

**FRANTICALLY PADDLING TO STAY AFLOAT: STUDENTS' CASE OF THE
DUCK SYNDROME**

A Research Paper

Presented to the Faculty of the
Regional Science High School for Region I
Bangar, La Union

In partial fulfillment of the
requirements in the subject

Research IA

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INDORSEMENT

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-The Researchers

DEDICATION

This research paper is dedicated by the researchers to the unwavering support and unconditional love of parents, whose guidance and encouragement have been the cornerstone of the researchers' journey, molding them into the individuals they are today.

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-The Researchers

RESEARCH ABSTRACT

TITLE: **FRANTICALLY PADDLING TO STAY AFLOAT:
STUDENTS' CASE OF THE DUCK SYNDROMEs**

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KEY WORDS : Duck syndrome, examine and gain a better knowledge of the duck syndrome, manifestations, challenges and coping mechanisms of duck syndrome, spreading awareness and conducting further research.

Abstract: Duck Syndrome refers to people who look to have it all together and behave normally, as if they don't care about anything and manage to handle anything that comes their way. The purpose of this study is to examine and gain a better knowledge of the duck syndrome among Regional Science High School for Region 1 honor students, including its manifestations, challenges, and coping mechanisms. This study used a qualitative approach, specifically phenomenology. The study has thirty respondents. Non-probability sampling, particularly purposive sampling, was used to identify qualified respondents through survey, as well as probability sampling, specifically stratified sampling. The researchers collected data using semi-structured interview questions as the research instrument. The collected material was analyzed using thematic analysis. Duck syndrome is manifested by students who appear calm and collected but mask their weaknesses and struggles, comparing themselves to others and fearing judgment. Through in-depth interviews, researchers discovered that these students face the common challenge of

suppressing their emotions and struggling to reveal their authentic selves due to fear of judgment. They also encounter communication difficulties and often feel isolated as their experiences go unacknowledged. Coping mechanisms include reading, writing, engaging in creative activities, and seeking support. To address duck syndrome, individuals are encouraged to accept their feelings, engage in open communication, pursue hobbies, and seek solace through faith or nature. Spreading awareness through digital platforms and conducting further research, including diverse student populations, to enhance understanding and support systems.

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CHAPTER I

INTRODUCTION

Cool, calm, and collected. People may try to appear happy and peaceful around others while suppressing their feelings of anxiety, depression, and pressure. Students appear to be calm and fine; they smile, talk well, party, and earn high grades; however, despite their success, they feel pressured to retain the heavy duty of keeping up in the game of their lives while preserving the illusion of an unaffected person.

According to Rivera (2022) and Dr. Dryden-Edwards (n.d.), Duck Syndrome refers to teens and young adults who look to have it all together and behave normally, as if they don't care about anything and manage to handle anything that comes their way. On the inside, however, adolescents and young adults are struggling with academic, social, and communal responsibilities. Similar to a duck, they give off the impression of being calm and collected while paddling frantically to "stay above water."

The term "Duck Syndrome" is thought to have originated at Stanford University and primarily affects students. It is frequently used to characterize college students who appear calm while frantically attempting to meet the demands of school, jobs, and other responsibilities (BetterHelp Editorial Team, 2023).

Tiger Sun, a Stanford Daily writer, described Duck Syndrome as witnessing others around you smoothly glide through their lives while you feebly go through your four

problem sets and three projects on your nightly four hours of sleep (Sun, 2018 as cited in O'Sullivan, 2019).

Duck Syndrome is neither an official diagnosis nor is it recognized by mental health specialists as a mental disorder (Dryden-Edwards, n.d.; H. Arakelyan, 2018; Moore, 2022; Rivera, 2022). Yet, it is used to characterize the scenario of people who are "paddling frantically" through life, which can have serious mental health implications (Moore, 2022).

Moreover, medically evaluated publications, "What Is Duck Syndrome, and Do I Have It?" by BetterHelp Editorial Team and "Understanding Duck Syndrome" by Marissa Moore indicated that Duck Syndrome is characterized by the following characteristics: First, the individual appears to have it all together. Second, they may make one public appearance and one private appearance when at home alone. Third, they are screaming in their brains out of rage, stress, and helplessness. Fourth, comparisons that imply others are more in control than you are and that they feel others are better off. Fifth, they impose unrealistic demands on themselves and feel they must satisfy them. Sixth, fear of being scrutinized or criticized. Seventh, suspecting that others are manipulating circumstances to put you to the test.

Among millennials, the practice of "faking it until you make it" is common. They share Instagram pictures of themselves having fun and partying with their cool coworkers. #ADayInTheLife. They seem to be joyful, youthful, and just promoted. The truth is that many of them are under pressure from their entry-level desk jobs, their own expectations, and the fact that success takes time. They anticipated moving on by now (Beaton, 2016).

The usage of social media, which enables individuals to publish carefully selected photographs to depict their lives as they would like others to know them, can intensify the perception of accomplishment without difficulty or effort even more (Fadus, 2018).

The Girlboss Blog published a story of a friend who unexpectedly revealed her overwhelming sadness due to her breakup with her partner during her first week at her new job. Girlboss (2021) stated that they aren't even aware of it since if you look at her Instagram profile, her life appears to be in order--she had recently graduated from a prestigious institution and landed a position with a good beginning pay. Her life seems to be fun in her images, with visits to the lake, lovely breakfasts with endless mimosas, and luxury attire.

In addition to that, social media is also an important trigger for a person with duck syndrome. Someone with this syndrome may see other students on social media and believe those students make little to no effort to do well in their studies, or at least make it appear that they do. The student suffering from duck syndrome then feels the need to compete, which adds pressure to make their efforts at getting good grades look as lustrous as their peers (Aline, 2023). Students are influenced by a lot of social pressure and public opinion because of their significant freedom characteristics in the modern media environment (Chen & He, 2022).

The perception of accomplishment without hardship or effort may be heightened even further by the usage of social media, which allows users to upload carefully crafted photographs that portray their lives as they would like others to know it. Students may get

overwhelmed by their friends' purposeful display of academic and social successes on social media, leading them to assume they are the only ones awkwardly paddling and suffering in college (Fadus, 2018).

"Calm on the surface, but underneath, I felt frantic, as if my machine-like existence could break down at any moment" Tiana Soto stated, an "A" student during her undergraduate career. Soto (2020) had great expectations of herself and was determined not to let any opportunities pass her by. She would rush from a cappella practices to lab meetings for years, hardly remembering to eat, and be driven by caffeine, adrenaline, and the demands of my self-imposed hectic schedule. She worked extremely late during her undergraduate years to maintain an "A" grade point average while balancing two degrees and dozens of leadership roles in extracurricular activities. She became successful as a consequence, consistently receiving awards, scholarships, and recognition; however, she was frequently bone-tired under all of it.

Furthermore, a student at the Stanford School of Medicine, Arifeen Rahman, posted on the KQED web page and talked about her trip to Lake Tahoe when she snuck away from her group of friends at 6 a.m. to work on her assignments to hide how she is working to stay afloat (Rahman, 2019, as cited in Kantapong, 2021).

Kyle Wong, the CEO of Pixlee, published an article in Forbes about the phenomenon known as "Duck Syndrome" in the business world. According to Wong (2014), the desire to appear effortlessly successful is an issue that also exists in the entrepreneurial sector. He encountered other business owners who, despite their outward

appearances of serenity and calm, were either depressed or struggling to keep their enterprises afloat. Entrepreneurs have a tendency to minimize flaws and hide their challenges since they are constantly selling, which amplifies this behavior. They frequently contrast their own internal challenges with the external successes of other businesses as a result.

Perfectionism is widely regarded as a desirable attribute, particularly in the academic area, because it is frequently associated with superior performance, which is linked to personal and social success. Perfectionism as a personality characteristic has been linked to motivational, cognitive, emotional, and behavioral factors that predict academic success (Fernández-García et al., 2022). Despite the positivity associated with perfectionism, many psychology researchers believe that it is a double-edged sword that contributes to the duck syndrome.

George Gerber (2020) of Dartmouth College claims that he has Duck Syndrome. He struggles and frequently works all-nighters to do all of his work while trying to balance academics, sleep, and maintaining an active social life. People only see him gliding through his week, ostensibly unconcerned, he claimed. He said that he frequently feels inferior when he observes "perfect" students who excel in their academics, participate in extracurricular activities, and have plenty of friends since he is aware of how hard he is working and struggling while others appear to be coasting.

Additionally, Gyan Moorthy, another Dartmouth College student, shared his difficulties with Duck Syndrome. He said that he felt out of place on campus and wanted

to find a way to defend his admission to Dartmouth, so Moorthy joined many extracurricular activities and swiftly advanced to the position of teaching assistant. He said that to give the impression that he could manage his workload, he pushed himself to accept ever-greater amounts of responsibility. However, Moorthy admitted that he now regrets his actions because they contributed to the spread of the Duck Syndrome phenomenon (Gerber, 2020.)

However, this syndrome has not yet been thoroughly explored, and only a few related research studies have been made and can be found. The researchers want to conduct this study to get a better understanding of the “Duck Syndrome.”

This study aims to explore and gain a deeper understanding of the duck syndrome among Regional Science High School for Region 1 honor students. Likewise, it sought to answer the following question:

1. What are the manifestations of the duck syndrome among honor students?
2. What are the challenges of students with duck syndrome?
3. What are the coping mechanisms of students with duck syndrome?
4. What intervention can be proposed with the result of the study?

This study is focused on how students are frantically paddling to stay afloat as they suffer from duck syndrome. This study was conducted in the Regional Science High School for Region 1, in the Municipality of Bangar, La Union, from March to May of the year 2023. Its primary subjects involved the honor students of Regional Science High School

for Region 1 enrolled in the school year 2022-2023. It was approached qualitatively, with data gathered through semi-structured interviews guided by a questionnaire, face-to-face interviews with respondents, and direct observation of students with duck syndrome by researchers. The researcher used recordings taken with cameras and mobile phones for review during the interview with the consent of the respondent.

Furthermore, the personal experiences of students were gathered for further generation of information. As references and sources of information, the internet, published books, journals, and articles were used. This study only focuses on identifying manifestations, challenges, coping mechanisms, and proposing interventions for honor students with duck syndrome at the Regional Science High School for Region 1. Individuals who refused to be interviewed were not considered study participants and were excluded.

Generally, this study will help the respondents by allowing them to learn about the coping mechanisms of other respondents, which may help them cope with their situation. Furthermore, this study will also aid and guide the teachers, who are still dedicated to providing their students with understanding and comfort. This study will also help the teachers gain information about this situation and how to deal with students who have duck syndrome. Through this study, the students and researchers will benefit as well, because it can be used as a reference in their research.

Several key definitions were used to properly discuss the research's content, and they are defined as follows.

Adolescents - a young person that is in the process of developing from a child into an adult

Anxiety - a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Challenges - a stimulating task or problem

Coasting - to proceed easily without special application of effort or concern

Competitive - eager to do better than others in an activity, especially trying to win in any activity

Coping Mechanisms - conscious strategies used to reduce unpleasant emotions; thoughts and behaviors mobilized to manage internal and external stressful situations

Duck Syndrome - the idea that students are struggling to survive the pressure of a competitive environment while presenting the image of a relaxed student

Feebly - in a way that lacks strength or force

Frantically - done in a hurried way and state of excitement or confusion

Honor Students - a student that is recognized for archiving high grades or high marks in their coursework at school

Interventions - the acts of interfering with the outcome of course especially of a condition or process; action is taken to improve a situation

Influence - the capacity to affect the character, development, or behavior of someone or something, or the effect itself

Manifestations - an occult phenomenon; one of the forms in which an individual is manifested; an event, action, or object that clearly shows or embodies something

Manipulating- to control or play upon by artful, unfair, or insidious means especially to one's own advantage

Paddling - to move the hands or feet about in shallow water

Perfectionism - refusal to accept any standard short of perfection

Pressure - the use of persuasion, influence, or intimidation to make someone do something

Scrutinized- to examine closely and minutely

Serene - calm, peaceful, and untroubled

Struggling - striving to achieve or attain something in the face of difficulty or resistance

Suppressing- to keep from public knowledge

CHAPTER II

METHODOLOGY

This chapter discusses the research design that was used throughout the conduct of this study. Subsequently, it includes research approach, research design, sample size, sampling technique, location, research instrument, data gathering procedure, data analysis procedure, and ethical consideration.

This research utilized a qualitative research approach since it aimed to gain a better and deeper understanding of the cases of honor students with duck syndrome in Regional Science High School for Region 1. It also covered the duck syndrome's manifestations, challenges or struggles, coping mechanisms, and suggestions for providing an effective solution to this phenomenon.

Research that analyzes and offers more in-depth insights into issues that exist in the actual world is called qualitative research. Qualitative research aids in the generation of hypotheses, as well as the further investigation and understanding of quantitative data, in contrast to quantitative research, which collects numerical data points and intervenes or introduces treatments. Participants' experiences, viewpoints, and actions are gathered through qualitative research. Instead of addressing the hows and how much, it addresses the whys. It may be set up as a standalone study that just uses qualitative data or it may be a component of mixed-methods research that integrates both qualitative and quantitative data. Its capacity to describe human behavior patterns and processes that might be

challenging to measure is one of qualitative research's strengths. There is no doubt that qualitative data can be quantified, but at its core, qualitative data is looking for themes and patterns (Brannan et al., 2022).

Similarly, Tenny et al. (2022) stated that qualitative research is a type of research that explores and provides deeper insight into real-world problems. Qualitative research gathers participants' experiences, perceptions, and behavior, as it also answers the questions of hows and whys. Qualitative research at its core, asks open-ended questions, which means that the respondents will explain their thoughts, feelings, and experiences during a specific period. Bhandari (2022) defines qualitative research as the collection and analysis of non-numerical data, such as text, video, or audio, in order to better comprehend thoughts, views, or experiences. It can be used to develop in-depth knowledge of a topic or to create new concepts for research.

Researchers in qualitative research use research methodologies such as ethnography, phenomenology, grounded theory, history, and case study to try to understand participants' experiences with the study's subject. However, a phenomenology approach was used in this study since the aim is to obtain a deeper and better understanding of the duck syndrome from the respondents' personal experiences.

The "study of the meaning of phenomena or the study of the particular" is referred to as phenomenology. Investigating experiences from the viewpoint of the person is the goal of phenomenology. It focuses on how and why individuals behaved in a specific way, from their perspective, and is essentially an investigation into the "lived experiences" of

the participants. A qualitative approach allows participants to explain how, why, or what they were thinking, feeling, and experiencing at a certain time or during an event of interest (Brannan et al., 2022).

This study was conducted at Regional Science High School for Region 1 in Maria Cristina, Bangar, La Union. The researchers drew 30 participants from the honor student with duck syndrome population of Regional Science High School for Region 1, which comprises honor students from all sections and grade levels. The researchers employed non-probability sampling, particularly purposive sampling, to identify qualified respondents through survey, as well as probability sampling, specifically stratified sampling.

In contrast to random selection, non-probability sampling methods choose the sample based on the researcher's subjective judgment (Elfil & Negida, 2017 as cited in Berndt, 2020). Non-probability sampling methods, which do not guarantee that every member of a target population will participate in a study, are less objective than probability techniques. Instead, the participants are chosen by the researcher, referred to the researcher, or choose to participate in the study voluntarily (Stratton, 2021). Non-probability sampling techniques that are often used include quota sampling, purposive sampling, self-selection sampling, and snowball sampling (Berndt, 2020).

Similarly, to this, non-probability sampling is a method of selecting units from a population using a subjective (i.e. non-random) method. Since non-probability sampling does not require a complete survey frame, it is a fast, easy and inexpensive way of obtaining

data (Government of Canada, Statistics Canada, 2021). Purposive sampling is used to identify respondents who are most likely to provide relevant and helpful information. Purposive sampling is a sampling technique in which a researcher relies on his or her own judgment when choosing members of the population to participate in the study (Dudovskiy, n.d.). Purposive sampling procedures differ from random sampling in that they ensure that particular types of instances from those who may potentially be included are included in the final sample in the research study (Campbell et al., 2020).

Medically evaluated publications, "What Is Duck Syndrome, and Do I Have It?" by The BetterHelp Editorial Team and "Understanding Duck Syndrome" by Marissa Moore indicated that the traits that the respondents needed to possess in order to be one of the respondents are the following: (1) Maintaining an appearance of composure even when troubled. (2) Pretending to be happy and problem-free in public while struggling. (3) Believing that others are more in control and performing better than them and comparing themselves to others. (4) Shouting in their heads in frustration in private. (5) Setting high standards for themselves. (6) Fear of being scrutinized or criticized. (7) Suspecting that others are manipulating circumstances to put you to the test.

The researchers used probability sampling, a stratified sampling method, to divide the qualified respondents into groups according to grade levels after they have been identified as qualified respondents. Probability sampling is a sampling method in which a sample, or a subset of the population, is selected at random. It's also known as random sampling. Every research unit (e.g., person, company, or organization in your population)

must have an equal probability of being chosen to qualify as random. This is often accomplished using a random selection procedure, similar to a drawing (Quatember, 2019).

Stratified sampling is a type of probability sampling, according to Dudovskiy (n.d.) and Simkus (2023), in which researchers divide a population into smaller subgroups, or strata, based on common characteristics of the members, and then randomly choose from these strata to produce the final sample. These characteristics may include gender, age, income, level of education, and others, depending on the goals and objectives of the study. Each study unit (such as a person, company, or other entity in your population) must have an equal probability of being chosen for the selection to be considered random.

Additionally, when the characteristics of a population are diverse and researchers want to ensure that every attribute is correctly represented in the sample, they use stratified sampling. This improves the study's generalizability and validity while also reducing research flaws such as under coverage bias (Thomas, 2022)

Data collection methods for qualitative research projects include interviews, focus group discussions, observation, and document analysis. The following can be utilized as tools for qualitative projects: cameras, audio/video recorders, focus groups, observation guides, and interview guides (“Qualitative Data Gathering Instruments and Methods,” 2021). To fully comprehend the respondents' experiences with the duck syndrome in this study, the researchers conducted one-on-one interviews with respondents. Many qualitative research involves the collection of data through participant interviews. Interviews are the most direct and easiest method of acquiring thorough and rich data on a

certain topic (Barrett & Twycross, 2018). Specifically, the researchers used semi-structured interviews. The semi-structured interview is seen to have more potential than other forms of interviews since it allows researchers to get detailed information and evidence from respondents while taking the study's focus into serious consideration. Many qualitative researchers believe that semi-structured interviews help them to monitor their studies while remaining flexible and responsive in their questioning of respondents (Alhabisy et al., 2022).

The researchers are required to have experts with research abilities assess their interview questions. Teachers of Science, Philosophy, and Research served as the validators. The validity of the interview questions, which served as the study's research instrument, was assessed using a five-point Likert Scale. The scale is as follows:

Table 1. Five-point Likert Scale

Point Value	Statistical Range	Descriptive Equivalent Rating
5	4.51 - 5.00	Very High Validity (VHV)
4	3.51 - 4.50	High Validity (HV)
3	2.51 - 3.50	Moderate Validity (MV)
2	1.51 - 2.50	Poor Validity (PV)
1	1.00 - 1.50	Very Poor Validity (VPV)

The researchers calculated an average rating of 4.00 for the validity of the research instrument that was used in this study that indicates high validity of the interview questions.

Furthermore, the researchers took into account the validators' opinions and recommendations.

Before conducting one-on-one interviews, the researchers thoroughly explained the study's purpose as well as the responsibilities of the researchers and respondents in the interview. Respondents are provided a letter of consent to read and fill out the essential information. This letter will grant the researchers complete permission to carry out the study with their participation. Qualified respondents were not forced to participate in this study and were given the option of accepting or declining the researcher's request to be one of the study's respondents.

The data that was gathered from the interview was analyzed and interpreted using a thematic analysis approach. The collected data was transcribed and double-checked before being analyzed for patterns and similarities. Thematic analysis is a widely used method of analysis in qualitative research. Thematic analysis is a method for analyzing qualitative data that involves reading through a set of data and looking for patterns in the meaning of the data to find themes. It is also typically used to describe a collection of texts, such as an interview or a set of transcripts. The researcher examines the data carefully for recurring themes: repeating ideas, topics, or ways of saying things (Villegas, 2022).

Thematic analysis is a flexible approach to qualitative analysis that enables researchers to generate new insights and concepts derived from data. One of the many benefits of thematic analysis is that novice researchers who are just learning how to analyze qualitative data will find it an accessible approach. But because thematic analysis is such a flexible approach, it means that there are many different ways to interpret meaning from

the data set. It can feel intimidating to interpret what data is or isn't important to emphasize. Furthermore, since thematic analysis focuses on looking for patterns across interviews, phenomena that occur in only one individual account can be overlooked (Delve & Limpaecher, 2020).

According to Lester et al. (2020), thematic analysis is a useful starting point for learning and conducting rigorous qualitative analyses for the following reasons: (1) Thematic analysis provides tremendous "theoretical flexibility" and has the potential to be used as an analytic method rather than a methodology, as most other qualitative approaches are. This theoretical flexibility enables researchers from other disciplines to engage disciplinary ideas and viewpoints while performing a theme analysis, perhaps yielding a more meaningful and relevant study for a specific topic. As a result, thematic analysis can provide theory-driven or data-driven conclusions and engage a variety of research concerns. (2) Thematic analysis involves analytical techniques that are generally utilized by other qualitative analysis methodologies. For instance, it is typical to filter and sift through the data set while doing a thematic analysis to find comparable words and/or associations; this technique has been described as being typical across various qualitative analytic methodologies. (3) A variety of data types and different data set sizes may be analyzed using thematic analysis.

To finish the qualitative data analysis, the researchers followed Lochmiller and Lester's (2017) seven stages. These stages are especially appropriate for theme analysis, in which the researcher seeks to generate broad descriptive statements that represent their general knowledge of the data and in answer to their research objectives. The seven stages

are: (1) Preparing and organizing the data. The researchers will compile all audio- or video-recorded interview files into one location, digitize paper documents that will be retrieved, convert observational notes to electronic format, name each file, and create a master data catalog that lists each data source, its storage location, the person who created it, and the date that it was collected. (2) Transcribing the data. The researchers will utilize verbatim transcription to capture every statement made by the participant and provide an accurate record of the conversation. (3) Becoming familiar with all of the gathered data. Notes of thoughts or experiences indicated by participants in interviews, recorded observation notes, or indicated in documents can assist researchers in producing more extensive analyses. It is also important to become acquainted with all of the data collected so that a researcher is aware of any restrictions or gaps in the data obtained. This may encourage more data gathering or the identification of these gaps as subjects for future investigation. (4) Memoing the data. Memo's act as a call to future investigation. They are intended to capture emerging understandings as well as any biases that may impact data interpretation. Memos can also be used to record locations in data where there are (or will be) comments or experiences that may be analytically significant. (5) Coding the data. A code is just a brief, descriptive term or phrase that gives meaning to data that is relevant to the researcher's analytic goals. Coding sought to identify what was happening in the data set in order to reduce the amount and complexity of the data set. (6) Producing categories and themes from underlying coded passages. Individual codes that are analytically or conceptually linked are aggregated into categories. Once the categories have been

developed, the researchers must group together various related categories and assign them a statement.

The researchers ensured that all respondents are willing to be one of the bases of the study. Additionally, they made sure that the data gathered was stated clearly and unbiased. It is the researcher's ethical responsibility to safeguard the interviewees - their privacy and confidentiality are highly respected. Furthermore, the respondent's full consent was obtained to perform the proper protocol on the data gathering and to avoid issues and conflicts. The respondents are not forced to answer the questions. The respondents also gave their authorization for the documentation and recording of their answers. Also, the researcher didn't do any activities that trouble the respondent during the meetings to allow them to communicate their encounters genuinely. Lastly, the words were chosen properly and accurately according to what suited the respondents to avoid unwanted hurting of the participant's feelings. Trustworthiness, respect and honesty are given by the researchers throughout the study.

IDENTIFYING THE QUALIFIED
PARTICIPANTS OF THE STUDY



VALIDATING THE RESEARCH
INSTRUMENT



ASK THE CONSENT OF THE
RESPONDENTS TO PARTICIPATE IN
THE STUDY



SET UP A MEETING AND CONDUCT
THE INTERVIEW



ANALYZING AND INTERPRETING THE
DATA GATHERED

Figure 1. Flowchart of Data Gathering

CHAPTER III

FINDINGS AND DISCUSSION

The sensation of paddling frantically while retaining a calm exterior appearance, on the other hand, is a true experience that may be triggered by underlying mental health difficulties or stress. Some students appear to float through their lives with ease, combining academics, extracurricular activities, and social lives. This façade, however, frequently conceals the reality of the obstacles they encounter and the effort they put in to achieve high expectations. Unknowingly, friends and family may contribute to the culture that fosters duck syndrome. It's human nature to simply see the surface of people, especially in today's society, which only shows the highlight reel. Unfortunately, it's becoming contagious in our workplaces, school systems, and daily lives, and it's not helping to advance the dialogue around mental health.

This chapter discusses the analysis and interpretation of the data gathered from the interviews. Twenty (20) themes emerged from the answers of the respondents during the interview: "Unmasking the Image: Manifestations of Duck Syndrome", "Cool, Calm, and Collected: The Art of Handling Pressure", "The Hidden Vault: A Journey Through Suppressed Feelings", "Surviving the Negligence: A Hard Battle to Conquer", "Still Fighting: The Weighted Work", "Drowning in Seas of Expectations: A Battle for Breath", "Haunted by Disappointment", "Silent Strains: Burdened by Fear of Judgment", "The Battle of Comparisons: Finding My Own Worth", "Unspoken Battles, Silent Tears", "Behind the Masks: The Efforts of Image Preservation", "Blooming Shadows of

Discontent”, “Invisible Shackles: Concealing Truth, Protecting Hearts”, “Exclusive Insights: Unlocking the Doors to a Chosen Few”, “Bound by Loyalty: Embracing the Weight of Staying”, “Pressure and Struggles as Power: Empowered to Soar”, “The Coping Canvas: Painting Your Way to Resilience”, “Channeling Comfort: The Art of Coping Through Watching”, “Escaping into Stories: The Therapeutic Power of Reading”, and “The Unveiling: Embracing Your Emotional Truth”.

Unmasking the Image: Manifestations of Duck Syndrome

This section discusses the manifestations that the respondents have experienced. The Oxford Dictionary defined manifestations as “a symptom, sign, or indication of something.” The following sub-themes discuss the various manifestations and struggles of someone with duck syndrome, namely, “Cool, Calm, and Collected: The Art of Handling Pressure”, “The Hidden Vault: A Journey Through Suppressed Feelings”, “Unspoken Battles, Silent Tears”, “The Battle of Comparison: Finding My Own Worth”, “Blooming Shadow of Discontent”, “Silent Strains: Burdened by Fear of Judgment”, “Haunted by Disappointment”, and “Drowning in Seas of Expectations: A Battle for Breath”.

Cool, Calm, and Collected: The Art of Handling Pressure

This section entitled “Cool, Calm, and Collected: The Art of Handling Pressure” discusses how the respondents are pressured to present themselves in front of other people. Socialization outlines how people become aware of themselves and think on the appropriateness of their behavior in interactions with others. People socialize as they engage and disengage in a variety of roles throughout their lives (Little, 2016). However,

rather than expressing themselves or talking with others, the respondents decided to conceal their feelings and adopt a public attitude. conveying the impression to others that they can, that they are unconcerned, and that they can handle it.

Emotions have a unique social purpose in assisting individuals to adjust to one other in ways that can foster mutual understanding since they reveal what others are feeling rather than just stating (Fagan, 2022). Respondent 3 however said that, “*Kapag nag oopen up ako, iyong parang pa eme eme ngay, kalla nagrigaten ti biag, nauma akon kasdiay parang pa joke siya na sinasabi pero may totoo siyang sinasabi ganun, para lang hindi ka mamaiyak.*” Making a joke about his/her struggle as he/she goes through with his/her life. Furthermore, Respondent 9 answered, “*Uh nu dadduma ngay ket kasla ngay agpang-panggap nak lang ngay nga nasaya kasjay pero feeling ko ngay ket kasla haanak ngay nga enough kasla kasjay...*” when asked what are his/her struggle when it comes to duck syndrome. It shows how pretending can have a big impact on someone’s life, messing with their inner thoughts and mental stability.

On the other hand, Respondent 15 says, “*...like hindi ako allowed na ipakita na-na parang nahihirapan ako, just like I need to be strong and tough all the time and that they should not see me struggle and dapat always kalmado lang kasi I feel like they rely on me...*” It highlights how responsibilities inside a community can affect how a person performs in such a way that he/she can pretend.

Respondent 28 further mentioned, “*...hindi talaga nila alam is just by being strong since hindi nila alam na meron akong pinagdaraanan inside and yung pinapakita ko lang talaga sila is masayahin akong tao...*” Pretending to be good on the exterior while being

broken on the inside, Respondent 29 also stated, “...*I show them a personality and where they saw me as someone who's not weak because some of my classmates look up to me and I don't want them to know but na I'm weak, I want to show them na I'm strong and brave...*”

Covers the core notion of peer leadership, gathered at all costs, knowing that others look up to you.

We make every effort to avoid dealing with the unpleasantness that comes with being human. We employ avoidant coping to deal with life's obstacles (Kloppers, 2014). Pretending to be joyful may come naturally to some. You may be someone who wakes up, goes to work, and goes about your daily obligations while holding persistent sentiments of unhappiness, disinterest, or hopelessness.

The Hidden Vault: A Journey Through Suppressed Feelings

Keeping our emotions close to our chest may feel safer at times, but it isn't always the best way to live. This technique keeps us from discussing our wants (which can become a frequent problem) and from actually connecting with others. In the long run, suppressing emotions might have unanticipated consequences for our mental and physical health (Gould, 2021). Bottled up emotions refer to the act of suppressing or repressing one's feelings or emotions rather than expressing or dealing with them freely. It's the same as keeping feelings inside and not allowing them to be addressed or released.

Respondent 10, when asked what his/her struggles in dealing with the duck syndrome, answered, “*Ado ah ti struggles ko lalo nu kayat ko agstay calm pero kayat kon talaga ti kala ag, kala burst kasdiay. Kala kayat ko lang aglaawen ngem dik maaramid ta*

syempre kala baka pay adda ibaga ti sabali nga tao nga “apay ta kasta met ugali nan, agin lalaing” or “bakit ganyan pala yan bakit kung maka react ganto ganyan” which makes for me to live by then, kasi syempre trying to stay calm in difficult times is parang nagbbottle ka lang ng emotions mo and mahirap yung ganon kasi hindi mo talaga mailabas lahat ng hinanakit mo.” Trying to stay calm even if about to burst out of emotions and at the same time, still thinking of what other people might think or say. Correspondingly, Respondent 15 stated, “...mahirap ilabas yung totoong nafe-feel sa iba kasi I feel like ma jujudge ka kapag pinakita mo na hindi mo kaya so always dapat under control lang, parang ganon yung pinapakita.” One reason we are afraid of other people's opinions is that negative assessments can lead to shame, which is the sense of being worthless, incompetent, dishonorable, or immoral—and hence, given the importance we place on other people's opinions, feeling this way about ourselves (Brook, 2021).

“...so yung problems is hindi ko talagang ma express and masabi sa mga kahit sa mga friends ko so uhm unti unti talaga siyang naiipon and mas nasisira yung mental health ko kasi lagi ko nalang siyang iniisip kasi wala akong mapagsabihang iba or hindi ko talaga kayang sabihin sa kanila.” This is what Respondent 28 answered when asked also what is the struggle that she/he is experiencing with the duck syndrome. Inability to express or share one's problems can have a detrimental impact on mental health. When problems are constantly being ruminate upon without an outlet for discussion or someone to talk to, they can become overwhelming and negatively affect one's well-being.

In contrary, Respondent 11 answered, “Struggles ko kut ano, limited lang ung oras na binibigay ko sa sarili ko para mag break down or iacknowledge or accept ngay my

emotions kasi we're in RS, walang oras para mag break down. Nagreresult sa pagka-ipon ng lahat sa loob loob ko." Living in a bustling, competitive setting can have a negative impact on one's emotional and mental health. Demands, pressures, and expectations often leave little time and energy for self-reflection and emotional well-being. This fast-paced lifestyle frequently causes people to suppress or bottle up their emotions in order to keep up with the expectations of their environment.

On the other hand, we also need to learn the concept of emotional processing in order to overcome these problems. As Rachman (2022) stated, the purpose of emotional processing therapy is to assist people in fully processing current or past upsetting events in order to achieve a state of calm in which they are no longer emotionally distressed. Emotional processing plays a pivotal role in our psychological well-being and overall quality of life. By acknowledging and processing our emotions, we avoid suppressing or ignoring them, preventing potential negative consequences such as emotional distress, relationship difficulties, or even physical health issues.

Unspoken Battles, Silent Tears

This section focuses solely on the respondents' "Unspoken Battles, Silent Tears" in their daily lives. When under pressure, everyone suffers stress and anxiety, though usually at bearable levels. When stress and feelings of concern or anxiety are constant and have an influence on a person's everyday life, they may be regarded as having a mental health crisis. A mental health crisis occurs when you are under tremendous physical and emotional stress, have difficulties coping, and are unable to function efficiently. It is the

sensation of being physically, psychologically, and emotionally overwhelmed by life's stresses.

