinguished Wills
Hilda	He is more likely to borrow money from others, then they would pass on the burden to me, and I struggle to pay for it.	Pink: Partner's Fault	Parents with malnourished children struggle due to their partner's actions. Their partner would drown their family in debt have the parents struggle paying for it.
2. What are the coping mechanisms of parents in handling the malnourishment	What actions or efforts you and your family are doing to	Nene Sometimes I borrow from the store.	Aquamarine: Borrow from the Store Parents would borrow items from the neighbors' store. For the reason that they struggle financially.

of their children?	<p>address the issue of nutrition deficiency? What are the positive results or benefits you get as a parent from your actions taken?</p> <p>Nene</p> <p>I look for vegetables on the sides. Taro, water spinach, horseradish. We only get them from the backyard or everywhere because the fish in the market are very expensive and we can't afford them.</p>	<p>Jade: Seek from Nature</p> <p>Jade: Seek from Nature</p>	<p>Parents grow their own vegetables at their backyard. However, during times the vegetables of their garden are not yet ready to harvest, parents, struggling financially, would search the neighborhood for vegetables until they found some for the meal of the day.</p> <p>Due to the high price of vegetables in the market, parents with malnourished children decided to have their own garden. This is also a way to lessen their expenses. However, even though parents learned or came up with the idea of</p>

		having their own garden, they still do not have access to spices like onions.	
Sisa	That's why my mom force me to work to support the children.	Spring Green: Earn a Living	To support their families, they were suggested to find ways to earn a living for their families to survive. By working, parents with malnourished children will be able to provide for their daily needs: food, vitamins, and allowance.
Sisa	I will always ask them what meal they want to eat.	Olive Green: Let Them Decide I will just ask them first what they want to eat for breakfast.	Having no idea what meal to prepare, parents would ask their children what they want to eat for their meal. Then, parents would figure

	<p>out how to prepare and where to get the ingredients.</p> <p>However, the choices of children when it comes to food could potentially affect their nutrition and health because of their freedom and their own preferences. Parents, fearing that their children would lose their appetite to eat, would simply allow their children to choose what they would have for the meal. This implies that parents are unaware of the consequences of having an imbalanced and controlled diet.</p>

			Pine: Lend Us Some Money	Borrowing money is one of the parents' initiatives to survive daily. Parents with malnourished children experiencing financial crisis would ask from their neighbors if they would lend them money for them to be able to buy their families' needs, for the mean time. They do this, if they still have no paycheck from their work and that they already ran out of money.	Financial Efforts and Assistance
Sisa	<p>One way is to go to your neighbor and ask if they can lend you some money.</p> <p>My parents would support us whenever my children will get sick. Similarly, we will ask someone if they can lend us some money.</p>				

		a financial crisis, is to better their children's health whenever their children are feeling unwell that requires them to be admitted to the hospital.	
Sisa	You can't avoid it, and we also don't let them drink medicine that isn't prescribed by the doctors because it might worsen their illness. That's why you should ask; you'll go to the health center so you can know what you'll need to do so that the children's sickness won't worsen.	Moss: Consultation With the Experts	Having confusion with which medicine they would give their children, one of the parents' initiatives is to consult the doctors or the health center workers. They tend to be careful enough when it comes to medications as they worry of what will happen if their children will receive the wrong medications. As a result, parents would ask the experts or

		the people they know who have knowledge in the field to ensure safety to their children.	
Fely	When my child gets sick, I won't buy medicine. I would rather boil herbals because I don't have money to buy medicine.	Lime: Relying on Herbals Malnourished children get frequently sick and parents, being financially unstable, would try any alternative ways to heal their children. One of which is with the use of herbal plants. Parents with malnourished children practice using of herbal plants to save money and time. Children might also prefer these herbal medicines.	From the Surroundings
Fely	I joined the 4Ps program, but my 4Ps, I've passed my	Parakeet: Assistance from Families, wanting to ease their life, decided to join	Financial Efforts and Assistance