Respondent 19 was asked how he/she cope with his/her stress and he/she answered, “...*kapag nahirapan nako mag b-breakdown nalang ako sa gilid kasi ang daming gagaawin...*: Stacking activities can also have an impact on a student's health, as a human being can get exhausted and vulnerable at times. Another, Respondent 15 also answered, “...*kapag mag isa na lang ako doon lumalabas uhm magra-random breakdown na lang ganon kapag mag-isa...nabu-build up lahat lahat ng nafe-feel mo tapos...*” Loneliness, which is significantly less satisfying, happens when we have unsatisfied social and emotional needs (Sinha, 2020). This also demonstrates how we must express our emotions in order for them not to accumulate within our bodies.

Negative self-talk refers to any inner dialogue you have with yourself that may be limiting your ability to believe in yourself and your abilities, as well as realize your full potential. If we are not attentive, it causes enormous stress not just to us but also to people around us (Scott, 2022) as Respondent 15 said, “*kapag nag break-breakdown ka na kwinikwestion mo na yung ability mong deserving ka ba ng mga ganyan...*” Questioning oneself is difficult because one's mental health is quite fragile when it comes to this.

Contrary to that, Respondent 30 stated, “...*ayun umiyak ako sa classroom like umiyak ako nang umiyak na lang ako sa harap nila, sa upuan ko, sa harap ng mga classmates ko.*” he/she let out all of his/her emotions, not caring on his/her surroundings. Crying is a normal reaction to a wide range of emotions, from profound sadness and

anguish to ecstasy and joy (Newhouse, 2021). Allowing ourselves to feel what we're feeling allows us to go forward rather than get trapped. (Bucher, 2023).

The Battle of Comparisons: Finding My Own Worth

Finding your worth is challenging, yet others continue to compare you to those who lack particular abilities like yours. Comparing yourself to others, whether instinctively or consciously, is essentially about how much more misery you impose on others. Feelings of jealousy, frustration, and hopelessness emerge if comparisons continue. This section will discuss how the respondents felt about being compared to a family member or someone they know.

It seems parents who compare their children with others are looking for some validation of their child's worth as Respondent 14, “*Since my sister is a high achiever and my parents held her to a higher standard than I could ever hoped to, I have spent the better part of my life being one simply compared to her, this has lead to variety of issues including fear of failure, isolation, burned out, low self-esteem and a constant sense of overwhelm.*”

Comparing can have a variety of effects on someone, making it harder for them to cope with the things they intend to do and making it difficult for them to do the things they really want to do. Additionally, Respondent 19 answered, “*Ang lakas lakas nila tapos ako iniinda ko, parang ang oa ko ganun, nakaka pressure kapag ganun, iyong hindi kami magkaparehas ng level, kasi minsan hindi natin maiiwasan na, uhm, i compare iyong sarili natin from others, ganun, due to comparing nu, nakaka pressure, na you know na kaya nila, bakit hindi sa akin, bakit hindi ko kaya, like that, basta ganun.*” Along with the answer

of Respondent 27, “*Feeling ko ulit ket hindi ko ka-level mga classmates ko? Feeling ko hindi enough 'yong mga ginagawa ko.*” Questioning oneself is difficult and causes you to doubt yourself even more, lowering your self-worth due to the toxic nature of what people might say and do.

However, Respondent 10 stated that, “*...sa relatives naman kut meron kasi akong mga mga relative ngay na cinocompare kaming lahat na magpipinsan which ayaw naming na macompare sa isat-isa kasi close kami halos lahat and lalo pa ket yung mga pinag cocompare nya ket tlaga mismo na mga literal kong ka close na pinsan...*” Just as it is, nobody appreciates constantly being scrutinized by others, and it's even more unpleasant and humiliating when your own relatives are so critical.

Parents want to see their children succeed in all aspects of their lives, but they fail to realize that this can never be accomplished by comparing children. Respondent 28 replied, “*To be honest, meron akong academic rival na since elementary hang-hanggang ngayon is kaklase ko siya although I don't think naman he or she uhm sees me as an academic rival pero uhm yun yung tingin ko sa kanya since yung parents ko is pinagcompare kaming dalawa.*” It is common practice for parents to go to great lengths to improve their child's performance. They believe that this will improve children's learning and skills, but it actually has the opposite effect ([Tian, 2022](#)). Comparisons can be harmful to a child's development and advancement. In addition to the child, this has an effect on the parents. It makes parents wonder if they are doing a good enough job of raising their children ([Anonymous, 2022](#)).

Blooming Shadows of Discontent

Some people establish extraordinarily high expectations for themselves in their efforts to achieve greatness and personal success, motivated by a strong fear of incompetence and a desire to stand out from the crowd. Driven by an unwavering desire, these individuals embody the attributes of a perfectionist, continually striving for excellence in their activities. They have a strong intolerance to being called average or accepting anything less than outstanding, which drives their tireless quest of achievement. These people push the boundaries, take on difficulties, and leave no stone unturned in their pursuit of excellence because they are driven by the unrelenting pursuit of their goals. Their desire to be in the forefront is fueled by their ambition, which ensures that they make an indelible mark on the path they choose. The “Blooming Shadow of Discontent” discusses the standards that the respondents are setting for themselves.

According to Duchesne and Larose (2018), tendencies to strive for success and avoid failure are fundamental motivators that play a significant impact in the activation and durability of students' behavior in achievement situations. According to some of the respondents of this study, having duck syndrome has good effects on their academic performance in school as it is keeping them to set high standards for themselves. Respondent 28 stated that, *“I am the the type of person talaga na hindi ko gustong nalalamangan ako ng iba... Minsan nga hindi ko gustong or hindi ako nag se-settle na mataas lang yung exam ko, gusto ko is nape-perfect ko talaga yung isang activity because I really want to satisfy my parents and also my classmates...however yung pressure ko din yung isang factor kung bakit maganda yung performance ko sa school since uhm since ine-*

expect ko yung sarili ko na mag excel in that aspect or in all aspect.” It cannot be good enough; it must be excellent. Everything needs to be perfect. Respondent 28 also stated that “*In terms of academic aspect is mas maganda yung effect ng duck syndrome sa akin since dahil prine-pressure ko yung sarili ko or nagse-set ako ng standard na dapat maabutin-na dapat meron akong abutin na specific grade or score is mas uhm mas nagii-strive ako to achieve that standard or expectation and mas in nage-effortan ko yung mga bagay na ginagawa ko like activities and projects and that really helps me to improve my academic performance and due to that mas nagre-recite na rin ako sa classroom.*” High standards for performance seem to motivate performance, but when combined with perfectionism are more unhealthy aspects, it's likely that self-criticism can stifle ambition and the pursuit of goals, ultimately resulting in poor academic achievement (Rice et al., 2016).

Respondent 9 also stated that, “*Ako lang naman po yung nagbibigay ng pressure sa sarili ko. Kasi yung parang gusto ko po is yung perfect po lahat, ganon po.*” Wanted everything to be perfect. Correspondingly, Respondent 29 also mentioned, “*I'm a perfectionist, a grade conscious student kaya hindi po ako satisfied sometimes sa mga performance ng mga ka grupo ko kasi I believe na they can push pa through their limits*” Not satisfied with other’s performance. Those who have unhealthy or maladaptive perfectionism are concerned with the gap between their performance and their rigorous, often high expectations. Maladaptive perfectionists are overly harsh on themselves as students, tortured by a single missing point on an exam or upset over not getting the best score in the class, for example. These kids frequently struggle with self-doubt and

discouragement, which may have a negative impact on their socioemotional adjustment and academic performance (Rice et al., 2006, as cited in Hill, 2017).

Silent Strains: Burdened by Fear of Judgment

The fear of being judged by a parent is an everyday concern shared by many people. It stems from a deep yearning for parental approval and acceptance, as well as anxiety over disappointing or hurting them. This dread can impact people of all ages, from children to adults, and present itself in a variety of ways.

Respondent 29, when asked if his/her parents are aware of his/her struggles or did he/she try to open already, he/she answered, "*I haven't po, since takot po ako sa mga maaaring sabihin nila but still I'm gonna do my best to open up my problems to them as I, uh, if I open my problems to them, our relationship will become stronger.*" Opening up to a parent can cause a child to think that they will be judged by their own parent, but still, they are still hoping to have a stronger relationship if they can open up in the future. Also, Respondent 20 answered, "*Haan pay, ay, open up, haan pay, madik kayat nga ibaga kanyada, I am afraid of judgment coming from them.*" Being afraid of judgment coming from his/her own family.

On the other hand, people also fear being judged by other people that surround them. Fear of being judged can lead to a continuous sense of self-doubt, resulting in a lack of confidence and a reluctance to express oneself genuinely. Respondent 21, when asked if he/she will open to other people in the future, he/she stated that, "*I'm not sure po ate, di pa ako sure diyan, kasi uhm, today's society ket judgemental naman na po masyado iyong*

mga tao ngayon. Mamaya sasabihin nila, ang OA naman niyan, kung di mo kaya sabihin mo lang, baka ganun kasi sasabihin nila. Pero feeling ko konti lang iyong masasabihan ko." Living in a judgmental society affects people's mentality.

Fear of being judged negatively causes us to second-guess every decision, worry that we may make the incorrect option, or regret that we have already done such things. When you are consistently denied approval, you risk losing self-worth, self-value, and self-trust (Lane, 2022).

Haunted by Disappointment

Someone once said, "Expectation is the root of all heartache." This remark understands that when we feel disappointment, our dreams and expectations are out of sync with reality. We all have these feelings from time to time. Some of these disappointments will have little impact, while others will have a significant impact on the direction of our life (de Vries, 2018). Disappointment is a natural element of life that occurs when one's hopes or expectations are not satisfied. This section will discuss how disappointment can affect someone's life, where disappointment came from, how they deal with disappointment, and how they deal with disappointment.

Disappointing someone is frightening and can lead to judgment, affecting someone's mental health. Being in a stressful atmosphere and living with the fear of disappointment limits your ability to express your emotions. Just like the responses of the respondents, Respondent 3, stated that "...nu parents, uh, sika ket honor student kan ever since tapos bigla ka maawan, para ngay nagdakkel nga kuwa adiay, uh, dismayaya kanyada.

Dismayado kasi naawan ka nga dagus." As their child, your parents are expecting huge things from you. Similarly, to this, Respondent 4 says, "...*yung family ko po kasi since kinder po is may honors na po ako kaya I can't disappoint them naman po, nakakahiya naman po.*" Family members have grown used to it and will always expect it at any time.

On the other side, one was terrified of disappointment because of his/her parents' sacrifices in his/her educational journey. Respondent 19 stated, "...*pressured lang ako na even though they did not pressure me at acads parang I do not want to disappoint them kapag hindi ako nakasali sa honor list kasi iniisip ko iyong sacrifices nila for me para lang makapag aral ako...*" Our parents make sure that we don't face the same hurdles which they faced in their time. To make us an amazing person as we all are today, they have sacrificed a lot, some of these sacrifices we know and some of them don't (Jha, 2022). However, Respondent 24 answered, "...*prinepressure kona lang po yung sarili ko na kwan gawin yung best ko para ngay kasi masakit din na tingnan pag disappointed yung mga magulang.*" Doing his/her best for him/her to be recognized and not viewed as a failure fills his/her heart with a fear of letdown from his/her parents' concern that he/she won't be able to accomplish what they desire for him/her.

Self-disappointment is detrimental given that it causes you to doubt your own worth and esteem, making it harder to overcome and recover. As Respondent 4 indicates that, "...*yung isa ko pong friend is with honors din, actually mas magaling po ako sa kanya nung elementary pero nung nag high school na po kami is parang mas magaling naman po siya kaya nafe-feel ko po is parang mas naging bobo ako kaya nadi-disappoint din ako sa sarili ko po.*" Disappointment comes with pressure and comparison, but it can also be

devastating, leaving you with little energy to believe and trust in yourself. Another responded added, Respondent 9 imply this, “*...kasi mostly ngay ket kasla madis-disappoint nak pay ijay ayanti grado ko no makitak ayanti sabali nga classmate ko ket nangat-ngato jay grado na kaysa jay kanyak.*”

Disappointing oneself also implies a low social battery for expressing and sharing one’s emotions and opinions as for Respondent 28, “*I'm starting to be disappointed with myself since of having duck syndrome means that you can't express your feelings to others...*” It can also lead to being dissatisfied with everything, constantly want to achieve something to still have the satisfaction it gives you like Respondent 14 answered, “*I don't mind drowning in school works but what terrifies me the most is drowning in disappointment over failing to maintain the streak of constant-of constantly being an honor student and disappointing myself at others...*”

They suggest to avoid disappointment altogether, but how can you escape disappointment when everyone around you expects you to do something different, knowing that you gave your best but nothing happened, nothing is progressing. Respondent 10 replies, “*...mafefeel ko talaga kut masasaktan ako kasi sa lahat ng ginawa ko bakit parang walang nangyayari baki parang wala lang, natatakot ako na mawala kasi ayokong madisappoint lahat ng tao na nakapalibot sakin kasi ang alam na nila sakin is achiever na eh...*” It hurts to see people’s dissatisfaction just because you didn’t achieve their expectations.

Recognize your feelings of disappointment. It’s easy to ignore, dismiss, or divert yourself from negative emotions. However, doing so can exacerbate these sensations over

time. Instead, expressing and acknowledging your feelings might help you manage in a healthy way. Accepting that our emotions are present and recognizing that they are normal is what it means to validate them. Emotions always have a purpose (Arocho, 2021). Respondent 22 agrees by stating, “...*madi-disappoint ka but uh pwede ka pang bumawi, specially meron pang last quarter...*” Many people are able to overcome their disappointments. They muster the courage to reflect on what has occurred to them, learn from the situation, and go on. They emerge stronger from such disappointments (de Vries, 2018).

Drowning in Seas of Expectations: A Battle for Breath

This section discusses the struggles of the respondents in living with the expectations of the people that surround them. Living with other people's expectations can be a difficult experience. It frequently involves feeling under pressure to meet certain standards or play specific roles that others have assigned. In this research, most of the respondents answered that the expectations from their surroundings were what put them under the most pressure.

Respondent 7, when asked what are the factors or reasons that contribute to the pressure that she/he feels, answered, “*Iyong mga expectations sa paligid, parang kasi, lagi ka na lang na nasa ano, may achievement, kaya parang wala na lang iyon sa ibang tao, parang lagi na lang, repetitive na may achievement ka kaya parang hindi na re recognizing mga tao sa paligid mo iyong struggles mo kasi paulit ulit mo nang naa achieve iyon.*” The expectation from the people around him/her to receive achievement without

looking at his/her struggles behind the his/her success. Moreover, Respondent 11 answered, “*Expectations of course. Kasi the longer you stay on top, the higher they will expect more from you, and kapag ganon you need to work harder to satiate their expectations. Malas kapag di sila nasatisfy.*” Needs to work harder to satisfy others' expectations. Beliefs and expectations determine outcomes in our lives because they influence how we conduct; it is not only the thinking that matters, but how that thought affects our subsequent behavior (Rickwood, 2020).

Meanwhile, our respondents also answered that the reason why they are being pressured is because of their own relatives. Respondent 19 answered, “*Sa relatives naman, I am pressured pagdating sa academics. My titas and titos are uhm, expecting me to, you know, parang ine expect nila na mataas ang mararating ko kasi alam nilang consistent honor student ako since grade school. And makikita mo sa action nila and uhm, they have communicating na lang sa akin na may inaasahan talaga sila, ganun.*” Being a consistent honor student as a result of receiving high expectations from relatives. Correspondingly, Respondent 29 answered, “*I feel bad inside and sad and also nakakahiya po kasi like if there may come a time po na I will be drowned at any moment uhm I think po hindi ko kakayanin kasi ang taas pong expectations ng ibang na mga relatives ko so parang dapat po hindi ko sila midi-disappoint.*” He or she does not want his or her relatives to be disappointed because they have great expectations of him or her.

When parental demands are viewed as excessive, they come at an expensive price. These expectations are internalized by young people, who rely on them for self-esteem.

And if they don't meet them, which they will, they'll be harsh of themselves for not matching up. In order to compensate, they strive for perfection (Curan, 2022).

In contrast, Sadeghi (2022) stated that it has been established that parents' expectations have a major impact on their children's academic achievement. Students with high parental expectations achieve higher grades, perform better in school, and stay in school longer than students with low parental expectations.

Surviving the Negligence: A Hard Battle to Conquer

Standard cases of negligence require unawareness in the sense of failing to recall or be consciously aware of significant facts, but not really ignorance in the sense of a lack of adequate internal access to such data (Trofimov, 2022). This section will discuss how parents are often oblivious of their children's difficulties in life, particularly academic difficulties.

Respondent 4 keeping it by him/her self, not sharing any word to his/her parents, he/she says, “*...actually, yung parents ko po is hindi po sila magkasama, like hiwalay po sila pero parang hindi naman sila aware? kasi nasa ibang lugar na po sila, hindi ko rin naman po nasasabi sa kanila or nagra-rant po sa kanila...*” Many youngsters fail to articulate their feelings because they lack emotional support from their parents, and they are also separated, making it difficult for the child to broach a particular subject. Meanwhile, Respondent 14 answered, “*...uhm because they occasionally contribute to my duck syndrome, my parents are unaware of the difficulties I'm having...despite this, they continue to love me unconditionally and the other way around and provide for my needs*

so I don't blame them for it." Parents are oblivious, but he/she is nevertheless respectful given that they are one of the contributors to his/her duck syndrome. Similar to the case of Respondent 18 as he/she shared his/her answer, "*no, tinatago ko na lang sa says na "ma oh, naka high scores ako, kinaya ko naman hahaha" ganun lang, tapos kapag naman, mine message back ako, like "wow galing mo naman" okay, nag haheart react na lang ako , then that's it, hindi ko na sinasabi sa kanila na "ma nahihirapan ako, i think nahihirapan na ako sa isang subject na ito, okay namang magpahinga minsan di ba?" or "ma, pa, medyo hindi ko na kaya itong subject na ito, what if, uh, what if try kong magpaturo sa mga peers ko" ganun, wala akong nasasabing ganun... "*" The dread that parents may instill in their children by simply discussing their problems is painful. Growing up with this type of parent taught you that your needs and emotions are unimportant. As a result, as an adult, you're more prone to doubt yourself, question your thoughts, and have low self-esteem. You may feel ignored, misunderstood, unloved, dismissed, or trivialized. It may be difficult for you to recognize your requirements or express how you feel. To feel good about yourself, you may have a great desire for reinforcement and affirmation from others (Thurrott, 2023).

When people are so self-conscious and uncomfortable that they are unable to speak up or socialize most of the time. Respondent 14 stated, "...*I don't discuss such sensitive subjects with them since I find it awkward to do so...*" Teens may also feel awkward revealing anything with their parents, especially in this generation, where many are dealing with various mental health issues. Relate to the answer of Respondent 18, "*no, kasi uhm, medyo masama man ako pakinggan pero i never feel that comfortable to share anything*

personal with them, parang i feel more comfortable with sharing them to my friends, rather than them mismo kasi medyo may issues kami." Uncomfortability with family or parents can indicate independence and the uneasy impression that they must be unaware of your misery.

Although sharing feelings or emotions to family members is beneficial, Respondent 27 answered it in contrary, "*no, they are not aware, kaya nagi-guilty din ako kasi kapag malalaman naman ni mommy, I know she would help me and ease the burden I feel due to academic pressure...pero I can't bring myself to open up about this... feeling...kasi nga hindi kami open sa ganito...lumaki kaming kine-keep na lang ang problems*" Suppressing your emotions out of fear of them can be harmful to your physical and mental health. People who are afraid of their emotions may try to repress them by engaging in avoidance behavior. People will sometimes go to great lengths not to feel. (Boland, 2022).

On the other side, Respondent 30 said, "*no, kasi hindi naman ako nag oopen talaga sa kanila...hindi na kami masyadong nagkakaroon ng personal communication kasi pagkagaling ko ng school, dito na ako sa bahay, pagkarating ko dito sa bahay, it's either matutulog na ako, may gagawin akong task...and my parents are in their kabilang house ng maghapon, so wala akong time to express or to let them know that i have this syndrome...*" There isn't enough time to convey what the other side is feeling; emotional abandonment is difficult to overcome, but it is necessary in order to remain sane. Emotional abandonment refers to the sentiments of being ignored, excluded, and not being heard. It

occurs when one is so absorbed with their own concerns that they are unable to recognize other's troubles, concerns, or problems.

As a result, the respondents chose to keep it and fight it themselves as Respondent 14 answered, “...instead, I chose to deal with my own demons.” Similarly, to the answer of Respondent 18, “...kasi ang akala nila kaya ko na lang all by myself, na parang na hahandle ko na ang mga issues by myself...” Not everyone has the potential to be self-sufficient. In some circumstances, being overly self-sufficient might lead to isolation. However, in today's fast-paced world, learning to be self-sufficient is critical.

Because they can't grasp their own feelings, they can't understand the emotions of others, especially their children. They lack empathy and hence are unable to imagine themselves in your situation. “No matter how hard you try, the emotionally immature parent will not understand how you feel.” This causes a great deal of frustration,” Dr. Kotlow explained (Thurrott, 2023).

Still Fighting: The Weighted Work

Navigating the complicated maze of academic life, many students find themselves battling with the ever-increasing burden that comes with their journey through school. Students may feel overburdened and overwhelmed by the weight of their obligations after juggling many classes, papers, projects, and examinations, which may be a difficult and laborious effort. As they strive to meet deadlines and excel academically, students may encounter moments of exhaustion, self-doubt, and frustration.

Respondent 18 stated during the interview that “*Talagang na fefee ko iyong takot, from the uhm, extreme uhm, hirap ng mga ibang subjects minsan, tapos iyong mga workload pa, iyong biglaang ngay magsasabay sabay na ano, deadlines, iyong mga exams, uhm, summative tests, just like that.*” Fear due to the difficulty of certain subjects and the sudden arrival of deadlines, exams, and tests at the same time. On the other hand, Respondent 6 also mentioned that “*...kinaado ti ar-aramiden. Adda gamin dagidiay times nga haan ammo dagidiay teachers nga adda inpaaramid diay maysa nga teacher so agited da met so, ma kuwaan tun, matambakan.*” There are times when teachers are not aware that their students have extra tasks to do from their other teachers. The lack of coordination and communication among teachers adds to the increased workloads and stress that students endure. Additionally, Respondent 6 stated that “*...adda diay time nga agsasaruno ti aramiden mi tapos same diay due date na, so haan mo ngayen ammo ti unaen, so haan mo ammo nu mainis ka wенно agsangit ka lattan.*” The respondent sometimes is unsure of what to complete first and is uncertain of whether he or she will be upset or cry because of subsequent assignments having the same due date.

Respondent 29 also stated that “*One of the struggle that experience is loss of sleep, kulang po ako sa tulog dahil ang dami pong activities ang no-and summative tests na dumadating and binibigay po ng mga teachers. I'm not bad mouthing po mga teachers natin, I meant saying lang po na like for example po, sabay sabay po mga summative test sa isang araw, minsan po apat, minsan po tatlo.*” the respondent also added “*...the teacher don't give us enough time po to do our activities kaya nakaka stress po kasi kahit na may time management ka ang hirap pa rin po talagang i-manage nung time.*”

According to Sandoval (2021), an excessive amount of homework might seriously harm a student's mental health. A student's social life is restricted and their time for leisure activities may be limited by having too much work.

According to M. K. Galloway et al. (2013), Students who spent more time on homework tended to be more behaviorally engaged in school, but they were also more stressed about their schoolwork and reported more physical symptoms as a result of stress, fewer hours of sleep on school nights, a reduced ability to get enough sleep, and a reduced ability to make time for friends and family. Students who spent more time on homework tended to be more behaviorally engaged in school, but they were also more stressed about their schoolwork and reported more physical symptoms as a result of stress, fewer hours of sleep on school nights, a reduced ability to get enough sleep, and a reduced ability to make time for friends and family.

Behind the Masks: The Efforts of Image Preservation

This section discusses the behind the scene efforts of the respondents in order to stay afloat or be on top of the top list or honor students. Behind every successful student's academic achievements lie several hidden and unwavering efforts. While many people believe that academic success is exclusively due to brilliance or natural talent, the truth is that it is the outcome of hard work, dedication, and persistent effort. This behind-the-scenes dedication exemplifies students' constant perseverance and sacrifices in order to thrive in their academic pursuits.

Respondent 16, when asked what is his/her behind the scene efforts to stay afloat in RSHS for R1, answered, “*I review a lot, pero, ano, even before summatives, like two days before summative tapos na announced na, na may summatives, ganyan, ni rereview ko na agad para review review para ano, perfect score.*” Excessive review to get a perfect score. Correspondingly, Respondent 18 stated, “*Uhm, ano, talagang binabasa ko iyong mg materials na meron sa akin, talagang todo review ako minsan, kapag may time ako, kapag kaya ng energy ko, talagang sinesearch ko pa sa google iyong furthur explanations ng mga concepts para man lang may mailagay akong something na ano sa notes ko, which is nakakahelp rin minsan sa mga summatives ko, uhm, at tsaka, minsan trina try ko rin talagang i push lahat ng makakaya ko sa paggawa ng mga projects ko, although hindi ko rin siya nagagawa most of the time kasi palagi akong walang energy pero kapag meron na, like i said, i try and try, iyon lang naman.*” Extra efforts that are put into oneself such as excessive review, looking outside the box for more information, and pushing oneself to its limit just to stay on top of the honor list.

On the other hand, students are also sacrificing their health by pulling all-nighters and even going to school without much sleep or no sleep at all. Pulling all-nighters to study is a typical behavior among students, particularly during times of heavy academic pressure or when deadlines are approaching. Respondent 4, stated, “*Yung po yun is yung kwan yung pagpupuyat ko po sa mga kwan mga activities po, galing pa lang ako sa school is ginagawa ko na po yung activities ko para may time pa ako sa mga ibang activities, para mag-review po sa topics namin po bukas para pag may recitation po may isasagot po ako, tapos pag exam naman po is kwan gumigising pa po ako ng mga 3 A.M. para naman po mag-review*

para mas fresh po yung mind ko." Staying up all night to finish school activities, doing the activities from the moment it was given to make extra time for other activities, advance reading for recitation the next day, and waking up at 3AM. in order to review for fresher memory. In similar to this, Respondent 19 stated, "*Iyon nga, malayo, puyat lagi, walang sapat na tulog, may research.*" and Respondent 12 said "*Pulling all nighters siguro and uh studying siguro?*" Students are sacrificing their sleep without much thinking of the consequences that may arise from this. Sleep deprivation does not boost performance. In fact, sleeping more during finals week may help you get better scores (Ryan, 2023).

In addition to this, Rehman et al. (2022), stated that an all-nighter may appear to be beneficial at first look because it allows you extra time to work or study. However, staying up all night is detrimental to productive thinking, emotions, and physical wellness. Because of these implications on next-day performance, pulling an all-nighter rarely pays off.

In addition to this, there are also respondents who sacrifice their health just to study. Many students face the dilemma of sacrificing their health for the sake of their schoolwork. While it may seem necessary to prioritize academic success, neglecting your health can have serious consequences in the long run. Respondent 30 answered, "*The behind the scenes are mostly those sleepless nights when hindi ako kumakain, and yesterday, hindi ako kumain ng lunch, para lang makabili ng materials, para sa C*****, and there's this, one time din na hindi ulit ako kumain ng lunch para tapusin iyong R*****, magpaprint ng R**** tapos those sleepless nights na umabot ako ng until 4 am, tapos gigising ulit ako ng 4:30 para mag prepare pumunta sa school*" Behind the scene efforts are those sleepless nights, disregarding the importance of eating, pulling all-nighters, and waking up early

without much sleep just for the sake of study. Also, Respondent 22 stated, “*Parang hindi na rin po ako masyadong nakakakain, nakakatulog. And some nights, parang mag brebreakdown ka.*” and Respondent 10, “*Hmmm walang kain, walang tulog ganon. Ang dami ko nang risk para lang magstay sa honors kulang nalang talaga ma ospital ako kasi minsan di ako kumakain pero di lang kasi school ang mga problema ko sa buhay eh kaya factor din yun may mga ibang personal problems din kaya mas bumibigat yung parang pasan ko sa buhay ganon.*” Their behind the scene efforts have similarity with each other which are skipping meals and lack of sleep just to make efforts in their study. Eating is essential for studying since it gives your brain with the fuel and nutrition it requires to perform efficiently.

Students can study better when they are well-nourished, according to research, and eating healthy meals has been related to higher grades, greater memory and alertness, and faster information processing (Anonymous, 2023).

Invisible Shackles: Concealing Truth, Protecting Hearts

“Invisible Shackles: Concealing Truth, Protecting Hearts” discusses that some respondents indicated they don't want to open up to people because they don't want to make them feel awful. Some people are naturally sensitive and empathetic, and they do not wish to create grief or sadness in those around them. They may assume that their troubles are small in comparison to what others are going through, and they may feel terrible for burdening others with their worries. People may be concerned that expressing their actual

emotions or struggles may strain or ruin their relationships. They may be afraid that others will be unable to handle their problems and might leave as a result.

A respondent was asked if she/he will be able to open up to his/her family or friends in the future, Respondent 17 answered, “*Siguro po oo, like yung time na dadating na masasabi ko po yung feelings ko without giving them the emotional pressure na medyo nagkulang sila sa pagiintindi saakin.*” Hoping in the future that she/he can fully open up to his/her parents without them feeling that they lack understanding. Not opening yourself to someone and worrying about what they will think of you is a common problem shared by many people. It's normal to want to be accepted and understood by others, and the dread of being judged or rejected may be overwhelming.

Respondent 8 answered, “*Hindi ko pa alam eh, kasi parang uhm, hopefully, na masabi ko sa kanila, para alam din nila. Pero as much as possible, ayoko sana na malaman nila na ganun.*” Hiding struggles to parents as much as possible.

Perhaps the strongest reason we hide our emotional fragility from others is a worry that displaying it would make us appear weak to them—and, therefore, make us feel weak and helpless ourselves (Seltzer, 2023)

One reason we are afraid of other people's opinions is that negative assessments can lead to shame, which is the sense of being worthless, incompetent, dishonorable, or immoral—and hence, given the importance we place on other people's opinions, feeling this way about ourselves. (Brooks, 2021)

As Gould (2023) stated, vulnerability is a chance to develop as a person and a way to discover genuine fulfillment in your relationships. Opening up and letting go of your

fear of judgment promotes trust and honesty with people, generates empathy, and strengthens friendships. Being vulnerable isn't always simple, and it often takes taking purposeful actions. The effort is worthwhile.

Exclusive Insights: Unlocking the Doors to a Chosen Few

Most of the respondents of this study stated during the interview that they only open-up with certain people about their problems. “Exclusive Insights: Unlocking the Doors to a Chosen Few” discusses who are the people that the respondents talk to about their problems and struggles.

The researchers asked the respondents if their parents are aware that they are experiencing struggles. Respondent 10 answered, “*Nakita nako ni mama na umiiyak dahil sa acads and yun nasabi ko na pagod nako ganto ganyan... sinasabi na nila na okay lang kung wala, ang mahalaga ginawa mo lahat... buti nalang kut naka open ako sa kanila about sa bagay nay un kaya nababawasan na yung pressure na nararamdaman ko, nung nalaman nila na ganto nararamdaman ko ah kut syempre kinasao dak nga ganon pala nararamdaman ko ganon.*” Comforted in a vulnerable situation by telling them that it's acceptable if they don't accomplish their desired goal, emphasizing the importance of giving their best effort. Respondent 12 also answered that, “*Yes, ano, parang sinasabi lang nila sa akin na okay lang iyan, okay lang na hindi gaanong mataas ang aking grades as long as I am pasado na may natutunan ako.*” Learning is more important than grades.

Only few answered that their parents are aware of the struggle that the respondents are experiencing and some respondents answered that their parents are not totally aware

and the respondents are not totally telling it to their parents in a serious way, instead, they tell it in a humorous way in order to conceal what they really feel. Respondent 18 have the same case, he/she answered that, “*No. Tinatago ko na lang sa says na “ma oh, naka high scores ako, kinaya ko naman hahaha” ganun lang, tapos kapag naman, mine message back ako, like “wow galing mo naman” okay, nag haheart react na lang ako , then that’s it, hindi ko na sinasabi sa kanila na “na nahihirapan ako, I think nahihirapan na ako sa isang subject na ito, okay namang magpahinga minsan di ba?” or “ma, pa, medyo hindi ko na kaya itong subject na ito, what if, uh, what if try kong magpaturo sa mga peers ko” ganun, wala akong nasasabing ganun, kasi ang akala nila kaya ko na lang all by myself, na parang na hahandle ko na ang mga issues by myself.*” Conceal the struggles by putting on a show of confidence and capability. Making lighthearted remarks to create the appearance that everything is under control. Some of the respondents also tell their struggles to their parents however it is only a glimpse of their struggle and not totally the whole picture of the situation. Many people describe being hesitant to inform their parents because they don't want to offend them. Sometimes we don't understand where uncomfortable sentiments or ideas are coming from and feel guilty for experiencing them (*Time to Talk: Talking to Your Parents*, n.d.).

On the other hand, when the respondents were asked if their friends and some relatives are aware of their struggles. Respondent 4 answered, “*Opo, pero sa isang best friend ko lang po yung nag-open up ako sakanila-sa kanya na nahihirapan na po ako sa mga activities ganon, nagra-rant din po ako sa kanya, lahat po ng nangyayari sa buhay ko like inii-story ko po sa kanya tapos binibigayan din po ako ng mga advice, ganon.*” Also,

Respondent 15 answered that, “*Relatives hindi pero sa friends oo. Mostly sa friends talaga kasi I feel we share the same struggles, so kami lang yung nagkakaintindihan.*”

According to Applebury (2023), Many people resort to friends when they are having problems with family members or believe that their friends are more trustworthy and understand them better than family members.

Most of the respondents of this study answered that they are more open to their friends because they feel like they share the same struggles and they can talk easily because their friends understand them. Some respondents stated that they feel uncomfortable opening up to their parents and relatives and some respondents chose to keep everything all to themselves.

Bound by Loyalty: Embracing the Weight of Staying

There are those who choose to stay in difficult circumstances, enduring the stress and challenges that come their way, despite the intense pressure and pervasive dread of disappointment. The strong bonds they have developed with others around them serve as motivation for their choice since they provide them a sense of support and belonging that makes it hard to leave. They are drawn in by the environment's advantages and rewards as well, whether they are outstanding educational chances or a place for personal development. “Bound by Loyalty: Embracing the Weight of Staying” discusses the reasons why the respondents chose to stay in Regional Science High School for Region 1 even though they are experiencing struggles being a student of this school.

Respondent 1 stated that, “*Ang RS po kasi is hindi na lang po siya school sa akin, parang umm, actually dapat nga second home pero parang first home ko na rin po, kasi RS, yun lang po talaga yung school na nagbigay sa ’kin ng friends, families, ganon. Sa mga previous schools ko po kasi parang nakabase lang ako sa academics validation.*” RS is more than simply a school; in some ways it serves as both a second home and the first home. Genuine friendships and a sense of family, which were absent in their former schools, have been offered by RS. In contrast to their former school experiences, which appeared to place a high value on academic approval, RS has provided them a stronger sense of connection and belonging. School is such an encouraging and safe setting where children spend the majority of their valuable time in their lives and consider it their second home (Kellybrown, 2022).

Respondent 15 also stated that, “*To be honest RS is very helpful sa growth ko as a student a-a-academically speaking pero in terms of mental health herhe pero hindi ko talaga naisip yung magtransfer kasi para saakin nagimprove naman nagimprove, ang laking improvement ko nung nag start na ko dyan sa RS and it's the people kasi around me na na pumipilit sakin na mag stay and not the pressure tho napre-pressure ako, as long as nanjan yung mga taong yun sa paligid ko hindi ko naiisip naiisipang mag transfer, I will choose to stay pa rin.*” The school has incredibly contributed to academic growth. And what truly keeps them from considering a transfer is not the pressure itself, but rather the presence of supportive individuals in their life at this school. Young people spend a significant amount of time in school for good reason. A school is a place where a young person learns about their surroundings, explores their hobbies and passions, develops social

skills, and learns more about topics that can help them in their future careers (Jenkins, 2022). Shishukunj and Saraswati (2019) also stated that schools are the finest location to learn how to repair mistakes, the best place to learn forgiveness, and the best place to learn happiness. Schools are also the ideal place to groom one's personality, to understand one's strengths and weaknesses.

On the other hand, Respondent 10 stated that, "*Isa kasi maganda na sa RSHS ako mag aaral para better education na siguro... maymayat nga adda ak ittuy ta kala ma addo ti matutunan ko kaysa sa ibang schools, kahit pressured man basta may high quality education kut ok lattan kasi ganto din naman mafefee sa college parang matuto nako na mabuhay ng may pressure sa lahat ng bagay.*" Opportunity for better education.

Most of the respondents of this study chose and will choose to stay in Regional Science High School for Region 1 even when they are experiencing struggles and pressure. The data gathered showed that students have this decision because of the following: Advantage that the school offers when the respondents will enter college, friends, quality of education, it is their dream school and it contributes to their personal growth. However, if there are people who want to stay, there are also people who want to leave. Some respondents want to leave the school however they can't because of the choice of their parents.

Pressure and Struggles as Power: Empowered to Soar

Nearly all of the study's respondents engage in activities as a way to handle pressure and struggles. Interestingly, some respondents have different strategies for coping with that

pressure. Instead of taking measures to deal with the strain, they internalize it and use it as motivation to get through issues and difficulties in their academic lives.

Respondent 30, when asked what his/her coping mechanisms, answered, “*My number one coping mechanism is embodying pressure... With you kasi embodying that pressure, you can see situations with the silver lining and assess what you can do to that certain situation for you to be able to make things right or make things develop and make progress.*” By embodying pressure, the respondent can see the bright side of things, spot areas for development, and take initiative to overcome obstacles and move forward. According to Jensen (2021) as cited in King (2021), pressure is more advantageous than stress since it is a developmental experience that may help us grow and achieve our goals.

Meanwhile, when asked how the “duck syndrome” affect his/her academic performance, Respondent 23 answered, “*Di ba, deep inside ket kuwa, ket ag sstruggle ak ti kuwa, ti panagadal ko, haan met siguro nga negative ti impact na kinyak gamin ket kasla ta impact na kanyak adiay ket kuwa, kasla positive, nu ngay kuwa ag struggle ak, kasla ngay ag strive ak pay tapno malampasak adiay nga kuwa, dadiay nga challenge. Nu i connect tayo iti academic performance adiay, ket addu ti problemak idiyay, problemaek nga talaga, tutukak ah dadiay nga challenge wенно problema.*” The respondent views his/her struggles as an inspiration to work harder and conquer challenges. In particular, when it comes to academic performance, the respondent recognizes the challenges and refocuses on dealing with those problems. As stated by Jensen (2021), it is useless to try to resist pressure since doing so makes one feel powerless. When under pressure, seek for opportunities to act and do so as fast as you can to reduce as much uncertainty as you can.

The Coping Canvas: Painting Your Way to Resilience

The section “The Coping Canvas: Painting Your Way to Resilience” covers how respondents deal with stress and pressure. It provides two sub themes that emerged from the data gathering, titled: “Channeling Comfort: The Art of Coping Through Watching” and “Escaping into Stories: The Therapeutic Power of Reading”

Channeling Comfort: The Art of Coping Through Watching

One approach to stress reduction is to watch movies that can let us forget about our problems. Movies, as previously stated, can have a beneficial emotional impact. Movies may both relax and soothe us. We lessen stress by reducing worry, and even watching a movie can change all negative thoughts into positive ones, as long as it is entertaining (Ditasari et al., 2022). Respondent 14, when asked about how they cope up with the stress, answered, “*...watching k-dramas to decompress and feel better, watching k-pop contents of my favorite groups...*” watching to decompress and feel better. Meanwhile, Respondent 22 seemed to watch movies to chill with someone by saying, “*...sometimes manood rin ng mga movies para kwan, and mag chill ka lang with uhm, the person you love.*”

According to Ditasari et al. (2022), we can learn a lot from movies. Movies can encourage us to make great changes in our lives by motivating us with powerful characters. The benefit of watching movies is that it can improve self-motivation to be firm and inflexible in dealing with all challenges. Even though it is only a movie, we might gain psychological effects from it. As with Respondent 19, when asked about his/her coping mechanism, he/she answered, “*I watch vlogs, lalo na ngay mga inspirational vlogs like Jio*

Ong, marami kang natutunan about sa buhay, na - that helps you and gives you tip on how to fight life.”

Escaping into Stories: The Therapeutic Power of Reading

Reading can be a wonderful (and healthy) way to escape the stresses of daily life. Simply by opening a book, you invite yourself into a literary universe that will divert you from your daily stresses. Reading can even relax your body by reducing your heart rate and relieving muscle tension (Bakken, 2023). Similarly, to this, Bitton (2021), stated that reading and other types of healthy escapism provide people with the necessary respite from everything else going on. Not everyone requires a complete vacation from their daily lives, but reading allows them to move their focus away from things that may be clouding their mind. Respondent 4, when asked about his/her coping mechanism, answered, “*...pagbabasa din po ng wattpad, yun po yung mga hobbies ko para maiwasan yung academics ko.*” reading to avoid academic responsibilities.

Another answer by Respondent 15, “*I usually read books na may pang self-affirm sa sarili, self help books,*” stated that self-help books are his/her coping mechanism with the stress that she/he is experiencing. In the study of Mru (2023), they stated that self-help books alter your thinking. They help you think more positively. Anything appears to be achievable if you make the correct choices. Learn the technique of feeling at ease in your own flesh.

The Unveiling: Embracing Your Emotional Truth

Constant positivity is an avoidance strategy, not a viable solution to life's problems. Furthermore, emotional validation facilitates self-compassion: knowing that our emotions are valid helps us avoid shame and self-blame, allowing us to respond to them confidently (Salters, 2022). "The Unveiling: Embracing Your Emotional Truth" talks about emotions being valid, even the bad ones, and there's nothing wrong with it, and addition to this is that self-validation entails acknowledging and accepting one's own thoughts and feelings.

Respondent 19 responded, "*...since nakita ko na that they cared about me na, parang it's okay, na valid iyong nararamdaman ko...*" Given that they care about him/her, it's comforting to know that there are still people who are concerned about other people's sentiments. Aside from that, Respondent 20 also stated that, "*Siguro hindi, haanak nga mabuteng since all emotions are valid...haanak nga mahiya nga ipakwa diay emotions ko. Nu man ijudge dak, awan baybay ak lattan...*" Not caring about other people's opinions demonstrates that he/she trusts the people around him/her. Moreover, Respondent 30 says, "*...wala naman na akong pakialam sa sasabihin nila, what matters the most is yung is yung consideration sa ano na yun kasi isang factor din dun kasi na hindi ko pinakialaman yung sasabihin nila...nung andun ako sa situation na yun, it's okay naman na umiyak kasi it's valid, it's a-it's a uh human act,*" Anyone's feelings are legitimate and valid a priori, regardless of whether one's perceptions, thoughts, and beliefs about the circumstance are true to life and truthful (Friedman, 2013)

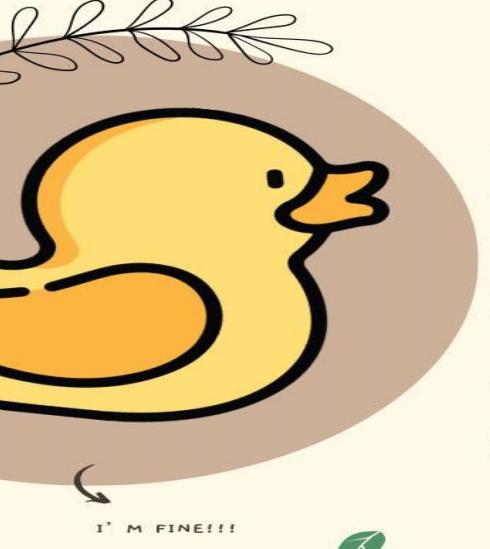
Our thoughts create the context which determines our feelings (Langer, 2023). An emotionally validated person believes that others not only see and hear their emotions, but

also acknowledge their presence. Validation of sentiments has a significant impact on someone else's life by making them feel safe, joyful, and comfortable in someone's company, without hesitation in expressing their thoughts and ensuring that they are understood.



Figure 2. Information Dissemination Infographics

FRANTICALLY PADDLING TO STAY AFLOAT: STUDENTS' CASE OF THE DUCK SYNDROME



INTERVENTIONS IN DEALING WITH THE DUCK SYNDROME

- Keep up their good coping mechanism
- Learn more how to better aid themselves
- Accept their feelings because they are valid
- Go to peaceful places
- Having an open and honest communication with the reliable and trusted people
- Express themselves in any form of art
- Engage in prayer
- Pursue hobbies and engage in activities that can provide positive outlet for emotions

THE RECOMMENDATIONS OF THE RESEARCHERS IN THIS STUDY

- Strongly recommend further exploration and investigation into this topic.
- Expanding the scope of respondent beyond solely honor students and including participants from all segment of the school population.




CHAPTER IV

CONCLUSION AND RECOMMENDATIONS

The researchers' survey revealed the manifestations of duck syndrome based on the answers of the respondents. Based on the survey data, it was found that students experiencing duck syndrome show themselves as calm, collected, and with personalities that mask their weaknesses and struggles. The majority of respondents tend to keep their thoughts and emotions to themselves. They frequently compare themselves to others, setting high expectations for themselves. Some even believe that certain situations are intentionally designed to test them. Most importantly, they feel anxious about being judged by others.

After conducting a thorough analysis of the interview data, the researchers discovered that the respondents face a common challenge of wearing a mask to conceal their true emotions and struggles. This leads to the suppression of their feelings and an overwhelming sense of being filled up. Moreover, they find it challenging to reveal their authentic personalities, emotions, and struggles to others due to a fear of judgment. The respondents also experience self-imposed pressure and heavy workloads, which cause them to hide moments of vulnerability, fearing that others will judge and invalidate their feelings. Additionally, they encounter difficulties in expressing themselves and struggle with communication. Furthermore, they often feel isolated in dealing with their problems as nobody truly understands their experiences. This isolation sometimes leads to sacrificing

their own health, neglecting rest, proper nutrition, and sleep in order to meet academic demands and prepare for upcoming tests and recitations.

The respondents employ various coping mechanisms to navigate the challenges they face. Many turn to reading books, such as stories on Wattpad or self-help books, as well as writing poems, songs, and diary entries to express their emotions. Engaging in activities like watching K-dramas, anime, movies, and series, or pursuing artistic endeavors such as painting and drawing on scratch papers also provide solace. Listening to music and playing musical instruments, playing online games, and seeking conversation with trusted individuals to share glimpses of their experiences are other common coping strategies. Some respondents find solace in maintaining a positive mindset, resting, taking personal time, acknowledging the validity of their emotions, visiting places that bring them peace, and finding solace through prayer. However, it is important to note that some respondents have different coping mechanisms, including embodying or not actively handling the pressure, and choosing to keep their struggles and emotions to themselves.

The researchers encourage students to keep up their good coping mechanisms and to learn more about how they may better aid themselves, particularly those who haven't established their own coping mechanisms and are unsure what to do with themselves. The researchers also suggest that the people who suffer from duck syndrome accept their feelings because it is valid, even if doing so may be difficult. It is also recommended that they go to peaceful places like the sea or any other area that would make them feel at ease. Additionally, recommending open and honest communication with the reliable people in their social network helps the development of a positive environment where people can

express themselves without worrying about being judged. If these things are difficult for people who suffer from duck syndrome, the researchers encourage them to write about their struggles and feelings or express themselves in any form of art. For those with a spiritual inclination, engaging in prayer and seeking solace in faith can provide comfort and guidance. Furthermore, the researchers encourage individuals to pursue hobbies and engage in activities that bring joy and fulfillment and provide a positive outlet for emotions, fostering personal growth and self-discovery.

The need for greater knowledge and comprehension of the duck syndrome is highlighted by the fact that the phenomena is still mostly unknown to the general public. Using the power of the internet offers a chance to bridge this knowledge gap and spread awareness more widely. We may share knowledge, individual experiences, and coping mechanisms about duck syndrome by using internet platforms like social media, educational websites, and online communities. This digital intervention has the ability to engage a wide audience, inform people about the problems caused by the duck syndrome, and eventually encourage the development of a more tolerant and sympathetic society that acknowledges and addresses the emotional impacts that many people experience.

In light of the limited existing knowledge and awareness surrounding duck syndrome, the researchers of this study strongly recommend further exploration and investigation into this topic. This recommendation derives from the realization that there is still much to learn about the causes, effects, and potential interventions associated with duck syndrome. Additional study and the discovery of fresh facts can help us better understand this phenomenon and its effects for people's well-being.

In conducting future studies on the duck syndrome, the researchers also recommend expanding the scope of respondents beyond solely honor students and including participants from all segments of the school population. By widening the sample to encompass a diverse range of students, this approach allows for a more comprehensive understanding of the occurrence and impact of the duck syndrome across different academic backgrounds and social contexts. Such an inclusive approach ensures that the study's conclusions and interventions can be more broadly applied and helpful to a larger population, promoting a more comprehensive understanding of the phenomenon and enabling the creation of more efficient support systems in the school environment.

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Appendix A
Validation Tool for Interview Questions



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT
VALIDITY TESTING TOOL

Research Title:	FRANTICALLY PADDLING TO STAY AFLOAT: STUDENTS’ CASE OF THE DUCK SYNDROME
Proponents:	Alambra, Rovie Ann L. Bustamante, Aleyah Jamel H. Dauz, Armi Chevin F. Grade 11-Euclid
Research Problem with Specifics:	This study aims to explore and gain a deeper understanding of duck syndrome among Regional Science High School for Region 1 Honor Students. 1. What are the manifestations of the duck syndrome among honor students? 2. What are the challenges of students with duck syndrome? 3. What are the coping mechanisms of students with duck syndrome?

Rate the Research Interview Questions according to its Content Validity. Put a check (✓) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	Highly Valid	Valid	Somewhat Valid	Not Valid
Content Validity	The test fully represents what it aims to gather.					

Comments & Suggestions:

Validator:

Signature over printed name

Date Validated

Appendix B

Validated Interview Questions



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I



Interview Questions for the Respondent

1. Challenges with Duck Syndrome?

- a. What are your struggles with duck syndrome?
- b. What are the signs of duck syndrome you manifest?
- c. What are the factors that contribute to the pressure that you feel?
- d. What are the examples of your academic struggles in order to stay afloat in RSHS?
- e. What do you feel as you are inside the RSHS for R1 and yet can be drowned at any moment?
- f. Have you ever thought of transferring to another school due to the academic pressure? If yes, why are you still here in RSHS for R1?
- g. Is there a time when you have experienced a sudden burst of emotions or a breakdown in public? Explain.
- h. How does the “duck syndrome” affect your academic performance?
- i. How does “duck syndrome” affect your
 - a. Social health
 - b. Mental health

2. Coping Mechanisms with the Duck Syndrome?

- a. What are your coping mechanisms to overcome academic pressure?
- b. What are your ‘efforts’ that you make to stay afloat?
- c. Have you ever tried to get out of the environment that you are in just to save yourself from experiencing the “duck syndrome”? If you had already done so, then what were the effects of it? Did you feel better than the environment you were in before?
- d. Are your parents aware that you are experiencing this kind of struggle? If yes, then what are their reactions and insights about it? If not, did you ever try to open up this struggle of yours?

Appendix C

Level of Validity of Interview Questions



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT VALIDITY TESTING TOOL

Research Title:	FRANTICALLY PADDLING TO STAY AFLOAT: STUDENTS' CASE OF THE DUCK SYNDROME
Proponents:	Alambra, Rovie Ann L. Bustamante, Aleyah Jamel H. Dauz, Armi Chevin F. Grade 11-Euclid
Research Problem with Specifics:	This study aims to explore and gain a deeper understanding of duck syndrome among Regional Science High School for Region 1 Honor Students. 1. What are the manifestations of the duck syndrome among honor students? 2. What are the challenges of students with duck syndrome? 3. What are the coping mechanisms of students with duck syndrome? 4. What intervention can be proposed with the result of the study?

Rate the Research Interview Questions according to its Content Validity. Put a check (✓) mark as your rating for the instrument.

Criteria	5	4	3	2	1
	Very highly valid	Highly Valid	Valid	Somewhat Valid	Not Valid
Content Validity	The test fully represents what it aims to gather.				

Comments & Suggestions:

Validator:

Aurelia S. Garcia
AURELIA S. GARCIA
 Signature over printed name

4/14/2023
4/14/2023
 Date Validated



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I



Interview Questions for the Respondent

1. Manifestations with the Duck Syndrome

- a. What are the manifestations of duck syndrome to you?
- b. What can you say after finding out that you have duck syndrome?
- c. What are the factors that contribute to the pressure that you feel?

2. Challenges with the duck syndrome

- a. What are your struggles with duck syndrome?
- b. What are the examples of your academic struggles in order to stay afloat in RSHS?
- c. What do you feel as you are inside RSHS for R1 floating yet can be drowned in any moment?
- d. Have you ever thought of transferring to another school due to the academic pressure? If yes, why are you still here in RSHS for R1?
- e. Is there a time when you have experienced a sudden burst of emotions or breakdown in public? Explain.
- f. How does the "duck syndrome" affect your mental health and academic performance?

3. Coping Mechanisms with the Duck Syndrome

- a. What are your coping mechanisms to overcome academic pressure?
- b. What are your 'efforts' that you do to stay afloat?
- c. Have you ever tried to get out of the environment that you are in just to save yourself from experiencing the "duck syndrome"? If you had already done so, then what were the effects of it? Did you feel better than the environment that you were in before?
- d. Are your parents aware that you are experiencing this kind of struggle? If yes, then what are their reactions and insights about it? If not, did you ever try to open up this struggle of yours?

What do you feel as you are inside the RSHS for R1 floating yet can be drowned at any moment? or
 What emotions do you experience as you are in the RSHS for R1 but have the ability to be drowned at any time?



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Comments & Suggestions:

Please find note of the suggestions - Ty

Validator:

MAGNOLIA PAZ A. (A7)
 Signature over printed name

14 April 2023
 Date Validated



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Interview Questions for the Respondent

- 1. Manifestations with the Duck Syndrome** *What are the signs of duck syndrome you manifest?*
- What are the manifestations of duck syndrome to you?
 - What can you say after finding out that you have duck syndrome?
 - What are the factors that contribute to the pressure that you feel?
- 2. Challenges with the duck syndrome**
- What are your struggles with duck syndrome?
 - What are the examples of your academic struggles in order to stay afloat in RSHS?
 - What do you feel as you are inside RSHS for R1 floating yet can be drowned in any moment?
 - Have you ever thought of transferring to another school due to the academic pressure? If yes, why are you still here in RSHS for R1?
 - Is there a time when you have experienced a sudden burst of emotions or breakdown in public? Explain.
 - How does the duck syndrome affect your mental health and academic performance?
- 3. Coping Mechanisms with the Duck Syndrome**
- What are your coping mechanisms to overcome academic pressure?
 - What are your 'efforts' that you do to stay afloat?
 - Have you ever tried to get out of the environment that you are in just to save yourself from experiencing the "duck syndrome"? If you had already done so, then what were the effects of it? Did you feel better than the environment that you were in before?
 - Are your parents aware that you are experiencing this kind of struggle? If yes, then what are their reactions and insights about it? If not, did you ever try to open up this struggle of yours?

a. How does duck syndrome affect your academic performance?

b. How does duck syndrome affects your

- Social health
- mental health



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Comments & Suggestions:
*more or less questions accuracy . improve
 instruction of questions*

Validator:

Rovie Ann L.

Signature over printed name

4/14/2023

Date Validated



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Interview Questions for the Respondent

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APPENDIX D



REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Ma. Christina East, Bangar, La Union

Letter for the Principal

May 4, 2023

MRS. NANCY G. HOGGANG

Principal II

Regional Science High School for Region 1

Ma. Christina East, Bangar, La Union

Madam:

The undersigned are Grade 11 learners from the Regional Science High School. As a partial fulfillment of the requirements in the subject Practical Research 1, we are currently conducting a research study entitled **"Frantically Paddling to Stay Afloat: Students' Case of the Duck Syndrome."**

This study aims to explore and gain a deeper understanding of duck syndrome among Regional Science High School for Region 1 Honor Students: their manifestations, challenges, and coping mechanisms. Likewise, this study will help the respondents by allowing them to learn about the coping mechanisms of other respondents, which may help them cope with their situation. Furthermore, this study will also aid and guide the teachers, who are still dedicated to providing their students with understanding and comfort. This study will also help the teachers gain information about this situation and how to deal with students who have duck syndrome. Through this study, the students and researchers will benefit as well, because it can be used as a reference in their research.

In this regard, we respectfully request you to kindly permit us to conduct the study in your school, the **Regional Science High School for Region I**, as we ask for the participation of students who are experiencing the duck syndrome. The identity and information gathered will be strictly kept confidential and will only be used for the research study purpose.

We appreciate your consideration of our request in conducting our research study in your school and for being a part of our study.

Thank you and may the Lord bless you with a thousand folds.

Very truly yours,

Alambra Rovie Ann, L.

Bustamante, Aleyah Jamel, H.

Dauz, Armi Chevin, F.
Grade 11 Researchers

Noted:

Approved by:

ANTONIETTE G. PADUA
Research Adviser

NANCY G. HOGGANG
Principal II



DepED
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I
 Ma. Christina East, Bangar, La Union



May 4, 2023

NANCY G. HOGGANG
 Principal II
 Regional Science High School for Region I
 Ma. Christina East, Bangar, La Union

Madam:

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We appreciate your consideration of our request. Thank you and may the Lord bless you with a thousand folds.

Very yours truly,

ALAMBRA-ROVIE ANN, L.

BUSTAMANTE, ALEYAH JAMEL, H.

DAUZ, ARMI CHEVIN, F.

Grade 11 Researchers

Noted:

ANTONIETTE G. PADUA MAEd-Math

Research Adviser

Approved by: *Nancy G. Hoggang*
NANCY G. HOGGANG
Principal II

Note: No stamp will be attached

Strictly observe Dapa Ringgit

Lap

Appendix E

Informed Consent



REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Ma. Christina East, Bangar, La Union



Research Title: Frantically Paddling to Stay Afloat: Students' Case of the Duck Syndrome.

This study aims to explore and gain a deeper understanding of duck syndrome among Regional Science High School for Region 1 Honor Students: their manifestations, challenges, and coping mechanisms. Likewise, this study will help the respondents by allowing them to learn about the coping mechanisms of other respondents, which may help them cope with their situation. Furthermore, this study will also aid and guide the teachers, who are still dedicated to providing their students with understanding and comfort. This study will also help the teachers gain information about this situation and how to deal with students who have duck syndrome. Through this study, the students and researchers will benefit as well, because it can be used as a reference in their research.

If you agree to participate, you will be subjected to a face-to-face interview with open-ended questions. The interview time and location will be agreed upon with you and will take place when and where it is most convenient and comfortable for you. The interview will be audio recorded on a cellphone so that no important data is overlooked or forgotten. When the study is finished, all files will be discarded.

One risk associated with this study is that you will be asked to submit personal information about your thoughts on the subject of the research. You may not provide your name in order to maintain confidentiality. All papers will only be known by your pseudonym. The findings of this study may be shared through scholarly publications as well as presentations at conferences or lectures. If you want, you can request a copy of the finished manuscript.

This letter of consent is necessary for us to ensure that you understand the purpose, as well as the conditions of your participation. You are, therefore, encouraged to read the following:

- The interview will be audio recorded. A transcript will be produced, and the actual recording will be kept confidential.

- You will be sent the interview transcript, as soon as it is produced, and you will be allowed to correct any factual errors.
- Access to the interview transcript will be limited to the researchers and academic colleagues with whom they might collaborate as part of the research process.
- The researchers will subject the interview transcript to a thematic analysis.
- Any interview content, whether made available through academic publications/outlets or not, will be anonymized to not reveal your identity.
- The interview content may be used in: (1) academic/policy papers or news articles; (2) media that might be produced, for instance, spoken presentations; (3) feedback events; and (4) an archive of the research.

By signing below, you agree that:

1. You are voluntarily participating in the research. You understand that you do not have to participate, and you can withdraw from it any time;
 2. You approve of the conditions presented regarding your participation; and
 3. You don't expect to receive any benefit (i.e. payment) for your participation.
-
-

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it. I consent voluntarily to be a participant in this study.

Signature of the Participant over Printed Name: _____
Date: _____

Noted:

ANTONIETTE G. PADUA MAEd-Math
Research Adviser

Appendix F

Survey Questions

Name: _____

Grade & Section: _____

	YES	NO
I give off an appearance that I am in control, but I am having trouble.		
I present myself in public as calm, content, and problem-free, then in private I am stressed and struggling.		
I am shouting in my head because I feel mad, stressed, and powerless.		
I compare myself to others and think that others are in greater control and others are doing better than me.		
I set high standards for myself and feel under pressure to meet them.		
Anxiety over scrutiny or criticism.		
Believing that someone is intentionally manipulating a situation to put me to the test.		

***For research purposes only, all gathered information will be kept confidential.**

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it. I consent voluntarily to be a participant in this study.

Signature of the Participant over Printed Name: _____
 Date: _____

Appendix G

Research Documentations



Figure 2. Giving survey forms to the Possible respondents



Figure 3. Sorting the survey results



Figure 4. Interview

APPENDIX H
Transcribed Data

Q1	What are your struggles with duck syndrome?	CODES
R1	Siguro po yung pressure na kwan, umm, ano ba to, parang katakutan din po kasi po umm, as an achiever, parang malaki po yung ano nila, yung expectation nila sakin kaya parang na-uunder pressure po ako ganon.	Expectations
R2	Ang mga paghihirap ko po with duck syndrome is yung time na parang kailangan ko po ng kasama to discuss or to i-open up po yung mga problems ko pero hindi ko po kaya kaya sinasarili ko na lang po kasi parang ayoko po na idamay po sila sa probs ko ganon.	Self-reliance
R3	Syempre nu maymaysak, makarikna ak latta ti rigat kasdiay, uhm, nu dadduma makasangit ka, syempre ket marigrigatan ka tapos ti makitkita da ti ruar ket, uh, nag chill metten kasdiay.	Self-reliance
R4	Ah minsan po kwan pag nangyayari po sakin yan uhm nanginginig po yung kamay ko, ganon po, pero pag kalmado parin po yung hitsura ko po tapos sa deep inside po uhm nahihirapan na po talaga ako sa mga competitive kong mga classmates minsan, ganon po, pero kinakaya ko po naman po pag ganon. Pero minsan, nahihirapan din po ako sa mga ka-classmates ko po, tapos nahihirapan din po ako sa mga basta po pag meron pong meron pong mga activities po mga ganon tapos ma mababa po yung mga nakuha ko tapos marami po sa mga classmates ko, nanghihinayang po akos sa mga ganon kaya mas ginagawa ko po dun is like uhm nag ginagawa ko po sa sarili ko ganon ay iniisip ko lang po na “Gagawin ko pong mas mas better kaysa sa kanila” tapos ano po, basta ganon po, ganon.	Competitive classmates Low scores Mask
R5	Parang wala rin po silang concerns about sa akin or wala rin po silang tinatanong sa akin kung okay lang po ba ako o hindi.	Apathy

R6	Kasla ngay kuwa ate, adda ngay ti expectations ngay nga dapat nga maam mwam. Adda met diay times nga pagar aramidak ti tests ko ngay ket haan ko latta nga ma reach dadiay nga expectation ko ti sarilik.	Expectations
R7	Syempre kapag ganun, parang ang strong mong person wala nang nag a-ask ano ba talagang nangyayari, parang okay ka lang sa kanila eh so hindi na nila, they don't mind to offer a helping hand na, pero partly, kasalanan mo rin eh, kasi parang pinapakita mo na strong ka naman na hindi mo sila need, so feeling ko may part ka din doon na kasalanan kay hindi sila nag re reach out ganun kumbaga.	Apathy
R8	Uhm mostly dito kasi sa bahay parang hindi siya iyong hindi siya really safe na environment para sa akin not parang on a way naman na physical abuse pero more on emotional so behind that parang ayoko talagang nakikitang may something sa akin.	Repression
R9	Uh no dadduma ate ngay ket kasla ngay agpang-panggap nak lang ngay nga nasaya kasjay pero feeling ko ngay ket kasla haanak ngay nga enough kasla kasjay ate, kasi mostly ngay ket kasla madis-disappoint nak pay ijay ayanti grado ko no makitak ayanti sabali nga classmate ko ket nangat-ngato jay grado na kaysa jay kanyak.	Mask Disappointment
R10	Ado ah ti struggles ko lalo nu kayat ko agstay calm pero kayat kon talaga ti kala ag....kala burst kasdiay. Kala kayat ko lang aglaawen ngem dik maaramid ta syempre kala baka pay adda ibaga ti sabali nga tao nga "apay ta kasta met ugali nan, agin lalaing" or "bakit ganyan pala yan bakit kung maka react ganto ganyan" which makes for me to live by then, kasi syempre trying to stay calm in difficult times is parang nagbbottle ka lang ng emotions mo and mahirap yung ganon kasi hindi mo talaga mailabas lahat ng hinanakit mo ken nag rigat adiay ta kasatno ngay nu one day mapuno nako pero diko parin alam kung paano imange yung emotions kong ganto diba kaya mahirap talaga, ken attuy kut kala feelings lang para ti maysa tao kala nagrigat nga kala iduldulin. Actually hindi lang parang kwan- sa school	Self-restraint Fear of judgement Bottled up emotions Emotional

	lang to maapply kasi pati na rin sa love maapply mo nato kasi for example parang may tinatago ka inside pero gusto mo na talaga sabihin ganon basta pero yun talaga yung struggle ko nahihiapan nako mag kimkim ng mga emosyon and ang hirap maging calm lalo na kung masyado nako nap pressure sa lahat ng bagay na nakapalibot sakin, kasi feeling ko naiiwan nako sa mga bagay bagay kaya bakit diko to magawa ganyan- parang yung pressure na rin kasi kut parang nag grow na talaga rin mismo sa sarili ko to the point na pinepressure ko na talaga yung sarili ko mismo para maaccomplish ko yung isang bagay kaya aaaaaah nakakapagod ganon, minsan gusto ko nalang humimlay ahahaahahah joke pero legit nakakapagod minsan, iniisip ko nalang ket kung 'di ba ako academic achiever since bata pa kut baka diko mafe-feel yung pressure sa lahat ng bagay.	dysregulation Correlation to love Pressure Self doubt Tiredness
R11	Struggles ko kut ano, limited lang ung oras na binibigay ko sa sarili ko para mag break down or iacknowledge or accept ngay my emotions kasi we're in RS, walang oras para mag break down. Nagreresult sa pagka-pon ng lahat sa loob loob ko	Limited breakdown time Bottled up emotions
R12	Uhm struggled sa deadlines and uhm erh pressure siguro.	Deadlines Pressure
R13	Uh I always struggle to survive and keep up with my classmates po and all while keeping up the image that I can do it and tas relaxed ako, like, anong tawag dun? Yung go with the flow lang po.	Struggling to survive Keeping up the image
R14	Uhm I often envision myself as a student attempting to live up to the high expectations that yung uhm yung parents ko that have for me while still maintaining a stable facade that everything is	High expectations