requirements but up until now we haven't received anything.	Organization s	<p>programs initiated by the government and non-government organizations. In joining these programs, they would receive help and assistance, especially financially. Upon receiving financial help, parents with malnourished children believe this will at least ease their ways of living.</p>
Fely	Like these days, I would accept assignments by neighbors my partner so that I can earn a little extra because I can't also be fully dependent in my partner's job. Sometimes, someone will tell us that "I	<p>Green: Tasks for Money</p> <p>Parents, with an unstable source of income, would delve into trying different ways to earn for a living. They will accept whatever their neighbor will offer them to do for the sake of money in a good way.</p>

		will initiate to prepare the wood or coal for cooking knowing it is beyond their responsibilities. Maybe because the work of the father is already tiresome during the day.	
Linda	My partner works in a construction. While I stay at home taking care of the children. I would only assure that they have something to eat and I won't eat my lunch anymore. I'll just make them their lunch and then we will eat together at dinner.	Tropical Rainforest: Their Plate Over My Own	Parents with malnourished children have their partners work to earn for a living while they stay at home doing household chores and rear their children. The only thing they focus on assuring at home is that their children must have something to eat for the day even if it means sacrificing their own and starve.

	Linda	We usually get water from the rain but not... for drinking nor for rinsing rice.	Persian Green: Another Source of Water	With unclear source of water, parents with malnourished children would fetch water from other sources like rain. However, they would not use it for eating nor drinking purposes. By this, the family will be able to cope with water supply shortage.	From the Surroundings
	Linda	Now, it seems like it's the first time we become beneficiaries of the 4P's program. We always got rejected. Now, we got accepted, finally, and that the validation will be this March 6. We've been applying since 2012.	Parakeet: Assistance from Organization s	Parents would join different programs initiated by the government or non-government organizations. One parent exclaimed that after eleven years, they finally got in and become beneficiaries of a program.	Financial Efforts and Assistance

				Financial Efforts and Assistance
Linda	Last year, I think it's DSWD, my one student received 3,000 pesos at Calinan as a gift check.	Parakeet: Assistance from Organization s	Families with malnourished children also receive financial aids from organizations as their help for the family.	Financial Efforts and Assistance
Linda	When my niece will lend us money, I can buy more packs of milk.	Pine: Lend Us Some Money	Also, parents would ask their relatives or other persons if they could lend them money to buy food, especially milk for their children.	Financial Efforts and Assistance
Hilda	He drives a truck. Whenever there are days without work to do, we accept other tasks for money.	Green: Tasks for Money	Parents with malnourished children have their partner to work to earn a living. During days when the partner has no work to do, they would accept offers from other people, likely neighbors, doing assignments for money.	Financial Efforts and Assistance

	Hilda	Forcing them to eat. I'll find a way for my child to have the appetite to eat. As for me, I'll change it if they don't like to eat, I'll slice the food smaller then plate like a burger patty and the like for them to like to eat.	Fern: Creative Plating	Parents only want the best for their children. Some of the parents' forte is to plate creatively and attractively. The goal of parents is to regain the appetite of their children in order to also eat the nutritious food on their plate. Like for example, making a burger patty out of vegetables or making them bite-size for the children to think they have only less to eat.	Feeding Efforts
	Hilda	I received help from Amway.	Parakeet: Assistance from Organization s	Parents with malnourished children also receive help from charitable organizations.	Financial Efforts and Assistance
	Hilda	I would seek help from my brother if he could help me.	Pine: Lend Us Some Money	Parents would seek or ask from their relatives help in	Financial Efforts and Assistance

			encountering any problems or difficulties when it comes to taking care of the children.
Hilda	So we had to stick with herbal remedies.	Lime: Relying on Herbals	Having no money to buy medicines, parents stick with herbal remedies to aid their sick children.
3. What insights can be gained from the lived experiences of parents with malnourished children?	What are your realizations as a parent living with a child who experiences nutrition deficiency? What learnings you have gained from your experience?	When they married, just be responsible. If you have a family, you shouldn't wander around, you shouldn't drink or hang out with friends. The only thing that needs to be taken care of is the family because of course you already have a family. The family will have to be taken care of	From the Surroundings From their experiences and their current situation, parents learned valuable lessons and by this, they advise the youth not to get married, but be responsible with their life choices. Also, according to them, once oneself already has a family, the focus should be always on the

			family, not addiction nor frequently hanging out with friends.
Sisa	If they like my cooking, they finish their plates, and if they don't like my cooking, they will go weak because they didn't like my cooking.	Iris: Kids' Response to My Cooking	<p>One thing parents learned from their experiences is that their behavior of their children during meals determines whether they like their cooking or not. Children will have an appetite to eat and finish their plates if they like what is on their plates. Similarly, children will have no energy to eat– a sign that children have no appetite– if they don't like what is on their plate.</p>