	<p>fine. Since my sister is a high achiever and my parents held her to a higher standard than I could ever hoped to, I have spent the better part of my life being one simply compared to her, this has lead to variety of issues including fear of failure, isolation, burned out, low self-esteem and a constant sense of overwhelm. Not just at home but where-where I encounter these issues might also be everywhere such as at school where others occasionally question my sister, why she has better marks and test results than I do. Everywhere I go, people around me only make things worse for me, they continually pass judgment on others without understanding the struggles that that person may be facing.</p>	Compared Fear of failure Low self-esteem Isolation Burned out
R15	<p>Ay syempre uhm nage-expect yung mga taong nasa paligid ko na parang kaya ko lahat so like hindi ako allowed na ipakita na na parang nahihiapan ako, just like I need to be strong and tough all the time and that they should not see me struggle and dapat always kalmado lang kasi I feel like they rely on me, ganon ading. So dapat kalmado, and yung yung struggle nga parang naiipon lahat yung yung dapat kong ma feel inside and then kapag mag isa na lang ako doon lumalabas uhm magra-random breakdown na lang ganon kapag mag-isa, so parang may mask all the time, mahirap mag mag uhm-wait lang ading, mahirap ilabas yung totooong nafe-feel sa iba kasi I feel like ma jujudge ka kapag pinakita mo na hindi mo kaya so always dapat under control lang, parang ganon yung pinapakita.</p>	Mask Expectations Reliance of others Breakdown time Bottled up emotions I feel judged

R16	Uhm, ano, nahihiapan akong ipakita kung ano ba talaga iyong nararamdaman ko, like syempre, nakikita na nila ako as a chill person, so parang iyong hindi nahihiapan, so ganun, so if nagpapakita ako ng ganun, hindi na, parang hindi na sila naniniwala sa akin.	Unexpressed feelings
R17	Uhm yun pong sigurong attitude ko na nasanay na po na parang kaya ko na ganon po, na hindi ko na po kailangan ng assistance, ganon.	Independence
R18	Uhm, nahihiapan akong i-maintain siya kasi, uhm, I have ano, hindi ko kayang i-keep up iyong sarili ko minsan uh, so I struggle with ano ba talagang side ang ipapakita ko minsan, i-straight forward ko na lang ba na sasabihin ko sa mga kasama ko na, ay patulong nga since ano medyo I think nahihiapan na ako or i-continue ko na lang na like I said na carefree na personality na i-keep ko na lang sa sarili ko na kaya ko iyan, wala na akong pakialam diyan kahit na na prepressure na ako inside.	Maintaining the image Confused
R19	Uhm, nag brebreakdown ako, nakakapagod, nakaka stress.	Tiredness Breakdown Stress
R20	Uhm, struggles, siguro ano, like iyong na le-left behind na iyong totoong emotions and then kapag kasi nakikita nilang na uhm, medyo masaya ako then hindi na nila made determine na hindi talaga ako okay, parang which is, uhm, basta parang struggle ko inside, hindi ko lang talaga masabi iyong term since, uh, dapat ket kapag humaharap o kinakausap ka sa ibang tao, especially sa mga classmates ko, uh, dapat light lang ang facial expression ganun, and just like what i've said kanina, na le-left behind na talaga iyong emotions ko kapag ganun, parang mahirap na ilabas.	Unexpressed feelings Hard to express
R21	Naguguluhan palagi ako sa isip ko, parang mas marami akong nakakalimutan ganun, iyon po. Tapos minsan iyong galit ko ket, uhm, bigla bigla na lang na lang siya na lumalabas tas nadadamay ngay iyong mga friends ko pero when it comes to answering	Confused Sudden burst

	answering na, parang babalik ako sa state ngay na kunwari joke joke lang iyon parang nag aano lang ako, ganun.	of emotions
R22	Sa mga uhm parang po if kailangan ko ng presentation sa school, yung parang pag magtatanong sila sa'yo uhm parang chill ka lang parang alam mo lahat even though deep inside hindi mo naman pala sure yung mga sinasabi mo and naguguluhan ka din sa mga ibinigay na gagawin and minsan rin po if puyat na puyat ka sa gabi tapos the day after, papasok ka na sa school, parang wala lang, parang yung hindi ka puyat, yung hindi ka nag hirap sa na mag study nung gabing iyon and yung uh yung pag pag may exam parang uh-wala na po akong maisip.	Mask Confused The unknown behind the scenes
R23	Kasla ngay kuwa, mosly ket kuwa, school works met lang, dagidiay maipanggep met lang ti school, dadiay lang, awan met sabalin.	School works
R24	Like since ate nasanay da ngay nga kasjay ti makitkita da kanyaket kasla parang na parang unfamiliar ngay kinyada ate jay kasjay nga personality so like maawatak to lattan no kasatno dak like kasatno dan to latta ag react kanyakon no kasjay ti ipakpakitak nga personality.	Mask Already used to
R25	Parang hindi ko na na eexpress nang maayos iyong sarili ko, hindi ako nakakapag communicate nang maayos, hindi nila nalalaman iyong totoong nararamdamen ko, parang iyong nalalaman lang nila ket iyong beneath the surface ganun, hindi iyong deep na parang ma gegets nila iyong true na nararamdamen nang isang tao ganun.	Unexpressed Feelings Beneath the Surface
R26	Well, iyong struggles ko, I am constantly under the pressure of performing well academically. I have to stay in the honors list consistently. The thing is that I don't want people to see me struggling so I have to conceal all the hardships that I am experiencing.	Under pressure Mask
R27	First sa sarili ko, naiipon ngay 'yong mga pressure sa loob ko. Hindi ko siya ma-share sa iba, sa family ko kasi wala kaming	Pressure

	<p>open communication about sa mga problems, although we are close naman. But unlike to other families na napag-uusapan nila 'yong mga problems nila, mga relationships, mga nangyari sa araw nila. Hindi ganon sa'min. So the pressure keeps building up inside me. Dalang-dala ko talaga. Second naman sa acads, I can't help but compare myself to others. Feeling ko ulit ket hindi ko ka-level mga classmates ko? Feeling ko hindi enough 'yong mga ginagawa ko. Ang tatalino kasi nila, may mga hindi nagre-review, klinia-clutch nalang 'yong ST's, hindi nag pass ng PT's, and yet pasado sila. Name-maintain parin nila honor nila. Compared to me, who stayed up all night just to review all my notes, pero hindi pa rin ma-perfect st, may wrong pa rin. Pero pasado pa rin. But it wasn't really enough e. 90 nga na grade, hindi na ako satisfied. I don't know why. Hindi ko mapigilan 'yong ganong nararamdaman ko. Sarili ko lang naman kalaban ko dito.</p>	Comparing Unsatisfied Inner battle Peer pressure
R28	<p>Uhm it really degraded my mental health and also I'm starting to be disappointed with myself since of having duck syndrome means that you can't express your feelings to others uhm hindi ko masabi yung problema ko sa kanila since nahihiya ako or I just want to maintain the image na ok ako sa labas and then talagang gusto ko lang ipakita na nag-aaral ako ng mabuti despite the fact na marami akong struggles na pinagdaraanan and a lot of pressures coming from my parents and relatives. So yung problems is hindi ko talagang ma express and masabi sa mga kahit sa mga friends ko so uhm unti unti talaga siyang naiipon and mas nasisira yung mental health ko kasi lagi ko nalang siyang iniisip kasi wala akong mapagsabihang iba or hindi ko talaga kayang sabihin sa kanila.</p>	Disappointment Mask Pressured Unexpressed problems Bottled up emotions
R29	<p>My struggles po sa duck syndrome sa school is that hindi po nano-notice nung mga kaklase ko uh mga kagrupo ko na I'm in deep suffering kasi I appear to be calm and strong in front of them, it hurts and it sucks na hindi man lang nila ako kamustahan kahit na alam nilang nahihirapan na ako as a group leader. Here naman po sa home, wala naman pong problema. My parents don't pressure</p>	Unnoticed sufferings Mask

	me naman po, I'm just the one pressuring myself. Sa church po, I appear okay sa labas pero I'm badly suffering with my spiritual health and that hurts.	Self-pressure
R30	Siguro yung naging struggle ko is that nasanay na ako dito-nasanay na ako in a way na parang ngay pag may fe-feel ako nakini-keep ko nalang sa akin. Like for me that's that's negative for me kasi hindi mo masasabi sa kanila kung ano talaga yung nafe-feel mo, ganon. Like yun yung struggle sakin-naging struggle sakin na hindi ako gaanong kadali mag or hindi talaga ako nag o-open up to those people, especially my family. I mean uh nafe-feel ko na uh nahirapan ako sa ganito, nahirapan ako sa ganyan, like hindi ko directly na sinasabi sa kanila uh to my friends, to my very close friends ko lang nasasabi. So, I think that's an effect to me na na uh duck syndrome uhm causes me to uhm keep that struggle or that stru uh I mean keep my feelings and emotions just for myself na hindi ko shini-share sa iba.	Unexpressed feelings Keeping the struggle Independence
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Scratched: Damaged, Drowning in Seas of Expectations: A Battle for Breath, You're Killing Me Slowly, Collate and Contrast, A Hole in the Heart, Am I Still Myself?		
FQ1	What personality are you showing to other people?	CODES
R1	Parang kwan lang po, kalmado na focus na focus ka talaga sa lesson, parang alam mo talaga yung ginagawa mo, pero in reality hindi talaga.	Calm Mask
R2	Umm, tahimik lang po pero pag nakakasama ko po yung mga kaklase ko po nung Grade 7, parang may mga topics naman kaya nag-iingay naman po ako minsan.	Silent Certain people
R4	Ang ipinapakita ko po ngayon is yung parang wala po akong pakialam sa mga activities, sa mga grade ko po ngayon kasi totally po nahirapan na po ako ngayon, dahil tas nasa RS pa ako ngayon. Nahirapan na po ako ngayon pero para sa kanila is okay	Unbothered personality

	lang po ako ganon, parang binabalewala ko na po yung mga studies ko pero ang totoo po ngay ket nahihiapan na po ako pero okay lang po na iniisip nila na binabalewala kaysa naman naging parang gusto ng academic basta gusto yung maging with honors. Yung akala kasi nila is binabalewala ko na yung studies ko pero yung totoo po ngay ket hirap na hirap na po ako sa studies ko po.	Wrong presumptions
R5	Umm minsan po pinapakita ko po sa kanila na okay lang lang ako, pero deep inside po nagsstruggle po talaga ako about sa mental health ko po.	Mask
R6	Kasla ngay kwa ate “Alah awan pakek no mano ti score ko basta ngay nalpasen” kasjay	Unbothered personality
R7	Ayon parang ano parang wala akong side na vulnerable ako, parang palagi akong mas calm. Parang kaya ko lahat, parang hindi ako naga-ask for help, hindi nagse-seek for help sa others ganon, parang calm lang.	Calm Unbothered personality
R8	Uhm usually po, kapag nasa outside ako mas more on masalita talaga ako pero yun, yun siguro yung napapakita ko, na always happy ganon.	Talkative
R9	Yung parang kalmado lang ate, yung minsan hindi ako nahihiapan pero deep inside nahihiapan po talaga ako.	Mask Calm
R10	Yung personality na pinapakita ko kut symepre kwa ah kala unbothered nak kasdiay- kala ok lang masaya kala kasdiay ngay tas parang ok lang na minsan ti maalak kut nababa pero saan met unay nababa ah pero deep inside kut ag panpanic nakon ngem ti ipakitak lattan ah kut parang kinakaya ko parin parang kasi kung ang ipakita ko na personality kut parang yung weak ngay na iiyak iyak gapo ti kasdiay nga banag- kala saan nga adiay ti panaka ammo ng mga sao saakin kasi ang pagkakaalam siguro nila sakin kut kala nag independent nga saan unay nga kanayon agbbreakdown ta kala kayak bagbagik uray awan sabali nga help ti sabali kaya parang ang weird naman if ipakita ko yung isa kong	Unbothered personality Wrong presumption Mask

	side ng personality na yung mas invulnerable hahaha yang side kasi na yan isa lang nakakakita at the moments hahahaha joke pero totoo sa iba ganon pinapakita ko pero sakanya kut dun ko lang sinasabi yung parang marigrigatan nak kala adda lang maysa tao nga makammo ti amin kala nagbalin kon nga safe space ngay kaya nakadepende pay jay personality nga ipakitak- depende sa kaharap or kausap ko ganon	Certain people
R11	Halo halo but usually I tend to be loud when I'm with people na matagal ko na nakasama. There are times din na nakadepende sa mood ko ung personality ko so I can't really give you concrete answers.	Certain people
R12	Uhm parang quiet or hindi pinapakita na stressed ako or I'm struggling.	Quiet Calm Mask
R14	Uhm ate yung personality ko po na ipinapakita ko sa ibang tao is often po na yung parang happy happy and jolly pero deep inside ket parang nasasaktan ganon tapos parang I'm just trying to keep uh straight face para lang hindi makita ng ibang tao yung ganon ko pong side.	Bubbly personality Mask
R15	Uhm actually, sa ano sa outside tinatanong ko sila kung paano nila ako i portray so sabi nila uhm strong personality daw and independent ganon. Yung like uhm parang hindi ako nag iiistruggle na gawin yung mga tasks na binibigay sakin and uhm I can handle myself on my own, yun yung usually na nipapakita ko sa iba, unconsciously.	Strong independent personality
R16	Uhm, ano lang, chill ganun, like ang hirap kasi magpakita ng mga negative na side or iyong side mo na like, for example, may activities or assignments ganyan or performance task, tas	Calm

	mahirap, pinapakita ko lang na kalmado lang kahit kinakabahan ako what if hindi ko matapos ganyan.	
R17	Uhm parang yung personality ko po na uhm pagiging responsible po sa mga ginagawa na kaya ko po yung mga activities, ganon.	Responsible
R18	Parang carefree, parang uhm, wala akong pake, usually kapag kunware, uhm, kapag may summatives ganun, ang usual ko lang sinasabi is wag na iyan, mababa lang rin naman makukuha mo diyan or stock knowledge na lang isasagot mo diyan since basic lang naman, uhm, medyo favorite ko lang rin naman iyong subject na iyon. Or nag po phone lang ako pero in ano, uhm, parang natatakot na ako, ganun.	Carefree Unbothered personality Mask
R19	Uh, sa tingin ko, uhm, i am showing what i really am and i am a shy person when it comes to people na kilala ko lang for just short period of time, kadalasan sa mga strangers and sabi ko nga na i am socially awkward rin kaya parang nahihiya rin ako makipago, magpa interview sa inyo kasi baka mablangko ako ganun. Uhm, madali lang ako maka feel ng awkwardness sa mga taong hindi ko talaga masyadong close kahit i am trying to initiate the topic so that hindi awkward iyong atmosphere ganun tapos mababaw rin kaligayahan ko, pero mababaw rin iyong luha ko and talagang hindi ko pinipigilan iyong sarili ko sa kung ano talaga ako especially inside the school kasi doon ko natetest kung sinong makaka accept sa akin kung sino talaga ako na let, uhm, let ano, ipakita mo kung ano ka talaga, just be yourself, like that iyong motto ko. Pero i do not tolerate my self na i continue iyong alam kong hindi magandang ugali ko na parang inaayos ko iyon ganun.	Shy Socially Awkward The real me
R20	Uhm, kapag mga hindi ko medyo ka close ket haan medyo ag ngingiit kinyada kasdiay, then meron talaga iyong parang uhm, aura ko na parang hindi, uhm, hindi siya approachable, ganun, kasi meron din iyong mga nagsasabi sa akin na iba na medyo natatakot daw sila na lumapit kasi nga iyong facial expression ko daw is medyo serious kasi nga uhm, hindi ko naman ka close iyong uhm, iyon, iyong isang tao, ganun, medyo serious lang.	Mask Unapproachable look

	Kapag classmates siguro, medyo light iyong facial expression, pero kapag schoolmate naman, since hindi ko naman ka close iyong lahat, meron pa rin iyong facial expression talaga na uhm, serious talaga, kapag hindi ko ka close. Pero kapag classmate, yah, uhm, merong, uh, approachable ako and medyo light iyong facial expression ko. Close friends, ganun din, pero mas ano lang, medyo, let's say, uhm, i, uh, let's use the word more happy lang ganun, hindi ko kasi ma kwan, ma determine iyong word.	Serious Certain people
R21	Of course ket ate uhm, parang nag silsilbi po akong minsan entertainment, happy go lucky na friend, para hindi ma stress iyong mga kasama ko. Pareho din, na sstress deep inside na parang sila pero gusto ko lang mag think positive ganun po.	Mask Source of happiness
R22	Parang kalmado lang po uhm yung parang normal-act normal.	Calm
R23	Kaslay ngay, kuwa, kanayon ak lattan nga agis isem kasdiay, kanayon nga masaya kasla kasdiay ngay.	Happy personality
R24	Like mostly ate ket ano like uhm nalaka nak lang gamin nga kwa ate like friendly ngay ate, gullible person parang ket kwa pero like like ngay ket han ko met nga tapno haan nga ma affect dagijay adda diay environment ko ket even no agi-struggle nak ket kwa latta, ag-smile nak latta, kasjay ate.	Mask Friendly
R25	Siguro iyon nga, iyong calm, strong, iyong dapat composed ka lang ganun. Pero deep inside, syempre madami, hindi mo ma explain unang una sa lahat, iyong marami kang nararamdamang tapos hindi mo siya, parang hindi mo siya mapakita nang maayos siguro dahil may mga taong pumipigil sa'yo parang na re restrict iyong parang too emotions mo, hindi mo maipakita, siguro, ganun iyon.	Calm Strong personality Unexpressend feelings

R26	Well, pinapakita ko na kaya ko lahat and under control ko iyong lahat even though deep inside alam kong under a lot pressure ako, hindi ko kaya lahat ng iyong	Pressure Mask Under control
R27	Personality? Depende rin kasi mahiyain akong tao e. Pero in terms of academic, or sa school, ipinapakita kong personality is like I don't feel any pressure na nararamdaman? or parang kumambaga, carefree ganon. For example, during the first quarter. Transferee kasi ako, so I really needed to adjust and catch up talaga, big time. Masyado akong nangangapa noon kasi 'yong school na pinanggalingan ko is parang.. they had a lower academic or teaching system ngay. So talagang review dito, puyat dun, advance reading diyan ako noon. But I feel ko like I don't have the right to show the pressure na nararamdaman ko sa acads kasi nga RS 'tong pinasukan ko. "Epitome of excellence" nga. I feel like kapag pinakita ko 'yong pressure na nararamdaman ko ket talo ako? It would shatter my ego. So I just act like it doesn't really.	Mask Carefree Unexpressed emotions Pressured Adjustment
R28	Uhm my friend really know me for being jolly and friendly person so I think uhm ang pinapakita ko lang talaga sa kanila is yun, pagiging masya and talagang ha-hindi nila expect na meron akong uhm pressure or problems na pinagdadaanan in private.	Mask Friendly Jolly personality

R29	When I'm with other people, I show them a personality and where they saw me as someone who's not weak because some of my classmates look up to me and I don't want them to know but na I'm weak, I want to show them na I'm strong and brave na kaya kong ma overcome mga challenges dito sa school. Sometimes, pinepeke ko po-pinepeke ko po yung mga tawa ko and smile ko just to show them I'm fine. I'm an ambivert po, kaya lahat na nga po ata sa classroom is kaibigan ko. I'm a perfectionist, a grade conscious student kaya hindi po ako satisfied sometimes sa mga performance ng mga ka grupo ko kasi I believe na they can push pa through their limits but even though I'm a perfectionist, I am teachable and also a good listener, that's what she told me po.	Mask Strong personality Faking emotions Perfectionist
R30	Sa tingin ko yung pinapakita kong personality is that when I'm around with people or when I'm in social spaces parang ngay ano lang ako tahimik lang ako, I mean I'm calm tapos parang masayahin lang ako kasi pag kasama ko sila like machismis akong tao eh so parang chinichismisan ko lang sila ganon kung ano anong shine-share ko, ganon like I'm showing to them that I am happy, I'm okay, I'm calm, I am uh.. I am comfortable with them, ayun lang.	Calm Silent Certain people
Theme: Cool, Calm, and Collected: The Art of Handling Pressure, Exclusive Insights: Unlocking the Doors to a Chosen Few, Blooming Shadows of Discontent		
FQ1.1	But deep inside, what do you really feel?	CODES
R17	Uhm siguro po may slight po na pressure or parang gusto ko na rin po ng tulong din po from others.	Pressure Hesitation
R23	Awan, kasla nu agis isemak lattan kasla adda ti kuwan nga kuma nu adda panpanunutek nga school works, kasla ngay panpanunutek lattan diay pagbalinan nan, nga think positive kasla kasdiay.	Think positive

R30	<p>Well, naka base naman yun sa situation eh like for example, I am with a uhm with a group of people na parang bago ko pa lang nakilala ganon so parang uhm in my external ano-in my external uhm uh my external character parang pinapakita ko sa kanila na uh uh parang comfortable ako sa kanila like ngumingiti ako ganon to show them na uh I'm comfortable. Like for example uh nagtatanong sila, nagre-respond ako pero like deep inside na a-awkardan ako sa ganong situation or uh parang feeling ko ngay ket uhm meron anong merong space between us and that uh person, I mean between me and that person like pero pagka uhm for example pag kasama ko yung mga friends ko ganon like kung uhm usually kung ano naman yung pinapakita ko sa kanila, ganon naman talaga ako eh. Like for example, chichismisan kami like that's my personality ganon pinapakita ko sa kanila ganon, kasi for me it depends dun sa situation naman kung sino yung mga kaharap ko or any situation I am in.</p>	Certain people Depends on situation you are in Awkward feeling
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ1.2	Deep inside, do you also feel struggled or pressured?	CODES
R23	Wen, everyday kasdiay, every hour, gamit ket kuwa, kasla ngay nalaingak nga ag overthink kasla kasdiay, kanayon ko panpanunuten dagidiay amin nga kuwa, uray ngay small nga problema, ngem diay panagpanpanunut ko ket padpadakkelek kasdiay.	Overthinking
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ1.2	Is that the personality that you really want to show to other people?	CODES
R8	Minsan, oo ate pero there are times na syempre gusto ko din na may kausap ako or may pagsasabihan ako nung kung ano yung nararamdaman ko dito sa sa bahay ganon. Parang at some point,	Craves attention

	gusto ko lang din na-parang yun, makita nila ako na hindi ako happy always, ganon.	Understanding
Themes: Unspoken Battles, Silent Tears		
FQ1.3	Do you show your struggling personality to other people?	CODES
R8	Hindi po ate kasi feeling ko pag pinakita ko po yun is hindi ako-parang mahina ako ganon pag pinakita ko, ganon.	Afraid of being weak
R20	Usually hina-hide ko talaga since, uhm, nasa posisyon ko rin, na as their president, na i should not, i mean, na hindi ko dapat pinapakita sa kanila na nahihiapan ako, uhm, specially sa pagha handle, kaya everytime na, kunwari, busy din ako, then magtatanong sila, uhm, palagi ko namang sinasagot with, uhm, light facial expression talaga, kasi, uhm, hindi rin kasi pwede na, uh, haharap ka sa kanila since may position ka rin, hindi pwedeng haharap ka sa kanila na serious iyong face mo kasi baka mamaya hindi na sila magtanong, ganun.	Hidden Mask Responsibility
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment		
FQ1.4	Is your personality, as shown to your classmates, actually who you are?	CODES
R2	Hindi po ate, kasi ngay ket sa classroom hyper po ako, like palagi po akong nakangiti tas pinapatawa ko po sila, pero deep inside ngay ket ako rin po minsan ket hindi na ako natatawa sa jokes ko kasi ngay ket meron pa rin po akong sadness deep inside pero hindi ko po pinapakita kasi ayaw ko po ipakita yung weak side ko.	Mask Afraid of being weak Unexpressed feelings

Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Unspoken Battles, Silent Tears		
FQ2	What are the challenges you face in school because of duck syndrome?	CODES
R2	Umm, yung pressure po na ano, yung dapat itong kaya ko pa po itong pinapagawa ni sir ganon, pero dapat i-push ko na lang po kasi hindi lang po para sa akin yung pangarap ko para makapagtapos pero with my family po kasi iniisip ko rin po, kumabaga parang gusto ko po na suklian din yung mga paghihirap nung tao.	Dreams to achieve Pressure Self reliance Returning the sacrifices
R3	Kuwa, uhm, parang mabain ka nga agdamagen ta uhm, parang nu sumangsango ka kalla ammom amin kasdiay, marigatan ka nga agdamag kasi mabain kan, kasi ti panagkita da kinyamon ket ah ammo na metten adiay, kasdiay.	Muted voice
R8	Uhm, siguro in terms of the ranking, syempre part ako ng honor lists, so kapag may nakikita akong mas mataas sa akin parang pinapakita ko lang na okay sa akin pero deep inside nag dodoubt ako sa sarili ko na bakit hindi ko rin kaya iyon, ganun, lalo na kapag mas mataas iyong nakuha nila, ganun, so parang naprepressure ako to keep up with them especially sa mga kaklase ko na mas magaling sa math, parang may pressure to always keep up with them, i-keep up iyong grades ko, iyong standing ko sa classroom.	Competitive nature Self doubt Self pressure
Themes: Unspoken Battles, Silent Tears, Silent Strains: Burdened by Fear of Judgment		

FQ3	When you were still in your lower years, were you afraid of being judged by people around you?	CODES
R19	Uhm yes, I'm afraid of being judged lalo na when I'm struggling kasi I think kasi na if pinakita ko na nagsstruggle ako maybe makita nila ako as weak na tao. And I'm afraid that they will judge me as OA. Pero as time passes by, when I really found my safe place kasi and when I am at the stage of you know maturing siguro or nagkakaisip na rin nang mas matured, na being able to show your kahinaan doesn't mean that you're weak.	Afraid of being judge Maturity
R20	I, uh, since grade 7 to grade 8, wen, gamin awan pay met, uh, haan nak pay masyado nga confident dadiay nga time and also, uhm, adda met gamin diay thought ko nga once ng agkamali ak nga ag move, diay mind ko ket i judge dak. Adda gamin diay naminsan nga nangyari, haan ko ammo nu kuwa, idi grade 8 ak, nakabettak'ak ti tv so awan pay met ti kuwak idiy, ammok met nga basol ko talaga idiyak nga nabutengan nga baka i judge dak tapos haan dak tun al alaen ti sabali nga teachers'en lalo ti star section ti sumar saruno nga grade or years, isu nga, kasdiay, mabutengak talaga idi lower years nga ma judge since awan pay confidence ko.	Not yet confident Afraid of judgements because of past mistakes
Themes: Silent Strains: Burdened by Fear of Judgment, The Unveiling: Embracing Your Emotional Truth, Haunted by Disappointment		
FQ4	Are you trying to hide your struggling side to the people around you?	CODES
R19	I am not afraid of showing my struggling side but when there's a time na I need to hide pa kasi ayokong sumabay sa ibang tao. Parang nilulugar ko yung pagpapakita non kasi nakikita ko rin kasi sa ibang tao na they have their own battles kahit hindi nila ipakita na nagsstrugle sila but I know deep inside meron something na nilalabanan nila. And sa mga taong alam kong they will never invalidate my feelings.	Mask Don't want to be a burden

Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Unspoken Battles, Silent Tears		
FQ5	Do you think you are already in your transitioning phase where you are showing your real personality without being afraid where everyone will judge you?	CODES
R19	And yes I think nasa phase na ako na kaya kong ipakita yung totooong ako. Kasi dati wala pa akong courage na tumayo at magsalita sa harap ng ibang tao pero ngayon even tho hindi nawawala sa akin yung nerbyos ko kapag naharap ako, pero ngayon kaya ko ng magsalita kahit minsan utal hahahahaha	Confidence
Themes: The Unveiling: Embracing Your Emotional Truth		
Q2	What are the factors or reasons that contribute to the pressure that you feel?	CODES
R1	Umm, siguro minsan po ano, umm peer pressure, tapos dati din po kasi hindi ako ganito ka-ano, parang mas matalino po talaga ako dati pero parang nag recline yung academics, tapos siguro meron na rin po yung ano, parang kinocompare sa iba, ganon.	Peer pressure Comparing
R2	Umm, yung mga pressure po na nararamdaman ko is yung diko mamamanage yung time ko po minsan, kasi mas marami po akong time na mag-overthink sa mga stuff kahit hindi naman po masiyadong importante, ganon po, tas nadidistract po ako, tapos hindi ko na po mamamanage yung time ko bago para po ng homeworks ganon, tas mag-eend up po ako na magka-cramming ng activities.	Time management Procrastination Overthinking
R3	Syempre, uhm, nu parents, uh, sika ket honor student kan ever since tapos bigla ka maawan, para ngay nagdakkel nga kuwa adiay, uh, dismayaya kanyada. Dismayado kasi naawan ka nga dagus.	Disappointment

R4	The first one po is yung family ko po kasi since kinder po is may honors na po ako kaya I can't disappoint them naman po, nakakahiya naman po, ganon po.	Disappointment
R5	Hmm yung parents ko po kasi, parang pine-pressure po nila ako, pag may hindi po ako naperfect na something po parang exam or summative test po, sinasabi po nila na parang hindi po ako masyadong magaling.	Pressure Disappointment
R6	Diay mismo nga school po, tas diay teachers, gamin adda minsan ngay nga agibagbaga nga nu addattoy ka RSHS, kastuy dapat ti performance mo, kalla ngay, diay level ti kalalaingan, dapat adda ka idiy baba na or mapantayam kasdiay.	Competitive
R7	Iyong mga expectations sa paligid, parang kasi, lagi ka na lang na nasa ano, may achievement, kaya parang wala na lang iyon sa ibang tao, parang lagi na lang, repetitive na may achievement ka kaya parang hindi na re recognize ng mga tao sa paligid mo iyong struggles mo kasi paulit ulit mo nang naa achieve iyon.	Repetitive achievement Expectation
R8	Mostly, syempre iyong uhm, parang fear ko na ayokong may mag judge sa akin, parang i'm super ano na wala silang masasabi sa akin and next doon siguro ay iyong dito sa bahay, iyong parang mostly is iyan, kila papa na dapat iyan laging ganito laging top 1 ka ganun so patang iyon iyong nagpapa contribute sa mga pressure.	Fear of judgement Expectation Pressure
R9	Uh first po ate about sa academic ganon po. Ayun lang naman po.	Academics
R10	Actually basta sa may family talaga hashaa, pero sa family ngayon medyo gumagaan na kasi recently lang nakita ako ni mama na umiiyak noon hahaha nakakatawa tinatawa ko nalang pero naiiyak nako ngayon pero kwan nakita nyako na umiiyak tas sabe ko sakanya ayoko na tas sabi nya lang ok lang yun kung dko na kaya ok lang pahinga nadaw ako ganon which made my	Pressure Expectation

	worries medyo nawala pero nandon parin yung bigat sa pakiramdam na yun na nga lang gagawin ko bakit diko pa magawa ng maayos, parang nahihiya ako sakanila kung wala akong maachieve sa buhay kaya parang may part parin na nappresure ako lalo na baka sugbatan nila ako sa future na binigay nila lahat bakit d ako nag- parang excel sa buhay kaya ganon-hahaha ayoko n humaba next kut kwan relatives nya? wen relatives- sa relatives naman kut meron kasi akong mga relative ngay na cinocompare kaming lahat na magpipinsan which ayaw naming na macompare sa isat-isa kasi close kami halos lahat and lalo pa ket yung mga pinag cocompare nya ket tлага mismo na mga literal kong ka close na pinsan, dahil dito kut pwede kasing mag cause na pati kami mag away away dahil para lang sa academic validation ng relative naming na to which makes pressure nanaman na parang naging academic rival mo bigla yung pinsan mo kahit di naman talga kayo magkakalevel talaga, kasi iba iba din naman kami ng pinag aralan and iba iba yung natutunan naming sa mga schools and syempre iba iba yung grading system per school kaya dahil don nagkakaroon ng toxic family away para lang sa grades, and lalo kami na mag college palang na mga relative niya ket binibigyan niya kami ng pressure na maka pasok sa mga magandang universities kasi daw yung iba naming pinsan dito diyan daw nag aral kayaaaa ganon mas nahirapan kami na mag live by as cousins ng maayos pero minsan wala nalang kmi pake sakanya nakakairita lang siya kung mag anak sana siya edi yun sana ipressure niya hindi kami na mga pamangkin nya parang nadadamay kami sa family life problems niya kaya ganon mas nakakapressure siya	Comparing
R11	Expectations of course. Kasi the longer you stay on top, the higher they will expect more from you, and kapag ganon you need to work harder to satiate their expectations. Malas kapag di sila nasatisfy.	Expectations
R12	Uh opinion of my family and comparing myself to other students.	Opinion of others Comparing

R13	Yung expectations po ng teachers sakin tas yung expectations na din po ng classmates ko.	Expectation
R14	Uhm I started isolating myself from others to try and find comfort and happiness all by myself. After that, different problems came rushing and resulted in struggling to socialize, fear of public speaking, the constant burden sessions, and other academic problems. This started when I was starting to grow and realize how exhausting it was to keep reaching for the-their expectations. I keep these issues to myself because when it's time to interact with other people, I put on my best face and make sure that no one sees my vulnerable side because if they do, I'm very certain that I will be criticised once more for appearing weak.	Isolation
		Effects of Isolation
		Mask
		Expectation
		Criticised
R15	Uhm I think yung mga roles na inatas sakin or mga roles na naka na na inobtain ko unconscious in unconsciously uhm parang yun nga maraming naka rely sakin usually sa mga works-school works, group works, parang ikaw yung leader and also sa-as a student leader na rin parang you need to keep yourself together all the time so that yun mga groupmates mo hindi sila mag panic, parang ngay kalmado rin sila and kapag may aberya man na dumating hindi nila pwedeng makita na magpapanic ka kasi as a leader yun yung dapat na makita-for me ha, like dapat ikaw yung mangunguna na maging strong or maging kalmado para lahat uhm para lahat sumunod sayo ganon, like kung kalmado ka magiging kalmado rin sila kasi hindi nila makikita na uhm mahina ka or may or nag i struggle ka na rin-personally, so yun yung nagco contribute is yun nga yung mga roles na naatas sakin specially leadership roles and also yun ring pagiging honor student ko kasi diba mostly ng mga honor student uhm nakikita nila as someone na uhm na hindi magaling naman like marunong sa mga bagay uhm academically related so, nafe-feel ko minsan na kung magpapakita ako na nagstruggle ako dito, parang I am not worthy to be called an honor student so I need to keep myself together, to keep everything under control kahit na	Roles
		Leadership roles
		Being calm in terms of crisis
		Not worthy
		Judgement of people around me

	hindi just so other people won't won't uhm won't judge me in a way na kapag nakita nila yung weakness ko sasabihin nila na hindi ko deserve yung title na meron sakin, ayon ading.	
R16	First, iyong family, like they always expect you to be uhm, on top, na laging dapat, you have to get high scores, high grades, so ganyan, iyon talaga iyong mahirap. And ako din, prenipressure ko din naman ang sarili ko minsan.	Expectation Self pressure
R17	Yun po siguro dahil meron na po akong nagawa na i-invest po yung ibang tao and yung pressure po na kailangan kong ma meet yung expectation na yun or even exceed pa po iyong expectation na yon.	Pressure Expectation
R18	Uhm, let's say na iyong parang, academic validation that i get, either from my peers or my parents. Uhm, kasi, uh, habang nag cocontinue ako sa academic journey ko, let's say nakakakuha ako minsan or always, not always, mostly, ng mga awards, like let's say iyong with honors, best in something or iyong mga grades ko na minsan na line of 9, iyon iyong parang nagpapa keep up sa akin na, oh sige, kakayanin ko na lang ito. I'll just uhm, say to myself na kaya ko ito, i co continue ko na lang kahit na medyo na natatakot ako.	Academic validation
R19	Sa pamilya, since hindi naman ako prine pressure ng parents ko to ano, get a high grade like that, basta mag aral lang nang mabuti at, uhm, maging disciplined student, okay lang na sa kanila yun, uhm, pressured lang ako na even though they did not pressured me at acads parang I do not want to disappoint them kapag hindi ako nakasali sa honor list kasi iniisip ko iyong sacrifices nila for me para lang makapag aral ako, since malayo rin iyong bayah namin sa school, parang I do not want to waste the time and efforts of my parents na gumising nang maaga everyday para lang ipag prepare ako nang mga, ay, nang lunch ko and lahat na, pagsundo sa akin, the expenses, parang ganun and i want them to have a better lifestyle, iyon, kaya pressure ako doon.	Afraid of disappointment Returning the sacrifices

R20	Uhm, iyong, i don't know kung ako lang iyong may reason na ganito, uhm, ayokong nakikita akong mahina nang iba, ganun, kaya everytime na nag sstrugle ako, hindi ko talaga pinapakita sa kanila na nahihiapan ako, ayokong sabihin nila na mahina ako. And also, isa pa sa mga factor is syempre iyong position ko, as their uhm, in terms of responsibilities, iyong position ko as their president, then ano, more on acads na iyong iba kasi.	Afraid of being weak Responsibilities
R21	Uhm, iyong parents ko po, kasi gusto po palagi nila na mataas po palagi iyong grado ko, minsan sinasabi naman nila ket "do your best, okay lang iyan" pero kapag ibibigay ko na po iyong grado sa kanila, sasabihin ket "dapat galingan mo pa" ganun po, kaya nakaka kwan minsan.	Pressure in family Expectation
R22	Deadline	Deadline
R23	Kasla ngay kuwa, uhm, gamin ket kuwa, nangrugui met lang atuy idi ano, kasla idi grade 7 and grade 8, haan ko launay panpanunuten diay school kasi kalla awan met lang ngay ti kasla ma achieve idi. Ngem tattan, nangarugi idi nag high school ni ading ko, kasla ngay kwa, in kwak iti bagi kon nga, kayat kon, uhm, ti ammok gamin iti bagi kon, nalalaing ni ading ko ngem siak, tas kasla ngay nu ni ading, ag honors, tas siak haan, kasla ngay makwaanak kenni mama ngay kasdiay.	Pressure Expectation
R24	Mostly po from parents, ganon.	Expectations
R25	Uhm, unang una sa lahat ket uhm, iyong family ko, kasi parang hindi ako masyadong open sa kanila and parang, uhm, separated kasi ang parents ko, so parang magkaiba iyong environment sa isa, iba rin sa isa, tapos kapag massasanay ka doon sa isa, makakalimutan mo kung paano makipag communicate sa kabilang side kaya na re restrict iyong emissions mo, hindi ka na sanay na makipag communicate ganun, parang nahihiya ka na.	Family Broken communication
R26	One of the main factors that contributes to the pressure that I am experiencing, is the fact that my parents are constantly pushing me to do better, academically. Thankfully, I am in the honors list	Parents

	this quarter. But that's still not enough for my parents. They want me to pursue them with high honors.	Constant pressure of parents
R27	Actually hindi naman talaga ako prime-pressure ng family ko. Okay lang sila sa kahit anong grade na makuha ko, basta pasado pa rin. Hindi sila katulad ng iba na "dapat line of nine lahat ng grade mo" ganito ganiya. They're not like that.	It's okay
R28	So, I am an only child and I think that's one of the factors kung bakit ako nagkaroon ng duck syndrome since lahat ng attention ng parents ko and my relatives is naka focus lang sa akin. So I feel like I want I feel like I need to uhm satisfy their expectations pero at the same time hindi ko rin kaya and hindi ko rin gustong ipakita na nahihiapan na talaga ako since baka sabihin nila or baka i-invalidate lang nila yung feelings ko na like "Pag-aaral lang yan bakit ka masyadong nahihiapan?" parang ganon. And to my friends, since I have already set a-an image to them since uhm they known me for being a uhm honor student I think uhm nakaka pressure kasi alam nilang uh magaling ako so I need to maintain that image to them and if ever na mag-fail ako maybe, I feel like baka iju-judge nila ako since parang since yun nga parang matalino ako sa uhm mata nila so kapag nag fail ako or even got a low score in a summative test, feeling ko isa sila sa mga taong madi-disappoint.	Attention is all on me Need to satisfy the expectations The image is set Feels like people will judge me Disappointment

R29	<p>Wala naman po akong gaanong pressure na nakukuha sa family ko kasi they are fine naman po sa kahit anong achievements na nakukuha ko. Sa friends, sa kaibigan naman po, nakaka pressure kasi my two friends po are very smart and I tried to surpass them but still kahit po na ganun I still love them and I don't see them as my rivals, I just look up to them. In my relatives po, sa side po ni papa, nakaka pressure po kasi sanay na po silang honor student ako and all of them in that family is-were successful and I don't want to fail them, ayaw ko po na ipahaya ang aking surname kasi alam niyo naman po dito sa Pinas konting kamali lang iju-judge ka na, lalo ng mga marites.</p>	<p>Intelligent Friends Afraid of failing the relatives Don't want to shame the family name</p>
R30	<p>Gaya ng sinabi ko kanina, factor yung ano eh factor yung whom do you talk with, whom you are with and the situation that you are in. Uhm let me give you another example, when I competed in *** *a****a **o******, like at first I was uh I was so calm doing my uh doing my thing, doing my my craft poster uhm and then nung, when the facilitator announced na uh you are-we only have that I think one hour or thirty minutes left to finish our work and hindi ko pa tapos like as in han ko pay nalpas jay ngato-I mean wala pa akong nalalagay, wala pa akong idea kung ano yung ilalagay, yun yung nagbigay saakin ng pressure. Napaisip na ako like "Matatapos ko ba to?" ganito ganyan. I always wanted na I always wanted to seek help at that moment na sabihin na sabihin for example na for-kay sa coach ko, kay Sir **** na "Sir hindi ko na kaya" ganito ganyan but I kept that inside me na parang siyak lattan ti maka ammon, kasjay so uh ganon. I think factor yung situation and whom do you talk with, gaya nga nung sinabi ko kanina na uh when you are in a group of people na hindi mo pa gaanong kilala, parang uh mas kini-keep mo na lang sa sarili mo yung mga ideas and another example pala to that, since I'm a transferee in RSHS, in my first week in RS, we have this grouping and may kailangang gawin dun tas syempre kailangang mag contribute lahat since uhm group work yun, I wanted na may i-share ako na idea sa kanila but I kept that to myself kasi hindi ko pa naman sila masyadong close, hindi ko pa sila masyadong kilala so baka ma misinterpret nila na "Ay ganito, may bago siyang idea taliwas sa idea ko" ganito ganyan, so parang in order to uh in</p>	<p>It depends who you are with and the situation New people and environment Keeping the situation light</p>

	order to for me ha in my uh in my point of view, in order to uhm the situation as light as possible, the environment rather as light as possible, parang nagy kineep ko na lang sa sarili ko yung idea eh ngayon na mas close na kami, mas naaano ko na mas nasha-share ko na sakanila yung idea, mas naging comfortable na ako sa kanila, yun lang.	
Themes: Drowning in Seas of Expectations: A Battle for Breath, Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment, The Battle of Comparisons: Finding My Own Worth, Drowning in Seas of Expectations: A Battle for Breath		
FQ1	Do your relatives and other family members pressure you as well?	CODES
R1	Hindi naman po sa ganon, parang saksakto lang po, parang ganun.	Just right
R3	Awan met, pero nu kuwa ket ibaga da nga agadal ka nga nalaing kasdiay.	Motivation
R4	Oo naman po, kagaya po yung mga-actually ako lang po yung inaasahan nilang kwan uhm. Magaling po talaga ako kasi since Grade 1 po sumasali na po ako sa MTAP, ganon po, tapos basta alam nila pong magaling ako kaya kung bumabagsak ako ngayong high school parang I don't like to see their face naman po, pag bagsak po kasi ako ngayong high school parang nagiging bobo ganon po yung tingin nila sa akin.	Trust Expectations Fear of Judgement

R6	Haan po ate, siak lang talaga ti agipapan ti sarilik idiyang nga kuwa, gamin, since elem gamin ket uhm, honor student akon, so debale na.	Self pressure
R7	Oo, I mean, parang hindi na siya ano eh, parang unspoken rule na, na dapat may achievement ka, dapat mag su-succeed ka by hook or by crook.	Unspoken rule
R9	Ah hindi po, ako lang naman po yung nagbibigay ng pressure sa sarili ko. Kasi yung parang gusto ko po is yung perfect po lahat, ganon po.	Self pressure
R11	Comparing syempre. Relatives will show off their kids na andaming medals and certificates, after non, you'll start to question yourself, your worth, existence mo, hard work mo, efforts mo, icocompare mo din sarili mo sa kanila like "Ay, bakit hindi ako katulad niya?" "Bat di ko maachieve yung nakuha niya?"	Comparing Questioning myself
R12	Sometimes	Sometimes
R15	Nung mga lower years ako, I feel like na pre-pressure ako ganon kasi they don't usually uhm acknowledge my achievements just like no adda man ti achievements ko, kasla nasanay da lang gamin ganon so syempre as a someone na nagcra-crave ng validation most of the time, parang na pressure ako na mas i-improve pa kung anong meron na ako ngayon, yun lang naman pero now I-I hindi naman na ako na pre-pressure kasi may one time na eto pandemic uhm super nag breakdown ako hin-hindi ko napigilan uhm nagulat rin sila that time kasi nag breakdown ako mismo sa harap nila siguro yun yung ano nagpabawas sa pressure na nafeel ko kasi that time is ina-acknowledge na nila yung mga achievements ko ganon tapos sabi nila "okay lang no haan ka nga kastoy basta makaadal ka" so iyon. Noon noon na pressure na pre pressure ako nakakafeel ako ng pressure pero ngayon hindi na, sa-pero may ibang factors din na napre-pressure ako ngayon like yung since ano nga incoming college student ako, na pre-pressure ako parin sa course na kukunin ko kasi second panganay and yung	In my lower years Unacknowledged Achievements Craved academic validation

	panganay namin hindi pa-hindi pa naman permanent yung trabaho and I feel like need ko ipakita na sure nako sa kukunin kong course para lang-para lang hindi na dumagdag rin sa iisipin nila, ayon lang ading.	
R17	Uhm hindi naman po siguro directly na pressure like passive lang po yung pagpe-pressure nila, yung hindi po sila -nila sinasadya na sabihin pero tunay po na nakaka pressure po yung sinasabi nila.	Passive pressure
R18	Nakaka pressure kasi iyong fact na kailangan kong i continue iyong pagiging academic, uh, academic achiever ko, just to, para marinig ko lang iyong uhm, words na proud sila sa akin and na kailangan kong i keep up para lang, at least para lang ma notice nila ako like, uhm, para lang masabi nila na, ay ito si M**** ang galing galing, baka family member ko iyan, ganun, baka siya iyong nagpapataas ng ano namin, image namin, parang ganun ngay.	Continue being academic achiever Words of affirmation
R19	Sa relatives naman, i am pressured pagdating sa academics. My titas and titos are uhm, expecting me to, you know, parang ine expect nila na mataas ang mararating ko kasi alam nilang consistent honor student ako since grade school. And makikita mo sa action nila and uhm, they have communicating na lang sa akin na may inaasahan talaga sila, ganun.	Afraid of failing the relatives Expectations from relatives
R20	Hindi naman totally na prine pressure like ako mismo ang nag prepressure sa sarili ko since i have an ate who is, may latin honor noong college, so parang gusto ko rin na dapat ganun iyong makuha ko today kaya, pero, kapag sa family, hindi naman nila ako prine pressure, ako lang talaga tapos iyon ang reason ko.	Self pressure
R21	Uhm, nakakaano rin po kasi doon nga po sa family ko, uhm, comparing and comparing po sila, like kung sino iyong mas mataas, may mas mababa, nakakahiya kasi kapag ako iyong pinaka ngay, pinaka nahihiapan sa kanila so nagpapanggap ako palagi na kaya ko iyan, kaya ko ito.	Comparing

R22	Uh opo. Especially, if uhm they expect you to be the highest in class.	Expectation
R23	Sa parents, medyo lang. Sa other relatives, awan met.	Just right
R25	Siguro iyong mga extended family lang, like, grandparents ganun, tito, tita, ganun lang naman.	Relatives
R26	Ang mga factors na na cocontribute nila is like, parents, gusto nilang nasa with high ako even though nasa with honors naman na ako, parang, i have to do better, sabi nga nila.	Have to do better
R27	Hindi rin. Wala nga silang pake. Pero ako talaga ang problema. Sa family, gina-gaslight ko sarili ko or ina-assume ko na they are pressuring me. That they're not really satisfied with my grade pero hindi lang pinapakita para hindi ako masaktan. Sa friends naman, ayon, I can't help but to compare myself, parang ngay kahit ayaw ko ket parang nagiging competitive talaga ako. Parang may nangyayaring competition, tapos alam ko namang wala akong laban sa kanila, so i result into stress and mas nadadagdagan ulit pressure kong nararamdam. Sa relative, comparing myself nanaman. Mga attorney, doctor, architect na sila, tapos ako ngay? Wala pa akong na-a-achieve. Walang wala ako sa kanila. I'm nowhere near them.	I am the problem Gaslighting myself Comparing Competitive
R30	Well, as to my family-kasi I grew up in a in a community or in a family specifically where uh they don't pressure us, what I mean is that yung tiwala nila sa amin or saakin kasi I'm an only child, may tiwala naman yung tatay ko sa akin, to my other relatives, like ano naman eh super tiwala naman sila sa kakayahko and that tas kung ano yung nakukuha ko. For example, my achievements ganon, they're so proud uh to the point na-to the point na parang pinagsasabi pa nila sa iba ganito ganyan. So, I don't feel any pressure on my family kasi they always show support for ganito ganyan.	Trust Proud family Showing support
Themes: Drowning in Seas of Expectations: A Battle for Breath, Haunted by Disappointment, The Battle of Comparisons: Finding My Own Worth, Unspoken Battles,		

Silent Tears, Blooming Shadows of Discontent		
FQ2	Do your friends pressure you also?	CODES
R1	Yun lang po yung kwan, medyo talaga. Kasi nung last kwan, yung record ko po kasi dati is ano, nag, tumaas po yung parang kwan nila sa academics tas ako po is bumaba.	Pressure
R2	Opo, kasi kagaya nung sinabi ko kanina is meron pa rin po yung pressure na dapat i-push pa rin po para makamit po yung mga pangarap kasi ngay ket meron din yung mga friends na parang ang babaw ng tingin nila sayo ganon, tas parang meron po yung pressure na dapat i-prove po na wrong po sila, ganon.	Dream
R3	Isa pa iyong, kasi mga kaibigan ko ket honor students sila tapos ikaw ket hindi, ma prepressure ka doon.	Peer pressure
R4	Sa mga friends ko po? Meron po. Yung isa ko pong friend is with honors din, actually mas magaling po ako sa kanya nung elementary pero nung nag high school na po kami is parang mas magaling naman po siya kaya nafe-feel ko po is parang mas naging bobo ako kaya nadi-disappoint din ako sa sarili ko po.	Disappointment Peer pressure
R6	Haan ate.	
R7	Oo, kasi achievers rin sila so ayun, parang ganun, pero ano, hindi naman sa nagiging competitor mo sila, ayun, may factor rin talaga na iyong friend group mo lalo na if achievers sila, ma prepressure ka talaga. Pero i think good side naman iyong, iyong ma prepressure ka dahil sa kanila kasi you are striving to do better din naman.	Peer pressure Good competitors
R8	Uhm, unconsciously siguro nila ako na prepressure, uhm, parang hindi kasi nila alam na parang kunwari may nakikita kasi ako sa kanila na parang mas better grade so unconsciously, syempre kapag sinasabi nila na may ganito akong mataas iyong nakuha ko,	Unconscious peer pressure

	unconsciously nila ako na prepressure, na dapat mataas rin iyong nakukuha ko sa certain subject na iyon, ganun.	
R9	Uhm no po ate. Hindi po ako nagta-talk about sa mga academics ko like kini-keep ko lang po yung mga nakukuha ko, yung mga basta lahat lahat ganon. Hindi ko po shini share yung mga parang struggles ko, ganon ate. Parang nakikita lang nila ako na ganon masaya.	Self reliance Independency
R11	You will feel like you really don't belong to the group pag di ka nakapasok sa honors. For me kapag groupings tas magp-pick ka ng groupmates mo, people will tend to pick those who are more capable in academics, syempre ang resulta non is "Paano ako?", "Ayaw ba nila sakin kasi wala ako sa honors?" Social media din, andaming trends na pwede gawin, pano pag gusto nila gawin yon, paano ka?	Left Behind
R12	Uhm hindi naman.	
R14	Wala po ate, sa ate ko lang po talaga. Ay! Yung pinsan ko pa pala po yung basta parang family members mostly.	Relatives
R16	Uhm, hindi naman, mas nagiging supportive sila sa akin, iyon, kahit kundi lang iyong scores ko, ganyan, sinasabi nila na okay lang, mat next time pa.	Supportive
R17	Sa friend ko naman po is hindi naman po masyado kasi na uhm relate din naman po sila sa pressure ko.	We relate
R18	Sa friends is iyong, feeling na kaya mo silang turuan just because may ganun kang grades, parang iyong sasabihin na, ay M*****, uhm, magaling iyan, kayang kaya ka niyang turuan or magaling iyan, uhm, reliable siya kapag kailangan mo siya with this subject, this certain subject ganun. Parang ano ngay rin, the sense of pride rin na with the families.	Pride Proud
R19	When it comes to friends naman, nakaka pressure kapag nakikita mo silang parang hindi iniinda iyong mga nararamdaman nila,	Peer pressure

	kapag nag sstruggle sila, ganun. Ang lakas lakas nila tapos ako iniinda ko, parang ang oa ko ganun, nakaka pressure kapag ganun, iyong hindi kami magkaparehas ng level, kasi minsan hindi natin maiwasan na, uhm, i compare iyong sarili natin from others, ganun, due to comparing nu, nakaka pressure, na you know na kaya nila, bakit hindi sa akin, bakit hindi ko kaya, like that, basta ganun.	Comparing
R20	Friends, wala, ay uh, uhm, walang pressure when it comes to friends.	Chill
R21	Uhm, sa friends, dito sa school, i pretend na kaya ko naman lahat, natatapos ko ito pero there is on friend naman na nilalabas ko talaga iyong ano ko, iyong best friend ko lang po.	Pretend
R22	Wala naman. Wala po masyado.	No
R23	Haan met.	No
R24	Hindi naman po lahat.	Some
R25	Wala	No
R26	Well, in my friends naman, goods naman sila sa akin, they give me advice, tapos nag re reach out ako sa kanila kapag may problems ganun.	Chill
R27	They don't pressure me either, like saying "dapat naka honor tayong lahat a" hindi. In fact, sila nga nag-i influence sakin. Kapag kasi nakikita kong nagrereview sila, napapareview na rin ako.	Motivation
R30	Well as to my friends, there are situations that uhm na nagcause sila ng pressure sa akin uh another example, when uhm kahapon-I mean kagabi, naglaro kami ng volleyball with my friends so while playing volleyball, I played as a setter and hindi naman talaga ako setter tapos yung friend ko, pinapaayos niya	Peer pressure Embodying criticism

	<p>yung set ganito ganyan so parang ngay nasabi niya “Ayusin mo naman yung set!” ganito ganyan. So, with that, mas na pressure ako-mas na pressure ako na ayusin yung ganito, ayusin ko yung isang bagay and habang ginawa ko naman yun while embodying that criticism, that pressure mas naayos ko yung mas naayos ko naman yung pagse-set ko so parang isa pa yun eh saakin, yung pressure yung gumagawa ng paraan for me to make things uh for me to make things possible and for me to develop my skills, yun yung kase. In terms of academic pressure, with my friends like wala naman silang pakialam sa ano namin eh wala naman silang pakialam kung uh sinong mas mataas yung grades ganito ganyan that we are so uhm we are so happy with each others achievements na meron lang talaga yung mga-yung mga times na nagca-cause ng pressure, gaya nga non nagpla-play ng volleyball pero in terms of academics like wala naman pero siguro pag academics, for example, mas mataas yung score niya sayo sa exam tas siguro may pressure ako-I mean na pressure ako pero that pressure ket it's not the negative pressure na na feel ko sa sarili ko, like it's more of a positive pressure that I can use uhm to further develop my skills para mas mataas yung grade-uhm I mean mataas din yung scores ko sa exams like hindi positive really.</p>	<p>Develop skills Happy with each others achievement Positive pressure</p>
<p>Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Pressure and Struggles as Power: Empowered to Soar, Exclusive Insights: Unlocking the Doors to a Chosen Few</p>		
FQ3	Do your neighbors pressure you also?	CODES
R3	Haan met, haan met nga maka affect kasi kuwa, nasingpet da met, haan da met nga, “ah nalaing dayta” kasdiay.	Kind neighbors
<p>Themes: -</p>		
FQ4	What about your teachers? Do they pressure you also?	CODES
R18	Actually wala, since never, uhm, I actually don't interact that much with teachers, kaya wala akong masasabi about teachers.	Chill

R22	Uhm ganun rin po, yung if academic awardee ka po kasi parang if wala pong nagre-recite isa ka sa tatawagin nila and uh pag mababa yung nakuha mo sa test parang madi-disappoint sila sa'yo.	Recitations Teacher's disappointment
R24	Opo. Hindi po. Parang ganon din po like since lagi pong matataas yung grades ko ganon ket kwan like moslty manggaling met lang kanyak ngamin ate like no adda ti ibagbaga ti teachers ket i-pressure ko latta jay sarilik nga like aramidek jay kayak tapno haan da ma disappoint, parang kasjay ate.	Self pressure Afraid of disappointment
Themes: Haunted by Disappointment, Blooming Shadows of Discontent		
FQ5	How about outside the school?	CODES
R13	Yun din po, yung expectations po ng parents, friends and relatives ko for me.	Expectations of parents, friends and relatives
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ6	Do they express their pressure on you directly or is it unconsciously?	CODES
R1	Umm, parang hindi naman po, parang ngay po pinapakita lang nila yung mga achievements nila tapos ako walang maipakita, ganon po.	Unintentional peer pressure
R2	Opo, yung kaklase ko po actually sabi niya nga rin po ngay ket, parang wala po akong mararating sa buhay kasi ngay ket puro po ako away sa classroom, pero hindi naman po talaga.	Accusations
R23	Haan met siguro nga kasla ngay kinyada, nga ibagbaga da lang gamin nga agadal ka nga nalaing, ngem kasla ngay kanyak gamin ket, diay take ko gamin ket haan lang nga kadla agadal ak lang,	Craves in achieving something

	kayat ko nga kasla adda ma achieve ko kasdiay. Kasla dadiay ibagbaga da lang nga dadiay ket para kanyak, lalaingek uray ibagbagada met ket uray saan, okay lang.	
R24	Parang hindi naman po like kwan parang ngay kwan ate since nasanay po sila na ngay ano matataas yung mga grades ko kaya parang ngay pag biglang prinepressure kona lang po yung sarili ko na kwan gawin yung best ko para ngay kasi nasakit din na tingnan pag disappointed yung mga magulang.	Used to it Self pressure Afraid of disappointing parents
Themes: Blooming Shadows of Discontent, Unspoken Battles, Silent Tears		
FQ7	What did they tell you?	CODES
R12	Parang careless ako sa study ko or I was uh more studious before	Careless
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ8	What are your reactions and feelings about it?	CODES
R2	Umm, minsan po ate, if I'm being honest ket sinusumbatan ko rin po sila parang ganon, kasi ngay ket to be honest ayaw ko po ng ganon na comment po nila kasi ngay ket parang ang rami nilang alam sa buhay ko kahit wala naman.	Rebuke
R13	Yung nabibigatan po kasi what if hindi ko ma ma reach yung expectations nila.	Worried Reaching their expectation
Themes: Drowning in Seas of Expectations: A Battle for Breath, Haunted by Disappointment		

FQ9	Are there any reasons why you are pressured?	CODES
R14	Wala naman na po ate yun lang po talaga yung parang main uhm reason yung pag compare nung parents ko kay sa ate ko po.	Comparing
Themes: The Battle of Comparisons: Finding My Own Worth		
Q3	What are the examples of your academic struggles in order to stay afloat in RSHS?	CODES
R1	Siguro parang ano, motivation po ganon, tapos, umm, ayon, motivation lang	Motivation
R2	Yung mga struggles ko po, it also teaches me to manage my time po kahit na mahirap, dapat go lang po kasi hindi lang po para sa akin yung pangarap ko para rin po sa pamilya ko. Inisisip ko rin po minsan para kanina ko po ba ito ginagawa	Dreams to achieve Time management
R3	Uhm, syempre adiay kuwa, puyat, agpuyat ka tapno maka review ka, parang agsukat diay oras ti pannaturog mo, diay kalla body clock, kasdiay ba. Tapos parang nu dadduma ket awan pay oras mo ti bagi mon ta agad-ad-adal ka lattan.	Change in body clock
R4	Struggles ko po, minsan po is yung mga group activities po. Kasi marami din pong honors sa classroom namin, pag may group activities po ahm minsan po ah wa-wala po-medyo kaunti lang po yung friends ko dun tapos pag may group activities kwan hindi ko po naipapahayag yung mga answers ko kasi marami-dahil marami ding with honors parang sila na po yung bahala ganon ganon po. Tapos ako po is nasa gilid lang kaya minsan pag alam ko yung answers pero since sila yung mas nasusunod kaya sila-kaya ano po hindi ko po naikwa-kwan, tapos sa mga video recording mga ganon, role play, hindi-ayaw na ayaw ko po yung mga ganon kasi hindi po ako sanay sa public speaking ganon po kaya minsan is ganon din yung mga nagbabahan ng mga grades ko, tapos yung mga drawings din po pinakarami yung mga	Muted voice Afraid of socializing

	drawings, hindi po ako magaling mag-drawing kaya kaunti rin yung grades ko dun.	
R5	Tina-try ko po yung best ko, and parang lagi po akong nagpupuyat para po makapagreview lang po, para po maperfect ko yung mga quiz and exams ko.	Trying the best
R6	Agpuypuyat. Agaramid ti reviewers, tas diay times ngay nga nagad addu aramiden tas dagidiay activities ket right before the exam, so adda ti times nga haan ak maka ar aramid ti reviewer ko nga two weeks before exam kasdiay. Agar aramidak tu reviewer kon ket a day before the exam.	Lack of sleep Procrastination
R7	Siguro ano, iyong time management talaga, and super lazy ko as in, nag momove lang ako kapag andoon na iyong deadline, basta uhm, nag cra cram ako, mahilig ako nag cram.	Time management
R8	Iyon, uhm, parang siguro, tina try ko na at least every night may ma ano ako sa lessons kasi parang kailangan ko lagi na mag recite or ganun. Siguro iyong i keep ko iyong standard sa school so siguro, iyon iyon.	Keeping up
R9	Ehh yung mga summative ko po at saka mga performance tasks uhm minsan kulang po yung time ko sa paggawa kaya hinahabol-habol ko po talaga yung oras para matapos po lahat. Tapos minsan po kasi meron din po yung mga teachers na madamot po talaga magbigay ng grade kahit ang ganda ganda naman ng gawa niyo, ganon po ate, tsaka yung mga summatives ko po ate.	Lack of time Teachers
R10	Ano diba nung first week palang dito sa rs syempre kinakabahan ako kasi alam kong ang mga makakasama ko is mga matatalino rin, kasi sa dati kong school parang iba ang level ng mga binibigyan nila ng label ng matatalino, parang onti lang kami ganon kaya di pako sobrang pressured pero nung nag punta na sa rs kut kinakabahan nako kase nga sabi ko nga kanina parang may heads up nako na di lang ako yung matalino dito madaming matalino dun at mas magaling pa saken ganon kaya nakaka kaba ksi mas nabigyan ako ng pressure na mas mag aral pa ganon, nung	Environmental pressure Lack of sleep Review

	first week ko sa rs non ket kasla mafefeele kon ngay nga wala na ano tong pinasukan ko kasi imagine parang start palang ng class ano palang ata yun orientation parang nagpapasikat na agad sila sa mga teachers kara sungbaat da ti questions kakasdiay panay sila raise ng hand ganon kaya nakakatakot- ngem tatta ti struggles ko lang kut saan nak maka turog nasyaat kasi nappressure ako na dapat akong mag review kasi kung di ako mag review babagsak ako tas wla ako masasagot ganon ken maysa pay kut umiiral yung katamaran ken hindi maayos na time management kasi meron yung gusto ko nalang makipag usap sa kwan ko ganon bsta alam niyo nay un tas or kung hindi makipag usap edi manonood ako ng mga movies ganon kaya kwan- ken nag rigat pay ag keep up ti bagay bagay lalo nu sabay sabay dik ammo nu niya ti umuna nga aramiden kasdiay ken nagado ti times nga saan nak nanganen para palpasen mi research idi bsta nag cram kami noon haghahhaha para lang di bumagsak ken nu exam kut hindi nako tlg nakakatulog ng maayos kasi nag rereview nga ganon para di bumagsak kasi gusto ko magka honor eh may pressure nanaman galing sa sarili ahahahaha basta parang nagka mentality na na dapat may honor ka kasi kung wala wag kn mabiyag ahaahahaha joke lang pero yun nga yun lang malagip ko	Time management Hard to keep up Self pressure Cramming
R11	Learning differences. Ako kasi narigatak makaawat minsan. There are times na naintindihan na ng lahat, ako nastuck sa pinaka una. May times din na ang basic pala ng answer pero di ko naisip nung ako na yung tinatanong. What works for everyone else may not work for me. Lack of skills. Feel ko talaga na di ako para sa school, I think I should be outside. Out of focus, ang bilis ko madistract kaya struggle ko din yung no. 1. Mabilis din ako makalimot, kaya minsan sa tests/ summatives, saka ko lang maaalala yung gagawin kapag nakapagpasa na ako. Crammer din ako, I could never find a motivation para gumalaw. Nagpupush lang ata talaga sakin is, deadlines.	Learning differences Lack of skills Distracted Cramming
R12	Yung mga struggles? Uhm siguro I struggle meeting deadlines and uhm mainly yun.	Deadlines
R14	Uhm the academic struggles that I experience are uhm getting low scores on summatives that makes me feel devastated, not	Improvement

	understanding some lessons, making me agitated and pressured, keeping up with the academic activities while also dealing with the tasks that the ****e** ***** ***e***** has to do since I'm a part of it and other more. I'm working for the areas where I still need improvement, especially these elements in order to succeed.	
R15	<p>Yung i maintain yung pagiging honor student ko and most of this year since graduating, uhm running for-candidate for valedictorian haha uhm parang may may competition rin between samin-saming candidates for valedictorian so need ko ipakita na kalmado lang ako kahit na nap na na nafe-feel ko na na napre-pressure na rin ako since hindi rin lang naman rin acads yung focus ko this school year kasi nga meron pang S** jan and minsan hindi na ako nakaka-cope sa lessons dahil nga nae-excuse kami just like this week, uhm actually two weeks na akong nae-excuse sa klase kasi yung sa first week may competition kami and one week-buong week kaming nag review for that competition tapos after that competition isang araw pa lang yung napapasukan ko is nae-excuse na ulit kami para sa another competition na para sa S** naman na para sa most outstanding so napre-pressure lang ako kasi na na na parang nahuhuli na ako sa lessons yung ang dami na nilang na lesson marami na ring PT-Performance Tasks na naassign tapos ako wala pang nasisimulan and not to mention na candidate for valedictorian and may last quarter na lang to and konti lang yung agwat namin so yun, yun yung struggles para sakin academically, mahirap pagsasabayin yung mga responsibilities as a student and as a student leader. Tapos uhm yung little competition nga na sinasabi ko uhm syempre competition yun hindi mo pwedeng ipakita sa mga kasama mong candidate na napre-pressure ka kasi kung nakikita nilang napre-pressure ka and nagii-struggle ka to cope with that uhm phenomena-phenomenon uhm syempre they will think that as an opportunity to to ano t-to beat you ganon, so as much as possible trina-try kong maging kalmado kahit na deep inside parang agkakanaten ti mapanpanunot, ayon ading. Struggles in academics in a way na nagsasabay-sabay yung more responsibilities na binigay sayo.</p>	Maintain being a honor students Competition Responsibilities Mask Calm