		Daily Feeding Practices
Sisa	Because if the food I prepare are the same every day, I think it's not somehow right.	Dark Blue: Food Should not be the Same Every Day Also, parents realize that it is not right if the meal they prepare are similar every day. They could have observed the health of their children receiving the same food every day and have thought of changing their ways of feeding and preparing meals.
Sisa	If they plan to get married, they should plan very well after studying in school. After graduating school, you're not able to marry as soon as possible; you need to have a job first and choose something that can help you in your marriage so you won't be like your elders who got	Cyan: Have a Life Before Marriage Referring to the youth, according to parents with malnourished children having less educational attainment, they should plan their lives ahead carefully. The youth should plan their future careers and endeavors and bear in mind that life

<p>separated from their partners because they weren't clear about themselves.</p>	<p>would be challenging if they would start a family while they do not have a stable source of income. This is also a warning from parents based from their experiences as they do not want the children of the youth in the future to be malnourished and suffer from multiple burdens.</p>	<p>Cobalt Blue: Endure Hardships</p>	<p>As parents whose role is to raise their children continually experiencing hardships, they learned to endure these hardships, and face and fight these challenges. They learned the essence of not giving up. Their children is</p>
<p>Fely</p>	<p>My advice for the other parents who are in the same situation as me is to just endure the hardships, even though life is getting hard because we don't know the time. Sometimes, there would always be a blessing that would come into</p>		

		their primary motivation on not giving up and believing blessings will come one day. Parents of these malnourished children do not want their children to be on the same situation as they are today. Rather, they want their children to go to school and pursue their dreams in life to thrive and have a better life in the future.
Fely	The important thing is, like us, over hardships. Let's just continue to fight! Because if we won't, you don't have any other choice. For me, I don't want them to be like I am who did not graduate. So, these days, I don't care if we are struggling, it's important that my children can go to school. Because, like, whatever I do not have, I may not have finished my studies, it's my children's turn to revive.	

			Planning Your Future
Fely	Plan your marriage. See if the job can be done already with ease. Marriage is not only the thing you should invest on but also your children which is very tough. Sending them to school is the most something of all for the child especially if they get sick, you can barely sleep peacefully because all you think about is your children, where would you find the money to spend. Those are the things that is really needed to get prepared of. If you think about marriage first before entering it.	Blue: Consider Your Children while Planning to Get Married	From their current situation, parents could tell to really plan everything out as they regret not doing so. According to them, when it comes to marriage, people should really also consider their future children. People, especially the youth who has plans of getting married, should ensure that they are prepared having stable source of income. This way, the family that they will be having will encounter lesser problems. Also, this mindset would save the next generations from being malnourished.

	Linda	<p>My only regret is because of a stubborn man. And if your partner is like that, stubborn, it seems like you're going to suffer until you can. And for the youths out there, finish first your studies. Do not enter into boyfriend-girlfriend relationships, crushes because crushes would still result into relationships.</p>	<p>Bright Blue: Regrets of Marrying too Early</p>	<p>Parents with malnourished children regret marrying early. Especially if the partner does not take the responsibility as a parent seriously. Also, marrying such makes the parents to tell the youth to finish their studies first before getting involved in relationships.</p>	<p>Planning Your Future</p>
	Linda	<p>And if there's a good-paying job, the children's food is like, somehow not irregularly given. Then, if there's none, well, it will be irregularly given.</p>	<p>Ocean Blue: A Good Paying Job Means Food Security</p>	<p>Parents learn that if they should have had a better source of income, their feeding practices could have been also better. Having no better, constant, and reliable source of</p>	<p>Planning Your Future</p>

			income will result to improper feeding practices like having one less meal a day.
Hilda	Not marrying early, should really be planned.	Blue: Consider Your Children while Planning to Get Married	Parents learned and regret of marrying too early while lacking awareness of how better their lives will be if they carefully plan their pregnancy.