R16	Uhm, basta may summative, lagi akong nagpupuyat to review and uhm, iyon, minsan, nakakalimutan ko na ring kumain, dahil diyan, syempre, gusto kong mataas iyong grades ko, iyong scores ko, so kapag na focus ko na mag review, nakakalimutan ko na talaga lahat.	Sacrificng health
R17	Uhm siguro po yung parang feel na need ko pong maging leader everytime may project parang ganon po, na ikaw po dapat yung responsible palagi kapag may activity.	Responsibilitie s
R18	Ah yun, uhm, iyong mga, ano, mga ways na paano ko prine present mga performance tasks ko, kasi i uhm, not actually artistic kaya kapag may pinapagawa na performance task na ala drawings, ganun or uhm involved ang layouting, doon na ako mags-struggle talaga kasi, uhm, ano ngay gagawin ko dito, paano ko i lalay out ito just to get a high grades. May ideas na ako kung ano iyong mga texts, pero iyong talagang pag lay out ko, doon ako nahihiapan, nakikita ko iyong works ng iba, eh parang ako, ang inferior ko masyado, kaya i ended up pushing it out of the way, and ginagawa ko na lang in super minimalistic, to the point na, nagho hope na lang ako na sana buhatin siya ng content mismo, and not by the design. Tapos sa summative tests, lalo na kapag iyong mga subjects na parang ano ngay, tricky, like C**** ganun, iyong mga math, doon talaga ako minsan nag sstruggle malala, kagaya kanina.	Hard Work
R19	I am struggling with solving problems ganiyan, so ganyan, nakakakaba everytime na nagtatake ako ng summative or exam na uhm, connected sa math — ***s***, like that, iyon. Tapos iyon pagpupuyat, dati, hindi ako sanay magpuyat pero when i entered RSHS for Region 1 doon ako natutong magpuyat kahit ayokong magpuyat pero need nating magpuyat, ganun, you know. Sometimes i need to postpone my breakdown para lang gumawa ng school works, ganun, basta ang hirap. One of the struggles din is iyong pagpupumilit na pumasok sa school kahit may nararamdaman ka, it's just compulsory na pupunta ka, ang hirap maghabol ng mga summatives and iyon, uhm, mga requirements, kahit one day lang na mag absent, ang hirap pa rin, like that. Ito pa, kahit pagod ka na galing sa school, pag uwi mo, you need to	Lack of sleep No to breakdowns Sacrificing health

	review all your lessons kasi summative na kinabukasan, you need to do your school works kasi ipapasa kinabukasan, parang uhm, kahit gusto mo nang matulog, pero kailangan mo pa ring mag-aral, ganun.	
R20	Uhm, siguro iyong dealing with, uh, para maging, syempre iyong ano, consistent honor student, dealing with kwa siguro, dealing with the pabigat, one, isa iyon sa mga, maysa dadiay nga reason, uh, wen, struggle dealing with the pabigat na mga ka grupo, since syempre, we are working for our grades and medyo pag group works na, medyo may mga iba kasi na hindi tumutulong kaya medyo na prepressure na rin ako kasi dapat buhatin ko rin sila, ganun, since ka grupo ko nga sila and meron din iyong factor na minsan ako iyong leader nila, kaya naka depende talaga sila sa akin. And also meron din iyong, uhm, struggles ko na, uhm, meron iyong mga instances na hindi ko na naiintindihan iyong lessons kaya meron iyong time na nag aaral talaga ako nang lagi inaggana bumigat kasdiay, tapos sumrekak tu lattan nga medyo sabog kasdiay para lang agbalin nga consistent honor student.	Dealing with burdens Responsibilities
R21	Ahm, hindi po ako natutulog, kailangan ko kasi i memorize iyon, iyong goal ko kasi palagi is mag score nang highest doon sa mga test kaya minsan hindi na ako natutulog para mag memorize lang tapos if ever man mag ask sila kung nag review ako ket, sasabihin ko ket konti lang ganun, pero puyat talaga ako.	I have a goal
R22	Yung pagpupuyat po and yun.	Lack of sleep
R23	Puyat, kasi halos rinabii met gamin ket agpuypuyatak, idi rabii lang nga nasapa ak nga naturog.	Lack of sleep
R24	Kwan ate like since kwan ate ket ano kahit like nahihiapan man ako dun na parang pagod na pagod na ako ate ket kailangan ko parin mag-review para marami pa din yung makukuha ko kapag may summative test ganon like hindi ko po hinahayaan na hindi ako mag-review, kailangan ket meron pa din, ganon.	Review

R25	Siguro, uhm, kasi mahiyain ako, hindi ako masyadong uhm, pala recite ganun, iyong iyong gusto kong i overcome, iyong pagiging mahiyain siguro para tumaas iyong confidence para makapag recite recite, iyong iyong, uhm, kasi mas magaling ako sa written, gusto ko rin i improve iyong uhm, iyong speaking capabilities ko ganun.	Overcoming shyness Building confidence
R26	Well my academic struggles are pretty much the same with other students. Meeting deadlines, performing activities that sometimes are just too much to handle. Well, just with the added pressure from my parents.	Academic responsibilities
R27	As a transfer student, it was difficult for me to cope up and adjust. It took me the whole first quarter just to adapt. Hindi ako naka pasok sa honor student. It was a disappointment for myself. Pero atleast alam ko na pano ang takbo or way ng pagtuturo ng teachers. I stayed up late, did advanced reading, I did everything, hindi pa rin ako satisfied sa scores ko. Umabot na sa point na hindi na ako natutulog para lang mag review sa isang summative lang. I would fall asleep during discussion, or natutulog nalang ako sa mga study period, lunch break, recess. Tapos review ulit sa bahay. And there, second quarter umabot na ako sa honors, pero 'di talaga enough. Hanggang sa third quarter it became my routine na hindi na matulog, kahit walang summative kinabukasan, nagpupuyat pa rin ako. Kasi compared sa mga classmates ko, hindi naman ako ganon kagaling. Hindi ako ganon kagalingan that's why i work my ass off just to get that certificate. Hanggang sa napapansin na ng mga teachers na parang puyat na puyat ako, may eyebag ako, ang putla-putla ko. Kinausap pa niya si kuya na nasa rs din. Pero wala e, routine ko na 'yon. Kung hindi ako magpupuyat oara mag review, ano nalang makukuha ko? Another disappointment nanaman?	Disappointment Lack of sleep Sacrificing health Comparing myself Academic validation
R28	So, I am the the type of person talaga na hindi ko gustong nalalamangan ako ng iba. I know it's very unhealthy pero I think one of the academic struggles na naranasan ko is pressure since yung sarili ko mismo yung nagpe-pressure sa sarili ko kung that's why uhm naapektuhan talaga yung mental health ko kasi lagi kong siyang iniisip and lagi kong pinu-push yong sarili ko na mag	Afraid of being surpassed by others

	<p>na i-exceed yung expectations ng ibang tao and to perform well or to perfect the exam. Minsan nga hindi ko gustong or hindi ako nag se-settle na mataas lang yung exam ko, gusto ko is nape-perfect ko talaga yung isang activity because I really want to satisfy my parents and also my classmates. Gusto kong maganda yung tingin nila sa akin pero without knowing marami talaga akong iniisip and pinagdaraanan na struggles however yung pressure ko din yung isang factor kung bakit maganda yung performance ko sa school since uhm since ine-expect ko yung sarili ko na mag excel in that aspect or in all aspect. I really try my best and I really put my efforts in all of my activities so yun din yung isa kung bakit ako isang honor student however uhm that mentality is so unhealthy since yun nga dine-degrade niya yung mental health ko.</p>	<p>Self pressure Exceed expectation Satisfy others Degrading my mental health</p>
R29	<p>One of the struggle that experience is loss of sleep, kulang po ako sa tulog dahil ang dami pong activities ang no-and summative tests na dumadating and binibigay po ng mga teachers. I'm not bad mouthing po mga teachers natin, I meant saying lang po na like for example po, sabay sabay po mga summative test sa isang araw, minsan po apat, minsan po tatlo.</p>	Lack of sleep
R30	<p>Like everyday naman may struggle tayo sa RS like uh tasks, activities and I think those struggles yung ano eh uhm. Ako kasi I like the pressure, pag ako under pressure must nagiging productive ako under pressure so parang ngay those struggles uhm give me that-give me that uh that driving mechanism that driving force to uh to strive more and parang ngay mas uh mas mapatunayan ko pa yung isang bagay. Like I learned from my mistakes, so parang uh I'm embodying those struggles na para magtagal ako sa RS, like I need them as a as a foundation for me to become stronger and at the same time uhm and at the same time mas magtagal ako sa RS, mas uh at the same time mas mas tumibay pa yung yung paniniwala ko sa sarili ko na kakayanin ko yung isang bagay rather than lumipat ako sa other school.</p>	<p>Productivity under pressure Driving force to strive more Embodying struggles Trust to myself</p>
<p>Themes: You're Killing Me Slowly, The Weight of Duty, Behind the Masks: The Efforts of Image Preservation, Blooming Shadows of Discontent, The Unveiling: Embracing Your</p>		

Emotional Truth		
FQ1	How about your academic struggles?	CODES
R1	Yung time po siguro kasi mahirap din po talaga yung time allotment, meron ka dapat, umm, minsan may pinapagawa sa school tapos may gagawin ka sa bahay, may group activity pero may, ganon po.	Responsibilities - school and home
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ2	Can you give us a specific struggle?	CODE
R2	Yung struggles ko na yon is yung name-mental block po ako minsan po pag recitation po tas yun nga po pag di ko naman po talaga alam yung sagot, pero yung reason rin po ate kung kalmado po ako minsan is kasi ngay ket parang di ko iniisip kasi na matatawag ako tas pag natawag ako uhm I tried my best naman po para maka-answer, ganon.	Mental block
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ3	How about summative tests or exams? Are you also struggling to review?	CODES
R2	Opo, kasi ngay ket marami po yung mga yung topics po tapos yung mga terms po na hindi po ako nakakabisado kasi ang hirap po talaga ikabisado.	Struggling
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ4	How about in recitations?	CODES
R3	Nagsasalita lang kasi ako kapag tinatawag na ganun, pero hindi kusang nagraraise ng hand.	Do not take initiative

Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ5	Why don't you take the initiative to recite?	CODES
R3	Awan, parang mas kuwan, nahihiya ako ganun, parang mas prefer ko na lang na sila iyong tumatawag sa akin kahit alam ko naman minsan iyong sagot, gusto ko na lang na nananahimik ako, parang hassle para sa akin ang mag taas ng kamay.	Shame faces
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ6	What are you doing to stay on the honor list?	CODES
R4	Uhm para mag-stay ako sa with honors is bumabawi na po ako sa mga kwan sa mga summative tests at exam. Tapos sa mga-sa ginagawa ko sa summative test is nagrereview na po ako dun, dun na lang ako kumukuha ng mga matataas na grades para naman po pasado ako, tapos sa mga essays din, ganon po, tapos ganon lang po yung kinukuhanan ko ng mga grades.	Getting back at other aspects
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ7	Does your late creation of reviewers affect the result of the exam?	CODES
R6	Wen ate, gamin ate ket nu a day before ak nga agaramid ti reviewer ko ket tunu makitak diay kalalabasan ti result ti scores ko ket nagbaba.	Time management
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ8	Academic related ba kung bakit ka nagpupuyat?	CODES
R23	Wen, academic related da am-amin ngem nu weekdays lang ah.	Sometimes
Themes: -		

Q4	What do you feel as you are inside the RSHS for R1 and yet can be drowned at any moment?	CODE
R1	Yun po yung talagang nakakatakot since ngayon mas malapit na po yung card day medyo kinakabahan po ako kasi baka bumaba po yung ano, average.	Afraid of failing
R2	Yung feeling po na wala ako sa honor list tas yung unang naisip ko po is madididsmaya po yung parents ko kasi ngay ket uhm sanay na po sila na nakikita po yung achievements ko like yung medals, yung palagi po akong perfect attendance at palagi po akong with honors kahit yun na lang din po yung expectations po nila hanggang ngayon po ate.	Disappointment Expectations Used to it
R3	Iyon iyong kinakatakot ko as an RSHS student kasi parang once na kapag nakapasok ka na ket parang ang hirap na, na kapag nahulog ka sa honor lists ket parang ang laking kahihiyian iyon, kaya dapat ket i maintain mo kahit mahirap.	Big disgrace Maintaining
R4	Nafe-feel ko dun po is kwan, super disappointed pag nahulog po ako sa with honors tapos ginawa ko naman lahat pero nahulog pa din. Tas so disappointed lalo na sa families, relatives ko, sa mga friends ko, yung mga classmate ko na umaasa na may honors ako tapos magiging wala din naman pala.	Super disappointment
R5	Pressured pa rin po yung nararamdaman ko, and feel ko po pag mahuhulog po ako sa honor list parang majudge po ako ng parents ko.	Feel of being judged Pressured
R6	Lalo na tatta grade ** akonket naaano ako sa, specifically diay research, gamin anytime ket nu haan mo maipasa dadiay nga subject ket mabalin nga haan ka ag march tunu completion week,	Afraid of failing

	kaya kailangan nga palpasen pay diay experimentation saka mo maala diay diploma mo.	
R7	So ayun nga, lalo na siguro noong lower years, super nakakatakot na every time, every quarter, lalo na at super hirap, ayun, nakaka honor naman ako every year pero ayun, uhm, super anxious, kasi hindi pa ano iyong phase mo, hindi pa siya pulido kumbaga, maraming changes na pwedeng mag occur anytime, so kailangan mo talagang mag strive.	Afraid of failing Striving amidst anxiousness
R8	Iyong natatakot po ganun, kasi first of all, parang uhm, hindi lang ibang tao ang mang jujudge sa'yo kasi may tendency na parang i keep up iyong self ko, na parang ganun, matanggal ako sa honor lists, meron iyong anxiety, na hindi ko alam kung anong gagawin ko kapag ganun. Kasi parang mapapahiya ka eh kasi marami kang maririnig na bakit ganito naman na siya, dati kaya naman niya, ganito ganiyan, so parang ganun, iyong masasabi ng tao ang pinaka worry ko.	Afraid of judgement Afraid of failing
R9	Uh kinakabahan po ate kasi meron din po yung time na minsan is marami po akong wrong sa summatives ganon po, tsaka yung exam, meron din po yung mga subjects na bagsak ako kaya kinakabahan po ako.	Nervous
R10	Iiyak ako ah kung mawala ako sa honors kasi lahat ng mga paghihirap ko mawalaa parang naging bula na mag bbreakdown ako ng malala- parang nung first quarter di ako nasali sa honors, first time sa buhay ko na di ako nakasali sa honors legit dun ko iniyakan ng malala yan hindi ko alam gagawin ko noon di ako kumain ng dalawang araw ksi ang sakit ngay na bakit parang wala lang walang nangyari ganon kaya kwan mahirap to the point na kaya ko gutumin sarili ko dahil parang nag fail ako sa life kasi di ako nakasali sa honors parang kwan ayoko na gusto ko na agad sumuko kasi bakit ganon agad bat ako di nakasali di ba enough ginawa ko tinaty ko naman mag adapt ganon pero bakit di parin ako naka sali ganoonn pero nung kwan 2 nd quarter na ket nakasali na din ako kaya parang ang saya na sa feeling na nakasali nako yeey naka accomplish nako ng maganda plus mas ang sarap sa feeling non kasi meron na siya para nag congrats saken	Breakdown time Agony disappeared like a bubble Questionning oneself Motivation

	ahahahaha which made me motivated ang saya maging with honors ah ganon, di niyako binigyan ng pressure, binigyan niya ako ng motivation, siya yung nagsabi sakin na bawi ako second kasi alam niyang kaya ko, kaya parang nawala na yung hirap ko ganon pero anyway parang mas maganda yung there's someone that will keep you motivated para you'll stay afloat ganon pero kwan basta yung mafefee ko talaga kut masasaktan ako kasi sa lahat ng ginawa ko bakit parang walang nangyayari bakit parang wala lang, natatakot ako na mawala kasi ayokong madisappoint lahat ng tao na nakapalibot sakin kasi ang alam na nila sakin is achiever na eh kaya parang nakakatakot na ngayong tumanda na ako ngayon nako mawawalan ng honor kaya ang pangit na tignan ganon	Certain people Afraid of disappointment Overthinking
R11	Suffocated. Mas lalo ngayon nalaglag ako. I always feel the need to do better. Grabeng pressure, pag ako di naka abot sa 2 nd quarter, isangitak unay unay. We're in RS, you need to prove yourself. In the past years na nagbasbasa ak ijay RS, If you're slacking, do better or get out of that school.	Suffocating Pressure
R12	Nakaka pressure pero at the same time medyo parang academically valid or and awarding ng feeling na kaya ko parang mag honors sa RS pero nakakakaba rin kasi minsan nakakalose nalo-lose ako ng motivation to work parang recently kaya it ano uh nakakakaba.	Pride Pressure
R13	Lagi po akong kinakabahan.	Always nervous
R14	Uhm uh I frequently feel underpressured and overwhelmed as a student at RSHS for Region 1 and a child of parents with great expectations. Uhm I constant worry of failing and ending up at the bottom led me to once more put myself underpressured. I don't mind drowning in school works but what terrifies me the most is drowning in disappointment over failing to maintain the streak of constant-of constantly being an honor student and disappointing myself at others.	Afraid of failing Pressured Afraid of disappointment

R15	Actually, hindi naman ako gaano nagwo-worry kung mahulog ako sa honor kasi nama-maintain ko naman yung grades ko. Kung hindi man tumaas at least nama-maintain-na re-retain ayun lang basta hindi bumaba, as mush as ma retain ko yung grades ko okay lang for me basta hindi siya bumaba. Siguro dun na dun din ako napre-pressure ako ngayon, nagstruggle din ako second quarter kasi may personal problems ako that time, buti na lang hindi naman sila bumaba, nagretain naman sila mostly, may isang tumaas or dalawa or tatlo. Yun dun rin ako sa part na yun na pressure napre-pressure if bababa yung grado, no worries talaga for me sa sa ano jan jan sa part na yan as long as ma maintain ko lang, ma maintain or tumaas basta hindi bumaba and yung nafe-feel ko kapag may bumaba na magpa-panic na ako pero ayun nga as much as possible kalmado lang dapat kasi kung makita kung magpa-panic ka mas lalo kang hindi makaka focus.	Maintaining Calmness under distraction
R16	Uhm, for me, iyong matanggal sa honors, nakakatakot, like super nakaka disappoint, hindi lang iyong disappointment na matatanggap mo sa family, syempre, ako, kapag hindi ako makakapasok sa top, madi disappoint rin ako sa sarili ko.	Disappointment from others Disappointment to oneself
R17	Ayun po talaga yung ayaw ko na mangyari kasi since Grade 7 hindi pa po ako nahuhulog sa honor list and siguro po yung mga umaasa po sa akin baka ma disappoint po sila sa akin.	Disappointment
R18	Actually doon talaga ako natatakot malala, like noong past card day, talagang na feel ko iyong takot kasi nakita ko na iyong mga scores ko, from that particular subject, ala, ang bababa talaga, and i hoped and i thought, ney ala, nagbaba metten kasano ngay atuyen, nu ngay maguyod na diay 92'k nga grade, kas ano ngayen, anya agbalin da nga reaction, edi iyon, na received ko iyong grade ko, edi iyon, nakuha ko pa rin iyong talagang mababang grade na iyon, pero buti na lang may mga nagpataas na grades, pero habang nandito ako sa RSHS, talagang na fefee ko iyong takot, from the uhm, extreme uhm, hirap ng mga ibang subjects minsan, tapos iyong mga workload pa, iyong biglaang ngay magsasabay sabay na ano, deadlines, iyong mga exams,	Afraid of failing Pressured Nervous

	uhm, summative tests, just like that. Nakakatakot and nakaka nervous talaga, pressured.	
R19	Uh, wala, kailangan kong pigilan, parang you need to be strong kahit alam mo anytime na mag brebreakdown ka din.	Be strong
R20	Kapag kasi sinabi sinabing RSHS, talagang mataas ang standard nila and uh, i can say na i'm lucky kasi naging consistent honor student ako sa school na'to and also meron iyong, wait, iyong ma fefel ko ba kapag bumagsak ako doon, ganun ba? Since medyo, ano, uhm, kasi, uh, dandani diay closing tayon, uhm, siguro, uhm, nu kunwari man nga bumagsak ak, baka hindi, uhm, marigatanak nga ma overcome dadiay, like awan ti maaramid ti sabali nga banbanag or tattao parang matulungan dak kasdiay ngem, pero syempre, i'll make sure na hindi iyan mangyayari kasi nga gusto ko na kapag, uhm, pagdating ng recognition or graduation, tataas ako sa stage kaya i'll make sure na hindi ako babagsak. But if ever, siguro mahihirapan ako na i overcome adiay, mahirapanak nga mang cope up adiay nga event, kasdiay.	Hard to overcome or cope up Making sure to still stay afloat
R21	Nakakakaba nga po eh, kaya kapag malapit na iyong uhm, card day ket uhm, alah, pasok ba ako o hindi, kaya minsan ket chine check ko na kung meron ba akong mga kulang, minsan kino compute ko na iyong mga grado ko.	Nervous
R22	Madi-disappoint po. specially marami kang napaghirapan para maka stay on top tapos sa last quarter bababa ka na lang, parang mawawala ka na sa ganun.	Disappointment
R23	Dadiay siguro, malungkot ka kasdiay, matinnag ka. Maysa pay ket, madisappoint ka kasdiay, kasi ammom met nga inted mo amin nga makakayam.	Agony Tried your best
R24	Natatakot po na baka ganon even though nandito ako ket baka bigla na lang mawala.	Afraid of failing

R25	Napre pressure ako.	Pressured
R26	Well, first of all, I feel stressed, overwhelmed, by the fact that anytime I could just be completely erased from the honors list and receive some “words” from my parents if I did so.	Afraid of failing Afraid of disappointment
R27	Third quarter, madami nahulog sa honors. It may sound selfish pero thankfully, hindi ako kasali dun. Hindi ako sumama noon sa card day because I am not really confident na mame-maintain ko 'yong grade ko, lalo na ket may isang subject na sumisira talaga sa grade ko, grade natin, G*** C***. Nakipag video call lang ako sa friend ko noon. Noong tinawag na mga naka pasa, hindi ko narinig 'yong mga naka honors noong first and second quarter. So parang nawalan na ako ng pag-aso. Those times na nagpupuyat ako, all the effort I put into waking up early in the morning just to avoid being late kasi pati 'yong perfect attendance, gusto ko makuha ko. All those struggles, headaches, eye strains, nagflash talaga sila sa isipan ko. Ang sayang. Feel ko ulit napaka bobo ko. Hindi na nga enough mga nakukuha ko, babagsak pa ako? Pero gratefully, hindi ako natanggal, but the disappointment? Nandito pa rin. So the thought na anytime pwede akong mahulog sa honor, sa kakaunting pagkakamali ko lang pwedeng mawala lahat, ang sakit. It feels like a matter of life and death. Gusto ko honor student ako. I feel like walang walang ako kapag walang akong honor. Kumbaga sa damit, parang kulang ako.	Disappointment Insatiable Craves academic validation
R28	To be honest, meron akong academic rival na since elementary hang-hanggang ngayon is kaklase ko siya although I don't think naman he or she uhm sees me as an academic rival pero uhm yun yung tingin ko sa kanya since yung parents ko is pinagcompare kaming dalawa. So, it's very hard uhm performing in the classroom knowing na at any moment is pwede akong malamangan nung taong to. I feel pressure and anxious at the same time knowing that any moment is pwede ako matanggal sa RS uhm pero kahit disregarding the fact na pwede akong matanggal sa RS, uhm meron yung mga times na nape-pressure	Comparing Academic rival Do not want to be overboard

	ako and natatakot talaga akong malamangan ako ng iba kahit yun lang na knowing the fact na mayroong mas mataas sa akin makes me anxious na kasi yun na talaga yung naitatak sa utak ko since nung bata ako kasi napakalaking pressure and attention yung binibigay ng parents ko sa akin so I feel that I am obliged to uhm satisfy their expectations, especially on being an honor student.	Satisfy others expectations
R29	I feel bad inside and sad and also nakakahiya po kasi like if there may come a time po na I will be drowned at any moment uhm I think po hindi ko kakayanin kasi ang taas pong expectations ng ibang na mga relatives ko so parang dapat po hindi ko sila midi-disappoint.	Living with a high expectation Can't handle failing
R30	Ay halo halo, like everyday uh, itchy day may bagong ganto, every-each day may bagong activity. Uhm yung nafe-feel ko sa RSHS knowing that I can be drowned at any moment, feeling ko hindi ko naman masyadong na fe-feel, hindi naman ako masyadong na fe-feel sad about that but I think that can be a good uh that can be a good source of coping mechanism like hindi ako happy na ma dro-drowned ako at any moment, hindi rin ako sad na ma dro-drowned ako at any moment but you know I can-I can describe what I am feeling-what I'm feeling between those na knowing that any-that you can drown at any moment can be seen as a silver lining for you to be able to - for you to be able to swim uhm swim up or lumangoy ka pataas and for you to be able to-for you to be able to get that uhm get what you deserve, yun lang.	Good source of coping mechanism Motivation
Themes: In the Shadow of Failure, A Hole in the Heart, Drowning in Seas of Expectations: A Battle for Breath, Haunted by Disappointment, Unspoken Battles, Silent Tears		
FQ1	How can you say that your grades will drop?	CODES
R1	Pansin ko rin po kasi sa sarili ko this time na medyo nagde-decline since yung parang mga performance task and activities ko nawala since medyo meron akong mga sinalihan na expeditions, parang ganon po, expositions po.	Other responsibilities

Themes: Behind the Masks: The Efforts of Image Preservation		
FQ2	How do you feel that the card day is approaching and you will be receiving your grades ?	CODES
R3	Ngayon sa akin ket may kaba akong nararamdaman, kasi ket iyong mga nakuha ko hindi naman ganoon kataasan, may kaba akong nararamdaman.	Nervous
R4	Nakakakaba po kasi kanina nga lang po ngay ket na mention ko po to sa nanay ko to tapos sabi niya pag-bumaba daw ako sa with honors ay baka papaluin niya ako, ganon. Like, I know that's a joke pero nakaka-kinakabahan parin ako tapos yung mga dati kong classmates sa mga elementary is kwan tinatanong kung may honors daw ako, syempre nakakahiya naman pag sinabi kong may honors ako sa second grade-ay second grading pero wala na nga yung third grading tas nakakahiya po yun.	Nervous Shamefaced
R6	Madandanaganak, gamin ket ammok ti sarilik nga haan nga nasayaat diay naipakitak nga performance ko.	Worried of the outcome
R13	Kinakabahan rin po kasi I did not do as great as last quarter, feel ko po matatanggal ako sa with honors ganon.	Worried
R16	Iyon, nakakakaba and nakakatakot, lalo na para sa amin ngayon, na graduating, so talagang kailangan mong, kailangan mataas iyong grades for college, iyon, so pag, parang, tas nag eexpect din, hindi mawawala iyong nag-eexpect ka sa mataas na grades tapos bigla mong makikita na mababa pala, iyon, nakaa disappoint sobra. Like, alam mo sa sarili mo na binigay mo naman iyong best mo this quarter but still iyong best mo na iyon hindi pa rin enough.	Worried Nervous Expectation Disappointment Your best is

		not enough
R22	Uhm pressured, kinakabahan sa ano and if bumaba man, madi-disappoint ka but uh pwede ka pang bumawi, specially meron pang last quarter.	Pressured Disappointment
R23	Gamin ket okay lang uray nu kuwa adda bumagsak, basta kasama ak latta diay honor list. Ngem nu incase kuma nga kwa kasdiay. Feel ko kasla ngay kabado kasdiay, adiay lang.	Nervous
Themes: Haunted by Disappointment, Unspoken Battles, Silent Tears		
FQ3	Did someone express an opinion about your academic performance directly?	CODES
R8	Uhm, once na sila, iyong lola ko, especially noong first year high school ako, na drop talaga ako sa honor lists, so from valedictorian nahulog ako kasi parang nag change iyong environment ko, so parang sinabi niya na ano, bakit ganun, dati hindi naman.	Expectation Questioning oneself
Themes: The Battle of Comparisons: Finding My Own Worth, Drowning in Seas of Expectations: A Battle for Breath		
FQ4	What is inside of your head as you enter the RS and start your classes?	CODE
R13	Tinatanong ko po sarili kung makaka survive ba ako this day or hindi.	Questioning oneself
Themes: Unspoken Battles, Silent Tears		
FQ5	What do you feel that you can fail in academics and can be removed from the honor list at any moment?	CODES

R19	Syempre, massad ako, madi disappoint sa sarili ko, ganun, feeling down. Since naranasan ko na mag breakdown, iyong hindi ko napigilan iyong pag-iyak ko sa school, parang hinayaan ko na lang na parang kapag hindi ko na kinaya, hinahayaan ko na lang na mailabas ko iyon na malunod ako ganun. Pero kapag kaya pa naman, kakayanin kong pigilan.	Sadness Disappointment Able to resist breakdowns
R23	Ag wor worry ak met, ngem kasla mga kuwa lang, 60% kasdiay, diay danag ko, gamin ket ammok met nga gapu idaiy kuwa, sports ket, haanak launay naka focus ti studies ko, ket kasla ngay ammok metten nga bumaba diay gradok, gapu adiay nga factor.	Worrying sometimes
Themes: Haunted by Disappointment		
Q5	Have you ever thought of transferring to another school due to the academic pressure? If yes, why are you still here in RSHS for R1? And what are the things that tempt you to transfer?	CODES
R1	Umm yes po.	
R2	Yes po ate, naisip ko po minsan mag transfer kasi meron parin po yung thoughts na "hindi ko na po kayang mga activities" or yung mga pinapagawa po samin like yung research kasi ngay ket it kills me sometimes din po ate kasi ngay ket hindi ko po talaga alam minsan kung paano simulan ganon, tas meron pa rin yung nagpu-push sakin na kakayanin ko parin for future ko pa rin po.	Motivation
R3	Hindi pa naman, kasi sa totoo ket uhm, parang pangarap ko talaga ito since nag grade 7 ako, kaso hindi kasi ako pinayagan noon kaya nag stay na lang rin ako sa dati kong school pero ngayon, triny ko, nakapasa naman.	Dream
R4	Opo, uhm kwan sinasabi ko nga po sa sarili ko "Dapat nag D***** ka na lang kasi mas madali dun, wala kang kaagaw sa mga kwan sa mga honors" ganon. Kasi yung mga dati kong	Felt inferior

	classmate dati na mas magaling naman ako sa kanila is naka honors sila since first grading. Sakin kasi, nung first grading wala akong honors tapos eighty-nine point something lang yun kaya nanghihinayang ako pero sana pag nag D***** ako sana o sa ibang school edi sana with honors ka hanggang ngayong third grading, ganon yung iniisip ko po.	
R5	Opo ate, pag nahihirapan po ako sa research, iniisip ko po na sa next school year, siguro magtatransfer na lang ako, pero hindi ko po kayang sabihin sa parents ko kasi parang hindi po sila papayag	Struggling Muted voice
R6	Wen po.	
R7	Uhm, hindi mainly sa mga reasons na iyon, pero siguro kasi gusto ko ng new environment lalo na noong senior high, plan ko mag L***, although wala talagang masyadong reason kung bakit ako lilipat so hindi ko na kinonsider iyon kaso STEM lang rin naman iyong lilipatan ko doon if ever so nag stay ako.	New environment
R8	Siguro at some point noong grade 8, noong hindi na ako naka keep up talaga, nag ffail na iyong mga grades ko and hindi ko na talaga gusto, na iniisip ko na mag transfer na lang pero iniisip ko din na baka sabihin nila na nag transfer iyan kasi bobo na siya. And really, naiipit na rin ako.	Thinking of other's opinion Stuck
R9	Uhm no po ate kasi habang po nagstru-struggle po ako parang nae-enjoy ko rin po kasi marami po akong lesson na natututunan, ganon po.	Enjoyment under pressure

R10	Ngayon parang ayaw ko na, isa kasi maganda na sa RSHS ako mag aaral para better education na siguro and nandito kasi siya...hahhahahh joke ano school lang talaga- na pressure man ako nung start pero ngayon parang masaya nako na nandito nako sa rs ken maymayat nga adda ak itty ta kala ma addo ti matutunan ko kaysa sa ibang schools, kahit pressured man basta may high quality eduation kut ok lattan kasi ganto din naman mafefeel sa college parang matuto nako na mabuhay ng may pressure sa lahat ng bagay kasi we never know what to face sa future kaya ganon kaya wala, never kong naisip na aalis na sa rs di kasali love life dito ah pero ayoko talaga, masaya nako sa rs and parang normal na yang pressure sakin.	High quality of education Used to it
R11	Merong time na gusto ko magtransfer kasi nahirapan ako, grade 9. Di ko kinaya nung time na yun, iyak ako nang iyak. I don't know what to do, wala akong motivation nun para mag-alar ngay. Lagi ko ginagawa activities ko the night before submission. Motto ko na lang nun is "para sa grado", diniregard ko yung knowledge and yung benefits na makukuha ko. Basta magpapasa para pumasa. "Maka grade 10 nak lang, okay na." I thought na kapag nagtransfer ako, baka less yung burden and pressure na makukuha ko. All those times na naaalala ko yun, nahihiapan lang pala ako magadjust. Andito pa ako sa Rs kasi nga sayang. Ilang years na lang naman makakalabas na ako (kuma). Nung times na face to face pa talaga, wala, di ko naisip na mag-transfer kasi nga may karamay ako sa lahat ng hirap as a student. Nung time kasi ng pandemic, feel ko mag-isa ako nun. So my friends and classmates really helped mo go through those times.	Adjustments Loss Companion through challenges
R12	Yes ate	
R13	Yes	
R14	I truly want to transfer but uhm I haven't given it much thought because I feel compelled to do what my parents have urged me to finish since yung sister ko nga po is graduate siya ng RS. Another reason why I'm still here is that I know that learning and attending in RS will give me a significant edge when I enroll in college because the curriculum and expectations here differ from those at	High quality of education Parents' urge

	other schools. My background will be extremely extensive, particularly in research because it will be molded as I old. Since I know it's for the betterment of my future, I'm merely holding myself back and pushing myself to keep moving.	Betterment of my future
R15	Wala pa naman ading pero ano alang atat lang na grumaduate hin-kasi to be honest RS is very helpful sa growth ko as a student a-academically speaking pero in terms of mental health herhe pero hindi ko talaga naisip yung magtransfer kasi para saakin nagimprove naman nagimprove, ang laking improvement ko nung nag start na ko dyan sa RS and it's the people kasi around me na na pumipilit sakin na mag stay and not the pressure tho napre-pressure ako, as long as nanjan yung mga taong yun sa paligid ko hindi ko naiisip naiisipang mag transfer, I will choose to stay pa rin. Kahit na ilang pressure pa yung nandyan pero ayun sabi ko nga na ano lang napipilitan-naiinip na na grumaduate para matapos na rin yung six years dyan sa RS.	Improvement Certain people
R16	Yah, naisip ko iyon, pero kononsider ko pa rin iyong benefits ng RSHS for me.	Benefits
R17	Kung gustuhin ko man po eh baka ayaw po kasi ng mga parents ko and feeling ko po kasi sa tingin nila mas bagay po sakin yun RS.	Parents' urge
R18	Actually no, kasi uhm, RSHS is the only school na alam kong, uhm, kaya nila akong pag-aralin. Tapos ito lang kasi iyong may mga persons na talagang familiar ako that can help me with my academic journey. Kasi kapag i feel like kapag lumipat pa ako ng ibang school, parang mahuhulog ulit ako, from, base one nanaman, wala na naman iyong progress ko, edi mas ma prepressure pa ako, since hindi ko na naman kilala, over all new pressure na naman ang makukuha ko from my new classmates tapos hindi pa familiar iyong teaching style ng mga teachers tapos iyong style nila ng ano, summative tests, exams, performance tasks, mga ganun ngay.	Help in terms of academics

R19	Yes naman, uhm, since nasimulan ko na, naniniwala ako na RSHS for Region 1 is worth it school naman siya kasi nakikita ko naman na maraming students na nakapag graduate dito na successful and i believe that those struggles will bear a good uhm, good result, iyon, na these things will make me a better person, na ganitong way ma momold iyong pagkatao ko kaya itinuloy ko kahit mahirap, kakayanin.	Achievements Mold into a better version
R20	Haan, awan diay panunot ko iti ag transfer because of struggles, gamin ammok met nga kayak met nga malpas nu idiyak RSHS, since sanayak metten.	Used to it
R21	Oo, every year po, nung grade 7 pa lang, naisipan ko na pong lumipat kasi nung pumasok ako dito sa ano, sa school na ito, nakaka overwhelmed kasi lahat ket parang ka mindset ko na, hindi gaya ng dati, sa elementary ket hindi nila maawatan masyado pero ngayon ket pati na rin sila may mga creative ideas, mga original, nakaka overwhelmed.	Pressured Overwhelmed
R22	Uhm no. Kasi challenge rin sa'yo yung ma feel mo lahat yon kasi pwede kang parang if mas tumanda ka na, pupunta ka na sa ma much uh-tawag don? Mas magandang school or mas mataas yung rank, mafe-feel mo rin yon. So, sanay ka na sa mga yon.	It's a challenge
R23	Wen	
R24	Opo. Uhm nung Grade 7 pa po kasi ako nun ate yung mga unang month po paranag bigla po parang na overwhelmed po ako ngay na ganito yung environment dito parang ngay nahihiapan din ate, mahirap kaya naisip ko ket kwan mag magtransfer na lang, ganon.	Overwhelmed
R25	No. Uhm, since grade 7 pa lang, uhm, never na akong nag try ng ibang school, dito lang talaga. Parang, risk taker ganun, uhm, ito lang talaga iyong gusto kong school tsaka hindi ko pababayaan na bumaba iyong grades ko na to the point na matatanggal na ako.	Risk taker

R26	Well yes I've thought of that. But I've decided to stay. If I were to transfer to another school, it would just worsen the situation. I guess at this point there's no turning back anymore. I've been in RSHS for the past 4 years and there's only like 2 more years of agony left. There's no giving up now or else all my hardships would go in vain.	No turning back
R27	No. RSHS is my dream school, actually. Pinili ko 'to e, kaya paninindigan ko. And kapag nag transfer ako to another school, iisipin ng mga tao na "Hala di niya nakayanan", "Natanggal siguro 'yan". Edi parang tinatanggap kong talo ako? And okay lang naman sigurong ma pressure ako kasi at least nasasanay na ako para sa college. Mas malala pa a siguro kapag college na. Tapos brother ko nga nakayanan hanggang grade 12, ako pa kaya? Ayan, kino-compare ko nanaman sarili ko. Pero ganon. Ayokong umalis sa rs. Tas mas maganda nga kasi parang mas realistic silang mag bigay ng grade? Sa dati kong school, ang tataas ng mga grade na binibigay nila, so ngayon iniisip ko na parang hindi ko deserve ng ganon na grade. Mas satisfying na naka honor ako sa rs, actually.	Dream school Pressure Comparing
R28	Yes, pero I think hindi ko siya kayang totoohin and hindi naman ganun kalakas yung feeling ko na gusto kong mag transfer sa ibang school since nasasabi ko lang naman yun kasi maraming workloads or naii-stress ako sa acads.	Stressed
R29	To be honest po, I mean, the pressure was just too much, what's stop me was that I always tell myself na "Kapag dito ako mag-aaral, mas less hassle na lang sa college.", "Kung magta-transfer ako edi parang sinukuan ko na yung ambisyon ko, kung naghirap ako ngayon edi mas maghihirap pa ako sa college." That's what I'm telling po sa aking self and sinasabi ko po sa sarili ko na if I can't overcome this struggles that I'm facing right now in this school, how much more sa college lalo na't I'm striving to be coming great doctor one day and also about what urges me to transfer was because they don't-the teacher don't give us enough time po to do our activities kaya nakaka stress po kasi kahit na may time management ka ang hirap pa rin po talagang i-manage	Pressured Motivation Dream Time management

	nung time tapos some people will just compare us to lower school, that's not acceptable.	
R30	Actually, no kasi like I'm a very competitive person, competitive in a way na when I fail at something, kailangan babawiin ko yun sa next like hindi ako susuko like ganon yung nafo-foresee ko na in terms of failing tapos uh in terms of failing like hindi ko masyado iniisip na-hindi ko iniisip na mag transfer uh sa sa other schools uhm as per observation naman, RS had uh has helped me in in many aspects and developed me in many ways kahit na this is just my uh first year in uhm RS so hindi ko naman - hindi ko iniisip na mag transfer sa other school due to academic pressure. Siguro magtra-transfer na lang ako sa other school kung yung uh when uh magtra-transfer na lang ako sa other school kapag kapagka uhm may negative na na na uh naganap sa uhm sa personal na ano ko like pero sa academic pressure, I think that's not an enough reason for me to transfer in other school.	Competitive nature High quality education
Themes: Unspoken Battles, Silent Tears, Bound by Loyalty: Embracing the Weight of Staying, The Battle of Comparisons: Finding My Own Worth		
FQ1	Can you share some of your experiences to explain why you are tempted to transfer and what tempted you to move to another school?	CODES
R1	Parang yung sarili ko lang po kasi parang, umm, last kwan po, parang ngay umm, mataas po kasi yung expectation sa RS dati, like makakapunta ka po sa abroad ganon, pero parang umm, hindi po talaga, parang hindi para sakin, kay minsan naiisip ko po na mag transfer sa mas higher learning gaya po ng Philippine Science High School pero hindi ko na lang po tinuloy kasi parang parehas lang naman pala. Tapos minsan po, since nung pumunta po kasi ako ng RS, bumaba po yung average ko, kasi nga mas humirap, kaya parang umm, minsan mas gugustuhin ko na lang na pumunta sa lower, yung kwan, normal public school para mas tumaas po yung grades.	Expectations Lower grades Settle for less

R2	Uhm meron naman po kasi ngay ket meron rin po talagang nagtra-transfer dito, yung kaklase ko po kasi nag transfer rin po tas sabi niya uhm like parang nahihiapan din po siya tas parang ini-influence niya po ako or parang sinusulsulan niya po ako na mag transfer kasi mahirap masyado dito sa RS tas sa ibang schools kumbaga mas madali po.	Former Classmates
R3	Siguro na lang ngay ket iyong hindi ko na talaga kinaya ganun, iyong pressure, tapos iyong pagod.	Pressure Tiredness
R4	Meron po, yung mga classmate ko dun na pumunta sa mga ibang school kasi mas madali daw po sa kanila tapos half day pa sa kanila, parang gusto ko na rin na half day tapos kwan tapos may honors pa sila, like, gusto ko naring pumunta dun pero nakakahiya naman, galing ka RS tapos pumunta ka lang sa public school.	Former Classmate Ashamed
R6	Diay pressure met lang ditoy school mismo ken diay kinaado ti araramiden. Adda gamin dagidiay times nga haan ammo dagidiay teachers nga adda inpaaramid diay maysa nga teacher so agited da met so, ma kuwaan tun, matambakan.	Pressure Workloads
R8	Siguro firstly, doon sa mga nagtetemp sa akin to stay is at some point naman kahit gaano kalal iyong mga competition, natututo ako na parang, uhm, tatagan iyong loob ko pero kahit naman meron iyong mga benefits na iyon na nakikita mong nag iimprove ka, syempre parang na aano ka rin sa toxic na ganun, parang nasasakal ka kasi lagi ka dapat mag keep up then sa kung ano mang na achieve nila eh syempre hindi ka naman magaling sa lahat, di ba, so parang naano ka, especially siguro sa mga teachers kasi parang wino worry mo rin iyong iiispin nila na ganito ganiyan eh, alam niyo na ang lala na mag chismisan iyong mga teachers, iyon iyong nag tetemp sa akin na umalis din kasi parang ang toxic din ng environment.	Competition Keeping up Teacher's judgements Toxic environment
R9	Uhm wala naman po ate	None

R12	Uhh research and minsan hindi nagco-cooperate kasi yung groupmates ko.	Research Uncooperative group mates
R13	Madami po sa classmates	Classmates
R16	Uhm, sa mga other friends ng other schools, like nakikita mo sa na chill chill ganyan, like, uh, parang, uhm, kinukwento din nila sa akin na wala naman silang masyadong ginagawa so ayun, napapaisip ako na sa ibang school na lang ako. Kasi dito sa RSHS, super, like ang dami dami kasing ginagawa tapos ayun pa, may research pa, every year iyon.	Friends from other schools Workloads Research
R19	Iyon nga, malayo, puyat lagi, walang sapat na tulog, may research.	Sleepless nights Research
R23	Narabaw lang diay reason nu apay ta kayat ko umalis. Kayat ko gamin ket, di ba dita RSHS, kasla haan ka unay maka socialize'n, haan ka la unay makaruuar, kasla haan ka makapan maki basketball ayanti court'n kasi ti panpanunutem ket adiay kuwa, panagadal mo. Kasla ngay, umapal ka kadagidiay barkadam nga awan is isipen da, apan da la ag babike'n kasdiay, samantalang sika ket agrigrigat ka, isu dadiay siguro, isu ibagbagak nga, nag iskwelaak la kuman idiyay school ditoy T**** ta kuwa as asideg pay ken haanak pay marigatan, panpanunutek dadiay nu dadduma.	No time from socializing Envy Too far
R24	Wala naman po.	None
Themes: Unspoken Battles, Silent Tears, Drowning in Seas of Expectations: A Battle for Breath		

FQ2	Are there also things why you are still here in RS?	CODES
R1	Umm, yes po kasi kwan, ang RS po kasi is hindi na lang po siya school sa akin, parang umm, actually dapat nga second home pero parang first home ko na rin po, kasi Rs, yun lang po talaga yung school na nagbigay sa'kin ng friends, families, ganon. Sa mga previous schools ko po kasi parang nakabase lang ako sa academics validation.	Second home Friends
R2	Actually itong pong school or itong RS po is yung dream school po ng lola ko na mapasukan ko po kay-tapos na diagnose po siya ng cancer nun tapos sabi ko ngay ket “Parang di ko naman talaga kaya dito sa RS” pero pinush ko naman po para i-prove kan i-prove ko na rin po kay lola ko na kaya ko po, ganon.	Dream school of my grandma Proving
R3	Uhm, kapag kasi nasa RSHS ka, parang ang taas ng tingin lalo na ngay sa mga parent, na kapag tinanong, saan nag-aaral iyang anak mo, ah sa RSHS, kaya ganun, parang mas ginusto ko na lang na dito to give them, uhm, para maging proud din sila.	Parent's Pride
R4	Yung una po is yung parang mas madali po akong mag kwan may nagsabi din po sa akin na pag sa RS ka is mas malaki yung chance na makahanap ka ng magandang college na school tapos yung maganda daw po dito sa RS lalo na pag galing ka daw po sa RS is syempre malaki po yung kwan malaki po ng-malaki po yung image ng RS so paggaling ka sa RS tas pumunta ka sa college na gusto mo mas malaki yung chance na dun ka ma papasok-maaaccept ka sa college na gusto mo po.	Big reputation Higher chances of admission to college
R6	Uray nu kayat ko met ti umalis ket panpanunutek diay friends ko, nga nu baka awanak tun ket kasdiay.	Friends
R7	Frankly, dahil ano, kapag taga RSHS ka, ang bango sa papel, ayun, feeling ko mas magkakaroon ng maraming opportunities lalo na kapag science high, lalo na ngayong mga college entrance exams, mga ganito, mga applications, lalo na sa mga UP, ganiyan,	Opportunities Helpful for

	super helpful talaga kapag galing kang science high school. Dahil na rin sa environment, although i admit na naprepressure ako pero ayun, good side din na may competitive sa environment mo.	college admissions Competitive environment
R8	Pero naano rin ako na mag stay kasi parang iniisip ko na rin na at the end of the day matututo akong maging competitive and natuto rin akong i challenge pa iyong sarili ko.	Learning to be competitive and be challenged
R9	Yung mga friends ko rin po, tapos yung mga memories tsaka yung mga experience ko po dun. Habang nag-iistruggle po ako, parang nag-enjoy din po ako.	Friends Memories
R12	Uhm medyo mahirap since medyo introverted ako, nahihirapan ako mag adapt in ano environments and uh I made friends na dito kaya ang hirap na ding umalis.	Hard to adapt Friends
R13	Kasi parang kwan ngay nakakahiya naman po kung parang hindi mo kinaya, papasok pasok ka sa RS pero hindi mo kaya, hindi mo naman pala kaya, nakakahiya yung image na yun.	Shame
R16	Quality, quality of education, kasi for example, since grade 7 may research, so iyon, parang na eenhance iyong skills natin na nasa RSHS, kasi mas marami tayong experience sa pag reresearch, unlike sa other schools, kasi ngayon, may research sila eh, so nahihirapan sila, kaya nagpapatulong sila sa akin, kaya feeling ko, okay lang na mag stay sa RSHS, kasi may advantage rin iyon lalo na at mag co college na.	Quality of education Skill enhancing Research

		Advantage in college
R23	Uhm, kayat ko man siguro ti ag transfer pero haan nga kayat ni mama, dadiay siguro ti rason, tas maysa pay siguro ket kasla nangatngato gamin ti education dita RSHS niya, tapos nu ag tranferak kuma, diay adalek kuma idiyang school, na adal kon dita, sayang tu met lang diay panag advance ko ken kasla masayang met lang diay one year nga panagadal ko nu, diay school met lang nga papanak ket kuwa, haan met lang nga nasayaat.	Parent's choice Higher quality of education Wasted time
R24	Uhm kwan ate choice kasi ng parents ko dito mag-aral ate-dito akao mag-aral kaya tinuloy ko na lang	Parent's choice
Themes: Bound by Loyalty: Embracing the Weight of Staying, Haunted by Disappointment		
FQ3	What about your own dreams? The school you want to go to?	CODES
R2	Uhm actually po ate ngay ket sa totoo lang uhm nag RS po ako para sa stipend hahahaha. Tas feeling ko rin po ate pag dito ako nag school ganon mas tatalino po ako lalo ganon.	For stipend To be smarter
Themes: Bound by Loyalty: Embracing the Weight of Staying		
FQ4	But if you only have a choice, will you transfer?	CODES
R5	Opo	Yes
R17	Personally po nagugustuhan ko naman po dito sa RS and feeling ko mag-stay na lang po.	Stay
R24	Ittoy latta ate.	Stay
Themes: Bound by Loyalty: Embracing the Weight of Staying		

Q6	Is there a time when you have experienced a sudden burst of emotions or a breakdown in public? Explain.	CODES
R1	Umm, no po. Hindi ako nagkwakwan ng public. I prefer to kwan, stay silent.	Stayed silent
R2	Yes po ate, meron po yung time na chinat po ako ni mama na talagang nagpa-iyak po talaga sakin kasi ngay ket yun nga po na namatay na daw po yung lola ko ganon pero at day-at that time po kasi kasama ko po yung mga barkada ko nagsa-SamG tapos di ko na po talaga napigilan yung pag-iyak ko kasi umiinit na po yung mata that time tapos bigla na lang akong nag burst ganon. Uhm ayaw ko pong ipakita yung side ko na yun kaya tumakbo na lang ako ate.	Death of loved ones Escape
R3	Sa public, wala pa. Pero kapag mag-isa, ganun, oo.	Alone
R4	Never ko na pong-never ko pa na try na mag-burst out sa public pero in private po marami na po pero nakakahiya po kasi sa pag public tapos magbre-breakdown ka pa eh with honors ka lang naman hindi ka naman naka with high, ganon. Parang ang babaw naman mag breakdown pag with honors ka lang naman sa public eh, da-dapat sa with high kana tapos parang mas mafe-feel mo yun pag with high ka pero pag with honors parang wala naman eh ang like ang kaunti lang po.	Private Feelings of inferiority
R5	Meron po. Pag nagpresent po sa harap tapos hindi ko po nasabi yung gusto ko pong sabihin. Parang sinasabi ko po sa sarili ko na hindi masiyadong maganda yung pagpresent ko or yung nagawa ko po.	Messes up presentation
R6	Wen ate. Gamin ket adda diay time nga agsasaruno ti aramiden mi tapos same diay due date na, so haan mo ngayen ammo ti unaen, so haan mo ammo nu mainis ka wennon agsangit ka lattan.	Stacked activities Struggles with deadline

R7	Uhm, hindi. Kasi as much as possible, iniwasan ko talaga kasi I don't want to show other people that I am vulnerable, ayun, ayaw kong nakikita nila akong nag s-struggle, gusto kong strong lang iyong image ko sa kanila. Sa public, hindi pa, sa private, oo, iyong ako ako lang.	Avoidance Hiding my vulnerable side
R8	Hindi siguro sa public pero sa akin, sa uhm, mostly everytime na mag rereview ako, parang everything is just so overwhelming, parang ganun. Hindi ko pa na try sa public and ayoko talaga mostly na ipakita iyon sa iba.	Review Time Never in public
R9	Uh no pa po.	Never
R10	Thankfully wala pa sa bahay lang, sa kwarto ko oo, meron madami ganap dun, and yes academically related and some ket about sa ibang bagay naman parang sa love ganon pero mas madami talaga ang acads lalo na kung kunwari nahihiapan nako mag b-breakdown nalang ako sa gilid kasi ang daming gagaawin kaya mas naiiyak ako mas madaming iyak na kaysa sa gawa ganon kaya buti nalang ket nasa kwarto lang ako. If nagagawa ko yan kasi, ayokong may ibang tao yung makakaalam na mahina din ako inside ganon parang hidden personality ko talaga siya parang yung sabi ko kanina yung di ako kumain ng ilang days, dun panay din ako iyak ganon tas hindi ako yung self harm type of kwan iniiyak ko lang kasi diko kaya saktan sarili ko kaya iyak nalang ginagawa ko kaya yun- tas minsan ket bigla nalang ako iiyak pag naalala ko yung isang bagay na ginawa ko sa school ganon.	Breakdown in private Mostly Academics Hiding my tears Random breakdowns because of acads
R11	Wala, kasi as much as possible kahit gaano ako kaiyakin sa ibang bagay, I could never show others how disappointed I am to myself for not trying harder. Pag mag bbreak down ako, in private dapat. Kung nasa public places naman, I'll find siguro a tagong place para umiyak saglit.	Private Hiding my tears

R12	Uhm not really breakdown in public pero yung a sudden overwhelming feeling of emotion.	Overwhelming emotions
R13	Opo. Nung binalik na po yung exams scores nung sa research namin this quarter, inexpect po ng teachers namin and kwan na isa ako sa makaka line of 7 pero ayun ang baba ng nakuba and umiyak ako kasi sinabi pa ni teacher na nag expect siya sakin mismo.	Low scores Expectations
R14	I did have an outburst of emotion in front of others but I never broke down in front of others because I don't want anyone at school to see that vulnerable part of me, I just keep it all to myself. However, I did have many new breakdown moments while I was at school but I just kept it to myself in order to avoid drawing the attention of others.	Outburst but never broke down Hiding my vulnerable side Unknown breakdown moments in school
R15	Huhu yes ading, uhm uhm ayon. Actually, I think twice pa lang sa school kasi as much as possible talaga iniwasan ko kasi ayaw kong makita nila na weakness ko lalo pag madalas ako yung source of strength ng mga tao sa paligid ko. Yung first is nung Grade 9 kami uhm uhm that time naghahabol kami ng manuscript and yung laptop ko power dependent siya so kailangan na nakasaksak siya habang gumagawa ka ng mga ita-type mo sa manuscript, that time yung ginagawa ko I think is yung sa statistics part-solving part and mano mano kami ngamin so kailangan kong i-type yun with the equations and all tapos yung saksakan kasi sa-ung sa circuit kasi sa Lithium dati is kapag in-on mo na yung switch magbubukas lahat so kapag in-off niyo rin maiddep amin. So, ang seryoso ko that time, trinatry kong maging kalmado and ilang araw akong puyat, seryosos akong nagta-type ganyan and suddenly adda agin-innangaw ayanti asideg ti switch pero hindi ko lang pinapansin kasi busy akong nagta-type tapos	Avoiding showing my weak side as much as possible Stubborn Classmates Worried about my file

	<p>nasandalan niya nag worry ak kasi baka haan nga nasave eh ang hirap mag-insert ng mga equations sa words-sa word document uh hindi ko napigilan umiyak ako then buti na lang na save nun so kahit na nasave nun hindi ko talaga napigilan yung iyak ko, dapay ta nasabay ko pa sa pag-iayak yung yung ibang tao nun na nasa paligid ko-yung ibang classmates namin kasi imagine imagine kung hindi na save yun uhm back to zero ka ulit, ilang tables pa nun dati yung ginagawan namin ng solving part ng t-test or ANOVA t-test and yung second na breakdown is this ano lang this grade level-this school year, hhmmmm uhm may event sa school, nakalimutan ko kung anong event sa school pero kaming *** ang nag organize tapos lunch lunch time namin nun, kulang kulang ulit sa tulog mga three days tho hindi ko alam kung bakit ako umiyak-ah ah! maraming ano hinahabol na performance tasks tapos lunch break nun and yun yung first time na kakain pa lang ako sa araw na yun so, imagine nagsabay yung gutom, puyat tapos pagod kasi nga that time ang ang alam ko is yung activity na yun like need kaming maglibot-libot sa buong campus, umuli kami from first to fourth floor tas bumaba kami lit then ilibot from Grade 7, acad building, science building, so talaga pagod, gutom, puyat tapos may may news na ano not news na-nakalimutan ko na kung tungkol saan yung news na yun, hindi naman news na galing sa TV, sa radio like that uhm up information lang galing sa campus mismo tapos ewan ko sobrang sama ng loob ko sa nalaman kong news na yun then magsusubo pa lang ako ng ng food bigla na lang tumulo yung luha ko tapos nagulat sila so nahihiya ako that time nahiya ako-may gana pa akong mahiya that time, dun na ko sa CR dun na ako nag breakdown, yun lang ading, alah nahihiya na ako.</p>	<p>Exhausted Bad news Pile of performance tasks Juggling responsibilities</p>
R16	Hindi pa naman, as much as possible, ayokong nagpapakita ng kahinaan sa public.	Avoiding as much as possible
R17	Uhm hindi pa po, breakdown in public hindi pa po.	Not yet in public
R18	Big yes, talagang naranasan ko na, and that is my first time na magkaroon ng ganung type ng outburst in public. Noong ano,	Low score

	<p>time na nakuha na namin iyong scores ng C***, as in ano, talagang ang baba na talaga ng expectations ko doon, as in iyon na naman, nagpairal na naman iyong, uhm, carefree personality ko, like wala akong pake kung bagsak ako, wala akong pake. So iyon nga, ibinigay na sa amin iyong test paper, iyon, tiningnan ko iyong score ko, boom, line of 3, oh, edi of course, wala akong pake, oh edi parang kunwari, parang kalmado akong galit, may ganun ba? Uhm, iyon bang, parang, ano ngay ito, ginawa ko naman naman lahat, bla bla bla, pero noong umalis na si sir, tapos lahat lahat na kami, titingnan ko iyong umiyak kong kaklase, edi ako rin, napaiyak na rin ako, kasi mas mataas pa iyong score niya sa akin eh ako, kawawa rin akong nag comfort sa kanya habang titingnan ko rin iyong sarili ko. Hinug ako ng president namin, tapos ayun, as in, humagulgol akong umiyak, hwehwehwe, ganun, big time, nahiya nga rin ako.</p>	Crying classmate Hugs and comfort
R19	Yes, I did. As in sa harap ng classmates ko, unexpected iyon, parang ine explain ko lang kung nagado ti ar aramiden kas kasdiay tas suddenly umiyak ako when I saw my classmates na parang ano, naawa sila sa akin, doon ako naiyak and naiyak rin ako noong, uhm, parang na acknowledge nila iyong gawa ko.	Unexpected
R20	Uhm, public, pwede bang sa loob ng classroom? Ay uhm, not totally na sa loob ng classroom, parang meron iyong time na, uh, aglalaok gamin diay ma fe feel ko idin, uhm, madi diay mood ko tapos meron pang nakakainis sa paligid mo, syempre iyong mga classmates ko pa ket medyo nakukulit da adda diay maysa time nga sa gc, namura ko sila sa gc, then kabigatan ket nagmadi pay lang diay aura'k kanyada ngem, nu, kuwa, pag, uhm, ruar, uh, kapag personal naman, haan pay, kasi dadiay gamin ket GC adiay, sa GC ko sila namura, di ko alam kung public iyon.	Mixed emotions Stubborn classmates
R21	Sa public, uhm, meron iyong time, naalala ko, diyan mismo sa bench, nagalit ako sa kanila, kasi marami na nga akong prino problema mga activities, tapos ito naman kasi, group activity ito, tapos di sila sumusunod, doon na ako na bwisit sa kanila, parang nagsalita salita na ako, di pa kayo tumutulong, ang hirap na nga	Irresponsible groupmates

	neto, ganito ganito. Tapos pumasok na lang ako sa cr para i hide na lang, hindi ko dineretso.	
R22	Uhm noon po. Uh kasi hindi ko na nakontrol yung sarili ko na parang yung wala wala yung uhm yung bigla ka nalang ma mawawalan ng control sa sarili mo, specially kwan uh hindi mo-hindi mo na alam yung gagawin mo kasi sabay-sabay na yung mga nangyayari.	Lost control Simultaneous activities
R23	Haan met pay, awan pay. Gamin kanyak ket, nu ag breakdown ka ket mapigilak met.	In control
R24	Opo. Kwan ate uhm asa classroom po kasi ako non eh like after po kasi talaga umalis nung teacher namin at that time eh umiyak na lang po talaga ako sa upuan ko.	After classes
R25	Uhm, not in public. Siguro in private.	Private
R26	I haven't experienced such things yet. A sudden burst of emotions yes, I've experienced that. But a breakdown in public, hindi naman. I believe I am good at concealing my feelings and my thoughts, especially in public.	Good at concealing
R27	No, not yet. As much as possible kasi, I don't want to burst out in public or kahit in front of my friends or family. So I try to hold it back talaga. Pero i feel like a bomb.. no, a candle. Na anti-unting nauubos. Nagsha-shine man ako dahil honor student ako, pero 'yong ilaw na 'yon ang paanti-unting nang uubos sakin.	Trying to hold back Slowly drowning
R28	In public is hindi pa but in private yes, many times and inihiyakan ko talaga yung pressure na nararanasan ko from my parents and yung mga failures ko in terms of academic lalo na rin kapag naii-	Private Fear of being

	stress ako and whenever I have a thought na baka malamangan ako ng ibang tao kaysa sa akin.	outdone
R29	Yes po, and it's embarrassing. Nakakahiya kasi po iyong iba naawa, iyong iba naman parang walang may pake, nakakahiya but also maganda sa pakiramdam kasi andun po iyong mga friends ko na nag co comfort sa akin and sinasarali ko po talaga mga problems ko kaya nung umiyak po ako in front of them, it feels, uh, it felt much better, parang gumaan po pakiramdam ko kasi meron pa rin namang mga taong, meron pa rin pala iyong mga tao na may care kayo, may pake sayo and always there to help you and comfort you.	Embarrassing Felt good Other people cared
R30	Uhm yes, kagabi lang din, nung naglaro kami ng volleyball na sinasabi ko. At first, na pre-pressure ako ganito ganyan na mag set sa-na mag set ng bola, yung parang kinikeep ko lang, hindi ako nagsasalita but when the I think ninth time na sinabihan di ako ng ganon like sumigaw na lang ako, like sinigawan ko sila "Pakiayos naman yung receive kasi!" ganito ganyan and everything-I mean everyone in the court uh heard that and I think that's the most recent na nag burst out ako ng emotion in public kasi uh sabi ko nga, kinikeep ko na lang sa sarili ko yung ano pero friends ko yung mostly andun so siguro that uhm I mean medyo comfortable ako sa kanila, medyo comfortable ako sumigaw ganon kaya nag burst out ako uh may other people din naman dun pero like for example ulit like sa palengke ganon, hindi naman ako nagbu-burst out.	Pressure Burst of emotions Comfortable with the people around me Certain people
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few, Unspoken Battles, Silent Tears, Behind the Masks: The Efforts of Image Preservation, Cool, Calm, and Collected: The Art of Handling Pressure, Drowning in Seas of Expectations: A Battle for Breath		
FQ1	When you have a breakdown, is it more on academic struggles?	CODES
R1	Umm, yes po. Yun nga po yung parang sinabi ko po kanina na pressure tapos parang iniisip ko po na kapag hindi ko magawa yon, pwedeng bumaba yung grades ko, parang ganon po.	Pressure

R4	Pag nag-breakdown ako sa public, meron din pong high chance na tungkol yun sa academics kasi pag academic yun that means naka depend po dun yung future mo kaya pag nawalan ka ng honors or mababa yung score mo nakaka - parang nakaka apekto yun sa future mo, pag-iniisip mo kasi yung future mo n maghi-high chance na magbreakdown ka sa public tapos tingin mo lang sa sarili mo failure ka sa high school pag failure ka na sa high school that means pwede yung high chance na failure ka din sa future mo. Pag naiisip mo kasi yung future mo nakakadismaya pag parang low grade ka tapos kwan iniisip mo yung future mo na parang "Hindi na ako magiging doctor nito or teachers" ganon kaya minsan nabre-breakdown ka din sa public.	Academics Worries about the future
R9	Uhm yes po ate.	Yes
R22	Uh opo. Ah sometimes academic, sometimes personal, parang family stuff.	Yes
R25	Uhm, yes and no. Meron din namang hindi academically related ganun.	Yes and no
Themes: Behind the Masks: The Efforts of Image Preservation, Unspoken Battles, Silent Tears,		
FQ2	In terms of your academics, have you ever experienced bursting out your emotions in public?	CODES
R2	Uhm pag dito po sa school is hindi po ate kasi parang ano lang nagsi-seek na lang po ako ng help sa mga ka-group mates, kung wala naman po, sa teacher na lang po.	Seek for help to other people
R30	Oo, nung ano nung chemistry, chemistry ni Sir ***** like there was this summative test, summative test number two, second quarter, kabisado ko. Summative test number two, second quarter nagpuyat ako nun kasi bumabawi ako sa chemistry like nag puyat ako tapos nung nag test na ng chemistry, natapos ko naman and confident ako sa sagot ko, tapos nung ano na sinabi na na dapat daw yung ilalagay na sagot dun sa last part is yung buong ano,	Summative Test No considerations