		Cyan: Have a Life Before Marriage	Parents regret not finishing their studies before entering parenthood.	Planning Your Future
Hilda	I should have finish my studies first before entering parenthood. You should really prioritize your studies, because if you'll be in a difficult situation, you know what'll happen next. You don't have someone to approach to. If you really finished your studies and have a well-paying job, you have something to depend on and you'll get anything you need and want.	<p>According to them, the youth should be focusing on their studies and their career. This is a warning by parents to the youth. They will be on their own with no one to approach to. By finishing studies and have a well-paying career, then, their lifestyle will be better and that the children will have a small chance to be malnourished or sickly.</p>		

Appendix 8: Field Notes

Participant 1 ("Fely")
<ul style="list-style-type: none"> - <i>Little to no earnings</i> - <i>Salt over veggies</i> - <i>Pains, no snacks</i> - <i>Dirty water</i> - <i>Herbal, when sick</i> - <i>Work, extra income</i> - <i>Plan marriage</i> - <i>Consider your children in the future when marrying</i> - <i>Consider the family when planning the marriage</i> - <i>Endure the hardships</i> - <i>Continue to fight for the children's future</i>

Participant 2 ("Hilda")
<ul style="list-style-type: none"> - <i>No milk</i> - <i>Corn coffee, alternative</i> - <i>Pains, partner's doings</i> - <i>Burdened, payments</i> - <i>Burger patty, plating</i> - <i>Plan pregnancy and marriage</i> - <i>Regret, finish school to better the lifestyle</i> - <i>Well-paying job, meets needs and wants</i>

Participant 3 ("Linda")
<ul style="list-style-type: none"> - <i>Settled for food condiments</i> - <i>Gambling, full of debts, paid first than needs</i> - <i>Water supply, none due to flood, rainy days</i> - <i>4P's</i> - <i>Work in construction</i>

- *Not eating for children to have something to eat*
- *Initiate to do partner's work in the house*
- *Water, from rain*
- *Regret, marriage, not finishing studies*
- *Has work, food will be secured*

Participant 4 (“Nene”)

- *No help received*
- *Tasteless meal, no access to spices*
- *Foraging, find veggies nearby*
- *Work*
- *When married, be responsible*
- *Learning, focus on caring for family*

Participant 5 (“Sisa”)

- *Separated*
- *Stressed, what to prepare*
- *Indecisive*
- *Confusions, medicine*
- *Debt, borrow from neighbors*
- *Ask children what they want to have for the meal*
- *Going to the health center*
- *Marriage and school should be planned*
- *Like, finished plates.*
- *Don't like, no appetite, weaken*
- *Repeating meals is not ideal*
- *Have a job first*
- *Secure, to not be separated*

Appendix 9: Documentation

Participant 1 (*At “Fely’s” house*):



Participant 2 (*At “Hilda’s” house*):



Participant 3 (At “Linda’s” house):



Participant 5 (At “Sisa’s” house):



Appendix 10: Editor's Certificate

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

Davao- Bukidnon Highway, Calinan Poblacion, Davao City

RESEARCH AND PUBLICATION OFFICE**CERTIFICATION**

This is to certify that the research paper of **Bryce D. Duran, Mark Glenn Frey G. Valmores, Russell Jay P. Manglicmot, Alexza E. Angco, and Areana Thalia T. Catiwalaan** entitled **UNVEILING THE TRUE COLORS OF CHILD MALNUTRITION** has undergone the editing process and been approved by the undersigned.

This certification is issued upon the request by the researcher on July 24, 2023.

RIZALITO H. PAGA, PhD
Editor

CURRICULUM VITAE



PERSONAL INFORMATION

Name: Bryce D. Duran

Age: 17 years old

Date of Birth: October 30, 2005

Place of Birth: Calinan, Davao City

Address: Lower Tamugan, Marilog District, Davao City

Sex: Male

Civil Status: Single

Citizenship: Filipino

Religion: Roman Catholic

Father's Name: Leo A. Duran Occupation: Farmer

:

Mother's Name: Jonaliza D. Duran Occupation: Housewife

:

EDUCATIONAL BACKGROUND

SCHOOL

YEAR GRADUATED

Intermediate:	Lower Tamugan Elementary School	2017
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Junior High School:	Lower Tamugan Nat'l High School	2021
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Senior High School: Holy Cross College of Calinan, Inc. 2023

Track: Academic

Strand: Science, Technology, Engineering, and Mathematics

CURRICULUM VITAE



PERSONAL INFORMATION

Name: Mark Glenn Frey G. Valmores
 Age: 17 years old
 Date of Birth: April 30, 2005
 Place of Birth: Davao City
 Address: Upper Tamugan, Marilog District, Davao City
 Sex: Male
 Civil Status: Single
 Citizenship: Filipino
 Religion: Roman Catholic
 Father's Name: Romel O. Valmores Occupation: Government Employee
 Mother's Name: Rosalina G. Valmores Occupation: Government Employee

EDUCATIONAL BACKGROUND

	SCHOOL	YEAR GRADUATED
Intermediate:	Mintal Elementary School	2017
Junior High School:	Phil. Nikkei Jin Kai School of Calinan	2021
Senior High School:	Holy Cross College of Calinan, Inc.	2023

Track: Academic

Strand: Science, Technology, Engineering, and Mathematics

CURRICULUM VITAE



PERSONAL INFORMATION

Name: Russell Jay P. Manglicmot
 Age: 17 years old
 Date of Birth: April 9, 2005
 Place of Birth: Calinan, Davao City
 Address: Pangasinan Street, Calinan District, Davao City
 Sex: Male
 Civil Status: Single
 Citizenship: Filipino
 Religion: Roman Catholic
 Father's Name: Marvin P. Manglicmot Occupation: Research Aide
 Mother's Name: Jasmine P. Manglicmot Occupation: Elementary Teacher

EDUCATIONAL BACKGROUND

	SCHOOL	YEAR GRADUATED
Intermediate:	Sirib Elementary School	2017
Junior High School:	Holy Cross College of Calinan, Inc.	2021
Senior High School:	Holy Cross College of Calinan, Inc.	2023

Track: Academic

Strand: Science, Technology, Engineering, and Mathematics

CURRICULUM VITAE**PERSONAL INFORMATION**

Name: Alexza E. Angco

Age: 17 years old

Date of Birth: January 19, 2005

Place of Birth: Calinan Davao City

Address: Purok 5, Cadalian, Baguio District, Davao City

Sex: Female

Civil Status: Single

Citizenship: Filipino

Religion: Roman Catholic

Father's Name: Alex L. Angco, Jr. Occupation: Farmer

Mother's Name: Anabel E. Angco Occupation: Housewife

EDUCATIONAL BACKGROUND

	SCHOOL	YEAR GRADUATED
Intermediate:	Holy Cross College of Calinan, Inc.	2017
Junior High School:	Holy Cross College of Calinan, Inc.	2021
Senior High School:	Holy Cross College of Calinan, Inc.	2023

Track: Academic

Strand: Science, Technology, Engineering, and Mathematics

CURRICULUM VITAE**PERSONAL INFORMATION**

Name: Areana Thalia T. Catiwalaan

Age: 17 years old

Date of Birth: April 14, 2005

Place of Birth: Davao City

Address: Purok 2 Riverside, Calinan, Davao City

Sex: Female

Civil Status: Single

Citizenship: Filipino

Religion: Roman Catholic

Father's Name: Oscar V. Catiwalaan Occupation: Bussinessman

Mother's Name: Lalaine T. Catiwalaan Occupation: Overseas Worker

EDUCATIONAL BACKGROUND

	SCHOOL	YEAR GRADUATED
Intermediate:	Riverside Elementary School	2017
Junior High School:	Holy Cross College of Calinan, Inc.	2021
Senior High School:	Holy Cross College of Calinan, Inc.	2023

Track: Academic

Strand: Science, Technology, Engineering, and Mathematics