	<p>ano ba yun? yung two s ganon, yung buong ganon daw yung ilalagay eh yung nilagay ko lang is yung last na last na value which is parang sinabi ko na parang nanghinayang ngay ako na pinag reviehan ko tapos biglang uh na misinterpret ko yung instruction, hindi ko naintindihan ganito ganyan tas nag ask ako kay sir kung pwede niyang i-consider kasi uh tama naman yung sagot ko it's just that yung last uhm yung last value lang yung nalagay ko tas sabi niya uh hindi pwede ganito ganyan. Ayun umiyak ako sa classroom like umiyak ako like umiyak na lang ako sa harap nila, sa upuan ko, sa harap ng mga classmates ko. Ayun like dahil sa dahil sa panghihinayang ko to that nag burst out ako dun, like hindi naman yung super iyak na humagulgol like it's more of iyak na disappoint-disappointed, iyak na yun nanghihinayang ganon, ayun yun related sa academics.</p>	Misinterpreted instructions Tears of disappointment
Themes: Haunted by Disappointment, Cool, Calm, and Collected: The Art of Handling Pressure, Behind the Masks: The Efforts of Image Preservation		
FQ3	Since it is academically related, can you give us some of your experiences?	CODES
R9	Uhm one time po yung first quarter po ate, eto yung exam ko po sa MAPEH, parang na-disappoint po ako kasi bagsak po ako dun.	Disappointment Failed exam
R23	Uhm, nu kuwa met lang, nu, dandanidm diay exam'n kasdiay, tapos ammom nga awan pay na review'm.	Haven't reviewed yet
Themes: Haunted by Disappointment		
FQ4	Can you give your experiences or situations?	CODES
R14	Like I said nga ate parang uhm yung pong pressure na nandito sa bahay minsan kahit umagang umaga ket uhm putak sila ng putak sakin about that and whenever I go to school parang heavy yung heart ko ganon kaya mostly it occurs sa umaga po.	Pressure Morning scolding

		Heavy heart
Themes: Unspoken Battles, Silent Tears		
FQ5	But is there a time when you feel like you're at the point where you're about to burst?	CODES
R2	Opo ate, lalo na po pag sa exam, na-memental block po ako ganon. Iniiisip ko na lang po yung nireview ko ate, pag wala po nga ket iniiskip ko na lang, kung minsan ngay ket kung pagkatapos po ng question ket binabalikan ko na lang.	Exam mental blocks
R8	Meron po, kasi meron that time na, uhm, i think second quarter iyon, iyong ngayong year lang, parang uhm, nag pakita kasi ng tentative grades iyong teacher namin na ito. So, nakita ko iyong grade ko na parang bumaba siya eh favorite ko iyong subject na iyon, so parang the whole time na nandoon ako sa upuan ko, parang naaano ako na parang nasasakal, gusto kong ilabas iyong luha pero syempre andaming tao sa room kaya ayoko na ilabas. Then iyon, nagtago na lang ako sa bathroom at doon na ako umiyak, pero never kong pinakita sa ibang tao.	Low tentative grades Hidden tears
Themes: Unspoken Battles, Silent Tears		
FQ6	Did many people see you?	CODES
R5	Opo	Yes
R14	Meron ate pero iba iba po yung reason hindi po yun tungkol sa pampre-pressure ng parents ko sakin. It's another topic naman po yun.	Yes
Themes: Unspoken Battles, Silent Tears		
FQ7	Did your friends see that you had a breakdown?	CODES

R6	Wen ate, dito sa school mismo.	Yes
Themes: Unspoken Battles, Silent Tears		
FQ8	What did you feel when many people saw you cry?	CODES
R5	Feel ko po napahiya po ako	Embarrassed
R6	Ayun, gamin ket haan da nga sanay nga makitkita adiay nga side ko nga agsangit gapu ti acads nga diay mismo nga isuda ti nakakita nga agsang sangitak.	Not used to it
R13	Umiyak lang po tas prinsent kona as a joke kasi pinahiram ko yung reviewer ko tas mas mataas nakuha nila kaysa sakin.	Joke
R14	Parang I felt ashamed kumbaga parang ganon I felt a little ashamed kasi I let myself sa other people yung ganon ko pong side which is gusto ko lang po ako lang po yung nakakakita at nakaka experience.	Ashamed
R15	Nahihiya talaga ako kasi hindi talaga ako sanay na ano na may ibang tao na nakakakita sakin na. Usually, yung mga nakakakita lang saakin is close close friends hehe hindi din gaano sa family, yun close friends-mga trusted friends and family. So, nahihiya ako and the same time hala bakit ko nagawa yun? Bakit bakit dito pa? Ang wrong timing ng breakdown ganon yung thought thoughts na pumapasok-pumasok sa isip ko that time, pati nga ngayon nagkwento nahihiya pa ako.	Not used to it Witnessed by only close friends Wrong time
R18	Uhm, medyo nahiya ako, kasi parang feel ko pa na, nag pabebe ngay adiayen, what if ganun iyong isipin nila sa akin, what if ang ano niya, masyado siyang sensitive eh meron pa namang next time, ganun iyong mga iniisip ko kasi first time ko talagang umiyak, eh iyong usually tinatawa ko na lang iyong mga experiences ko ganun.	Embarrassed Other people's judgements

R19	Uhm, since nakita ko na that they cared about me na, parang it's okay na valid iyong nararamdamaman ko.	Other people cared
R20	Syempre at that time, noong nahimasmasan ako, medyo na guilty ak, syempre mali met nga itratom ti classmates mo nga kasdiay gapu lang haan mo ma control diay emotions mo kasi adda mood moody ak metten ti kabigatan na ta madi met diay inaramid ko. So kinasaok met lang isuda, inbagak met kanyada diay reason ko nga apay ta kasdiay tapos after that daddiay metten, uh, uhm, haan kami met nga nagaapan.	Guilty Uncontrolled emotions
R21	Parang ano, na embarrassed rin ako kasi nakakahiya naman, kasi hindi ko rin classmate iyong mga iba, meron pang nakakita, isipin na lang nila ket, ang kwan naman ng babaeng iyan, ganun, na ju judge na po ako.	Embarrassed Other people's judgements
R24	Para parang ngay ate ket kwan kababain gamin ket kalla i judge da ka ngay.	Embarrassed
R30	Well, saakin naman I believe na okay lang umiyak in public, it's just that ang ironic nga na-ang ironic na sinasabi ko, it's okay to mag burst out sa public pero kinikeep ko lang sa sarili ko pero nung andun ako sa situation na yun, it's okay naman na umiyak kasi it's valid, it's a-it's a uh human act, it's the-what do you call that? It's the expected na maging reaction ko towards that situation, oka-ayun nafeel ko lang naman na parang okay lang yung environment ko that ano-that moment parang binaliwala ko na lang sila and I think that's the time when I gave importance on my personal feelings and emotions, dun ko na realize na uhm dun ko na realize na ganito pala when you uh when you hindi mo pinapansin yung environment mo. I mean hindi mo pinapansin yung sasabihin ng ibang tao. I mean, it's just uh I felt uhm I felt light, parang nabawasan yung uh nabawasan yung na uhm mabigat na nararamdamaman ko just by uhm that bursting out what you called bursting out na nangyari at that moment.	Valid feelings The expected reaction Felt light

Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ9	Did they tell you anything about what happened?	CODES
R5	Wala po.	None
R15	Uhm I don't know lang nung mga times na hindi na ako nakaharap sa kanila pero nung awa awa wala naman silang nasabi sinabi nung-incomfort dak lang met like pero hindi sila nagsasalita basta nandun lang sila, nakikinig lang sila, hindi sila nagtatanong which is good.	Comforted No words
Themes: Invisible Shackles: Concealing Truth, Protecting Hearts		
FQ10	Do you feel like you've been judged?	CODES
R5	Opo, feel ko po.	Yes
R18	Yes, big time.	Yes
Themes: Silent Strains: Burdened by Fear of Judgment		
FQ11	Did you feel better after showing that side of yourself?	CODES
R6	Nagmadi	Felt bad
Themes: Unspoken Battles, Silent Tears		
FQ12	Did you regret breaking down in public?	CODES
R6	Kasla haan met ate, pero adda lang diay mababain kasdiay.	Embarrassed
Themes: Unspoken Battles, Silent Tears		

FQ13	Has anyone noticed you cry in the bathroom?	CODES
R8	Meron one na classmate ko, pero tinanong niya naman kung bakit, hindi ko sinabi, so feeling ko parang naiintindihan niya naman na ayokong magsabi na ganun, pero may nakapansin na kaklase ko.	Noticed me No words
Themes: Unspoken Battles, Silent Tears		
FQ14	Is that your first time breaking down in public?	CODES
R6	Uhm, idi gamin grade 8 to 9 ket online class pay lang, so wen ate, first time ko, kasi private ak idi nga agsang sangit.	Yes
Themes: Unspoken Battles, Silent Tears		
FQ15	In private, have you ever experienced a breakdown?	CODES
R9	Ah yes po ate.	Yes
R17	Uhm siguro po parang internal nalang po yong mga emotions ko, hindi ko po siya ine-express with cry parang ganon, hindi po.	Not expressed
R23	Hmm, wen.	Yes
Themes: Unspoken Battles, Silent Tears		
FQ16	What do you do when you have a breakdown?	CODES
R3	Uhm, minsan kapag naiiyak ka na ket iiyak mo lang hanggang sa mawala, tapos magpahinga, ganun, and tuloy ulit.	Cries
R5	Umm, naiyak po ako nung pagkataos ko mag present, tapos nung katatapos ko lang po magpresent parang ako po yung nahiya, parang ganon po.	Cried Embarrassed

R12	Breathing exercises, slowly inhaling and exhaling.	Breathing exercises
Themes: Unspoken Battles, Silent Tears		
FQ17	What was your reaction to other people when you saw your failed paper?	CODES
R9	Uh parang okay lang po tapos sinasabi ko po sa sarili ko na “okay lang yan, babawi na lang sa next na quarter”.	Self comfort
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Behind the Masks: The Efforts of Image Preservation		
FQ18	What did you feel deep down?	CODES
R9	Super super disappointed po ako.	Disappointed
Themes: Haunted by Disappointment		
FQ19	Are there certain things that you did so that you could not show your true reaction?	CODES
R9	Uh wala po. Nilibang ko na lang po yung sarili ko.	Entertained myself
Themes: The Coping Canvas: Painting Your Way to Resilience		
FQ20	Hindi ka ba natakot na baka ijujudge ka nila dahil sa nagawa mo?	CODES
R20	Siguro hindi, haanak nga mabuteng since all emotions are valid and syempre adda idiyay principle ko adiyay nga haanak nga mahiya nga ipakwa diay emotions ko. Nu man ijudge dak, awan baybay ak lattan and i, uh, i, uhm, dik met ammo nu baka naaramid da met adiyen isu nga kasdiay.	Valid feelings Not shy

		I don't care
R30	<p>Actually, hindi kasi at that situation wala naman na akong pakialam sa sasabihin nila, what matters the most is yung is yung consideration sa ano na yun kasi isang factor din dun kasi na hindi ko pinakialaman yung sasabihin nila ket I know my classmates, I know my friends kasi they comforted me at that time eh na “Hindi okay lang yan” ganito ganyan “Siguro magbibigay ng consideration si sir” ganito ganyan. So, parang knowing them na hindi ka iju-judge, it gave me that comfortability or that pagka pag pagiging komportable sa situation na mag ano eh pagiging komportable sa situation na yun na to express my emotion kasi second quarter naman na yun eh so parang mas naging close ko na sila parang ganon, gaya nga ng sinabi ko sa inyo kanina na it depends sa people around you, it depends on your relationship with that person, your closeness with that person and kung gaano mo sila kakilala and gaano ka nila kakilala ikaw.</p>	<p>I don't care</p> <p>I know the people around me</p> <p>Comfortability</p> <p>Depends on your relationships with other people</p>
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Exclusive Insights: Unlocking the Doors to a Chosen Few		
Q7	How does the “duck syndrome” affect your academic performance?	CODES
R1	Minsan po kasi parang umm, mas lalong tumataas kasi ginagamit ko po yung parang sinasabi nila sakin na pag pepressure nila sakin para mas motivative, kunwari po kung sinasabi po nila na “buti pa si ano with high honors”, parang ginagawa ko po yun n amotivation para mas tumaas din po yung average ko.	Motivated by the pressure
R2	Umm, nakakaapekto po siya pag ano po, pag diba tinatago ko po yung emotions ko na, parang yung sadness po ate, ngay ket parang ngay iniisip nila na “ay kaya niya naman yang ganiyan”, “kaya naman niya yang ganto”, pero meron din po talaga yung time na na-iinsecure po ako lalo na po sa pagpeperform, tapos ngay ket parang hindi ko po kaya, ganon.	Insecured

R3	Uhm, iyong parang, minsan ngay ket pinepressure ko na iyong sarili ko to the point na hindi ko na alam ang gagawin ko, iyong hindi ko na alam ang uunahin ko, ganun	Self-pressure Messy mind
R4	Uhm for me is kwan nakaka help po yung kalmadong hitsura ko, parang less expectation naman po yung mga classmate ko o yung mga friends ko, pag kasi hindi kalmado yung face mo sa kwan-halimbawa po pag ina-announce na po yung with honors ka or wala kang honors sa public tapos kwan pag kalmado ko para pag hindi ka nakapasok sa with honors, hindi na po nakakahiya sa mga classmates mo parang iniisip nila na alam mo ng hindi ka nakapasok sa honor pero pag hindi naman kalmado tapos parang umaasa yung face mo sa public is super nakakahiya po yun tapos titingin po lang sila sayo with judgemental look po tapos with that titig po parang naiiyak ka na po tapos parang yung tingin nila sayo ket nakaka-awa ka, ganon.	Less expectations because of the calm face
R5	Pag ano po, pag shinoshow ko po yung unbothered lang po ako is nagigilty rin po ako minsan kasi inaask ko rin po yung sarili ko kung bakit hindi ako nag-oopen up sa mga friends ko and family ko about sa nafifeel ko.	Guilty Questioning myself
R6	Haan met nga masyado nga maka af affect idiyay performance ko gamin ket uray nu agdandanag ak nga talaga idiyay ket maidel deliver ko met nga nasayaat.	Not really affected
R7	Parang kung kaya mo, wala nang tumutulong sa'yo, especially if group activities, kunwari ikaw iyong nag lelead, so iyong mindset agad ng mga groupmates mo, ay kaya na niya iyan, ganiyan, ganun, kaya ang ending, sa'yo lahat ang burden.	No helps Burdens are all on me
R8	Siguro, uhm, syempre, di ba laging parang i have everything under control so siguro nakikita nila na magaling ako, ganun and parang nakukuha ko doon iyong validation na kaya ko. So parang nakikita rin nila na deserve ko iyong grade kasi magaling talaga	Got my validation

	ako, kasi hindi ako nag brebreakdown ganun, so ayun iyong nakikita nila sa akin.	
R9	Kasla ngay ajay ti rason ate no apay ngay igag-gaget ko pay tapno haanto kasla disappointed ti kasla mafe-feel kon ken tapno haan nak agpang-panggap nga kasla mayat jay ipak-pakitak nga rupak.	Motivated by the feelings
R10	Kung nag aact ako na calm kut parang ang hirap den maka focus sa mga ganyan lalo na kut may personality kang pinapakita na alam nila kaya pati yun parang dapat inaanongko yung bang kwan tinitignan ko kung ano yung personality na pinapakita ko diko maalala yung term basta parang ano ay conscious kung ano galaw ko an kung mas lalo akong nappressure parang gusto ko dapat mameet ko yung expectations ko sa sarili kaya parang mas nahihirapan nako.	Hard to focus Conscious on what I show Pressured to meet the expectations
R11	Anlaki ng effect ngayon saakin kasi nalaglag ako eh, I need to work harder to prove my worth again. Kasi ngayong ganito situation ko, I feel like I have lost my worth as a student, as a daughter, as a friend, and madadagdagan pa yon pag nag fail ulit ako sa ibang aspects. Mas maraming failures, mas mahirap umakyat pabalik kasi dadamdamin mo lahat ng pagkakamali mo na 'yon, heck nakatatak na yon sa utak mo hanggang matapos ka or kahit mag move forward ka.	Prove my worth Lost my worth Hard to climb up
R12	Nawawalan ako ng motivation to do school works and mag review.	Lost motivation
R13	Yun po yung lagi kong pinapakitang kalmado ako pero I always feel pressured pag review time na sa quizzes and summatives kasi pati po kasi yun parang yun po yung pressure kong motivation ko na mag review, parang ganon.	Pressured Motivated by

		the pressure
R14	Ay sige po uhm it actually has a favourable impact on my academic achievement, therefore it doesn't really have a bad impact on me. When I experience the issues that the duck syndrome cause to myself, it sometimes have a negative impact on my academic performance but as a student who craves for academic validation, I still went on even if I'm on the edge.	Favourable impact
R15	Uhm parang mas naging mas focused ako ganon kasi nga diba kapag kalmado ka mas mas mas kwan mas makakapag work ka kesa pag pinapakita mong pressured ka, mas nagiging productive and so mas maganda yung output, mas maganda yung grades, yung makukuha mo. Yung bad effect na, ayon nabu-build up lahat lahat ng nafe-feel mo tapos magkakaroon na ng random breakdown which will then result to ayun made-delay yung activity mo na gagawin mo kasi nga sobrang random ng breakdown na mangyayari kapag naipon lahat sa loob.	More focused Productive Good outcomes Bottled up emotions Random breakdowns
R16	So ayun, hindi ko naipapakita iyong naprepressure ko na side sa iba, iyong sino-solo ko iyong side ko na iyon, like walang nakakatulong sa akin na nai, uhm, hindi nila ako nakikita so, uhm, hindi nila ako nakikitang nag aano, so hindi nila ako nadadamayan, na prepressure ako sa mga ganyan. Kapag na prepressure kasi ako, hindi ko na alam iyong mga gagawin ko, iyon lang.	Mask Pressured No help
R17	Feeling ko naka affect po yung duck syndrome na dapat po laging maganda yung mga outputs ko, yung performance ko, palaging ako dapat yung may standard, ganon.	Good outputs I'm the

		standard
R18	<p>Uhm, medyo naguguluhan niya iyong academic performance ko, nai influence rin iyong sinasabi kong bahala na sa pag aano ko, sa pag perform ko academically. Di ba kapag sinabi kong minsan na, oy, wala akong pake, minsan masyado ko siyang na mamanifest sa mismong academic performance ko na hindi na ako masyadong nakaka review ng ibang subjects, minsan kasi nga masyado akong na prepressure kaya ni re-rely ko na lang sa inner luck, kung meron man ako nun, tapos inner luck at tsaka stock knowledge ko kasi, uhm, pero kapag pumapasok ako, mas na prepressure ako kasi kahit itry kong sabihin na kaya ko ito, without the reviewing, nakikita ko iyong mga kaklase ko na nag rereview, eh di iyon, mas lalo akong na prepressure na mag review rin pero natatakot rin ako and wala akong energy na maghawak and magbukas minsan ng notes ko kaya binabayaan ko na lang, talagang stock knowledge na lang, which is nagiging honest reflection rin ng mga scores ko kapag ganun iyong mga cases.</p>	Manifested outcome Pressured Relying in my inner luck No energy
R19	<p>Uh, minsan ay nahahandle ko iyong emotions ko for faking it until i make it, parang ganun. Pero minsan, ngayong nasa grade ** ako, uh, nagano, nag dugtong dugtong iyong, uhm, dito ko lang na naramdaman iyong tiredness, as in, iyong pagod, all throughout these years, * or * years na nasa RSHS ako, nagkaroon ako ng lost thing.</p>	Tiredness
R20	<p>Ti ipakpakin nga personality idiyay school met ket diay ammok met nga parang, diay, ay haan ko met nga, ay, adda met diay dadduma nga personality nga haan ko pay naipapakita idiyay school ngem dagidiay personality nga maipakpakin idiyay classmates ko tatta ket nakatulong met tapno, diay uhm, maging strong diay bond mi since, iyon nga, classmates ko nga sila, friends ko met sila, and also nu more on academics met ket awan diay pataasan, kasdiay, awan dadiay competition, haan mo ma feel diay competition, syempre ta friends friends kami met, and also iyong personality mo is nakaka affect syempre kapag na feel nila na iyong personality mo is competitive ka, adiay kalabanen</p>	Strong bond with others Helped with group activities

	da ka. Pero diay ipakpakin, talaga nga friendly ak met and uhm, makatultulong adiay nu group activities.	
R21	Uhm, for me parang okay naman po iyong duck syndrome sa akin, kasi parang maganda naman iyong reputation ko	Good reputation
R22	Parang hindi na rin po ako masyadong nakakakain, nakakatulog. And some nights, parang mag brebreakdown ka.	No eat and sleep Breakdowns
R23	Di ba, deep inside ket kuwa, ket ag sstruggle ak ti kuwa, ti panagadal ko, haan met siguro nga negative ti impact na kinyak gamin ket kasla tk impact na kanyak adiay ket kuwa, kasla positive, nu ngay kuwa ag struggle ak, kasla ngay ag strive ak pay tapno malampasak adiay nga kuwa, dadiay nga challenge. Nu i connect tayo iti academic performance adiay, ket addu ti problemak idiy, problemaek nga talaga, tutukak ah dadiay nga challenge wenno problema.	Positive impact Strive to resolve the problems
R24	Since kasjay ate ket like kwa mas nagiging positive met lang dajay kwa thinking ko kasjayen ate no kwa. Since positive naman na yung naiisip ko ngay ket iisipin ko na din na yung mga result ko magiging positive para kwan	Positive thinking, positive results
R25	I think good iyong effect niya kasi parang amidst the pressure nga, nakakaya ko pa ring mag function ganun, nakakaya ko pa ring mag-ral kasi gusto ko nga na may honor ganun, kaya sattingin ko iyong duck syndrome is parang good iyong effect niya sa academic, for academic lang, but siguro sa ibang mga, uhm, ibang pangyayari ket hindi siya, uh, good.	Good effect Can function amidst the pressure
R26	Well the duck syndrome brings both bad and good things to my academic performance. The bad thing is that it prevents me from getting help from other people. But, the good thing is that in some way, it somehow pushes me to maintain my grades. I guess it is what it is.	Prevents from getting help Pushed to maintain the

		grades
R28	In terms of academic aspect is mas maganda yung effect ng duck syndrome sa akin since dahil prine-pressure ko yung sarili ko or nagse-set ako ng standard na dapat ma abutin-na dapat meron akong abutin na specific grade or score is mas uhm mas nagii-strive ako to achieve that standard or expectation and mas in nage-effortan ko yung mga bagay na ginagawa ko like activities and projects and that really helps me to improve my academic performance and due to that mas nagre-recite na rin ako sa classroom.	Strives to achieve the standards Improved academic performance
R29	Nakakaapekto po sa akin in a way na i struggle silently with my coursework, uh, finding it difficult to keep up with the demands of my studies. I also become overwhelmed by the fear of the expose as less competent than my peer and i don't really wanna show po talaga iyong side ko na kasi i'm afraid po sa sasabihin ng iba sa akin, sasabihin nila na iyon lang na bagay, lah iniiyakan pa, kaya i learn to grow numb, so i can't show them that i'm weak.	Silent struggles Difficult to keep up Overwhelming fear of being exposed
Themes: Behind the Masks: The Efforts of Image Preservation, Cool, Calm, and Collected: The Art of Handling Pressure, Haunted by Disappointment, Drowning in Seas of Expectations: A Battle for Breath, Unspoken Battles, Silent Tears		
FQ1	What is the effect of that on your performance at that time?	CODES
R2	Umm parang bumababa po yung score, ganon.	Low scores
R5	Minsan po pag hindi ko po magawa nang maayos yung mga ginagawa ko or yung mga performance po, parang nadidissappoint din po ako sa sarili ko	Can't do outputs properly

		Disappointed
Themes: Haunted by Disappointment, Behind the Masks: The Efforts of Image Preservation		
FQ2	How does duck syndrome affect your recitations?	CODES
R4	Nakaka apekto po pag kwan, pag hindi mo po alam yung sagot tapos ine-expect nila yung mga teachers na alam mo tapos tinawagan ka tapos hindi mo pala alam is parang nakatitig sayo yung mga classmate mo tapos with judgemental looks pa parang nakakahiya po yun tapos pag sa kalmadong face po, there's a less chance po na hindi ka tatawagan pero pag-like na smile ka po ganon tapos tumingin sayo yung teachers niyo parang alam nila na alam mo yung sagot tas pag kalmado naman po like naka nakaraise ka lang po tapos there's a low chance naman po na ako yung matatawag kasi marami din pong nagra-raise hands sa kanila pero as a with honors po, with kalamadong face po is mas alam nilang alam ko yung sagot kasi with honors ka nag that means medyo matalino ka kaya ikaw na ikaw yung pipiliin lalo na pag mahirap yung questions nila.	Expecting answers from me Judgemental looks Always chosen for hard questions
R13	Ineexpect ko na lang po na tawagin ako kasi, kasi ineexpect din po na kwan eh na like nag advance review ako sa topic eh.	Expected
Themes: Drowning in Seas of Expectations: A Battle for Breath, Silent Strains: Burdened by Fear of Judgment		
FQ3	Is the duck syndrome effective when presenting in front of an audience? Do they not notice that you are struggling?	CODES
R6	Nu dadduma mapanpansin da met ate, gamin talaga nga makitam, lalo nu agkabkaba ka.	Sometimes noticed
Themes: Drowning in Seas of Expectations: A Battle for Breath, Behind the Masks: The		

Efforts of Image Preservation		
FQ4	What do you think when they see you struggling? Why?	CODES
R6	Mas lalo ak nga agdanag. Gamin diay expectations da ngay ate nga dapat, kalla ngay, datoy ket kalmado lang isuna, uhm, ammo na ar aramiden na, isu nga mayat ti ipakita na daytoy, mayat ti performance na.	More worried Expectations
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ5	Has anyone ever told you directly that your performance should be good because you are an honor student?	CODES
R6	Adda ate ngem teachers.	Teachers
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ6	What is your reaction when they tell you that?	CODES
R6	Kasla ngay mas mumadi diay momentum ngay ate, kalla mas ma pressure ka tapos haan tun na kuwan, mas madin tun diay mai present mon kasi there is too much pressure.	Pressured Bad presentations
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ7	What about when you are alone, do you compete with others inside?	CODES
R20	Uhm, to be honest wen, nu maymaysak lang ah, ngem, wen, nu maymaysak lang ah, kasi haan tayo met maiwasan nga maki compete ti sabali lalo nu adda ti habhabolem or adda ti goal mo nga grades, adda met gamin diay time nga maunaan ka, lalo nu maunaan ka ti recitation kasdiay, maisip mo talaga nga, adda talaga diay thought mo nga "awanen, imuna manen atuy kaklase	Competitiveness

	kon, naudi ak manen” kasdiay, haan tayo gamin maiwasan ti kasdiay lalo nu competitive ti maysa nga tao.	
Themes: Drowning in Seas of Expectations: A Battle for Breath		
FQ8	What do other people say to you?	CODES
R22	Wala po silang sinasabi sa akin, pero sa tingin ko, pinag kwekwentuhan nila ako even though hindi naman pala.	Felt like backstabbed
Themes: Unspoken Battles, Silent Tears		
Q8	How does “duck syndrome” affect your a. Social health b. Mental health	CODES
R1	a. Parang, ano lang po, siguro yung self confidence medyo mas tumataas, ganon po, kasi mas nakakadown po talaga minsan na kapag ano, parang kapag nagpapakita ka po kasi ng ngay, ng parang stress na stress ka na, medyo bumababa po yung tingin nila sayo. b. Parang wala naman po, ako po kasi, I don't care about mental health at all, parang mas inuuna ko po talaga yung academics.	Boosted confidence I don't care
R2	a. Umm, sa social health po nakakaapekto po siya kasi meron po yung part na ayaw ko po makipagsalita or makisocialize or makiclose po sa ibang tao kasi ngay ket parang hindi po ako comfortable ganon parang nung first day of class, ganon. b. Sa mental health ko po is mahirap po taga pag sinasarili mo po yung problema mo kasi ayaw mong ipakita ung weak side mo sa ibang tao kasi ngay ket parang sasabihin ngay nila ket “ay ang ano pala ni *** napaka-soft hearted	Don't want to socialize Uncomfortable Assumed judgements from other

	ang arte-arte naman, ang sensitive”, ganon po kasi yung iniisip ng ibang tao.	people
R3	<p>a. Wala silang napapansin, iyong parang okay ka lang ganun, hindi sila nagtataka, hindi nila alam na may nararamdaman ka, so parang ang saya saya mo sa labas ganun.</p> <p>b. Sa mental health, iyon iyong masyado niyang nakakuwan kasi ngay ket nag-iiba na iyong tingin mo sa sarili mo, uhm, lalo na kapag mag-isa ka lang, mostly ngay ket, iniisip mo na lang ket iyong mga gagawin mo dapat. Lalo na kapag nasa labas ka with your friends, tapos may mga dapat kang tapusin, imbes na mag enjoy ka ngay ket iyon na iyong iniisip mo.</p>	<p>No one notices Lost with my thoughts Looked myself differently</p>
R4	<p>a. For me is kwan yung kalmadong face tapos sa pakikipag-usap po sa kanila with kalmadong face is parang nakaka-turn off po yung mga may kakakilala lang sayo tapos yung hindi ka-parang hindi pang happy yung sayo tapos ang tingin nila sayo is ang suplada, ganon. Pag kalmadong face po kasi ako yung mata po is hindi maganda ganon, parang sinusungitan mo sila, tapos kaya minsan minsan walang nakikipag-usap sayo, yung mga ka close friends mo lang ganon pero deep inside ngay ket kayat mo talaga isuda nga kasao pero yung face mo kasi is parang sinusungitan mo sila kaya konti lang po yung friends ko is hindi din po ako nag insist na makipag usap sa kanila tapos yung kalmadong face ko po is ayun parang ayaw nila akong kausapin dahil sa face ko po na medyo masungit.</p> <p>b. Sa mental health po, hindi ko po naman po-hindi ko pa natry na maglas-las or anything but I try to hurt myself para parang I don't know pero lalo na pag kwan lalo na pag minsan po pag nagdi-discuss po si ma'am hindi po ako nakikinig kaya kidkiddelek lang jay sarilik para makinig lang muna pero sa mental health naman po is hindi naman po nakaka apekto dun dahil meron naman po akong pinapanood po like yung mga artist po ganon,</p>	<p>Turn offs other people Self harm Stress</p>

	<p>nakakahelp po saaking yung mga artist like Bl, ganon po. Like para mawala naman po sa isip ko yung mga studies ko na nagpapa-stress sakin like nanonood lang na lang po ako, nagbabasa ng mga wattpad, ganon na lang.</p>	
R5	<ul style="list-style-type: none"> a. Minsan po hindi na ako nakikipag socialize sa ibang tao, parang mas gusto ko na lang po maging mag-isa kaysa po mag meet ng new friends. b. Nagsstruggle po ako sa mental health ko po, hindi po ako nag-open up sa mga friends ko po. 	<p>Isolation Not opening up Stuggles with my mental health</p>
R6	<ul style="list-style-type: none"> a. Haan na met masyadong maap apektaran ate, diay sarilik lang nga talaga ti maap apektuan. b. Uhm, kasla ngay, di ba ate ket, diay ipakpakitam kanyada nga personality'm as a honor student. Ti mapanpanunot ko gamin ket adda ti expectations nga kailangak nga i meet uray haan da ngay met nga ibagbaga. Adiay ti ikukuwak diay sarilik inggana agsangit ak tun, nga haan ko ngay maaramid ti maysa nga task nga nasayaat. 	<p>Not really affected Expectations that needs to be met Can't do my outputs right</p>
R7	<ul style="list-style-type: none"> a. Ayun, super na ho-hot seat ako kung na cri criticize iyong work ko, ng ibang tao. Uhm, i think iyong social life ko naman is keri lang, hindi ako pinaka outgoing na tao. b. Hindi naman ako clinically diagnosed na may anxiety, pero i think i have it, feeling ko anxious talaga ako. Lalo na noong pandemic, super naging anxious ako sa paligid ko, pero gladly ngayong nakapag face to face na, bumalik naman sa normal. Sa mental health ko, hindi ko naman masasabing ganun siya ka stable, pero i think i am going there. 	<p>Hot seat Not really outgoing Feel anxious</p>

R8	<p>a. Siguro, sa mga kaklase ko, since ang alam nila sa akin is lagi akong kalmado, na lagi akong walang problema, parang hindi nila ako pinapakialaman at some point sinasabi rin nila na, one time kasi, may nagsabi sa akin na ang galing ko daw, hindi ako umiiyak ganun, na hindi pa nila ako nakikitang nagbobother sa nangyayari kahit gaano ka stressful iyong mga ano sa school.</p> <p>b. Siguro doon na iyong may ano, may bad effect, kasi parang tinatakasan ko or tinatago ko iyong ano, struggles ko, in the end, nag suffer iyong mental health ko na, parang, hindi ko kasi pinapakita sa iba, so hindi ko nailalabas, nag bubuild up siya sa utak ko na parang ganun na nafoformat na sa akin na hindi ka dapat umiyak, hindi ka dapat mag ano, dapat kailangan, strong ka palagi, parang ganun, nafoformat sa iyo, kasi kapag ganun na iyong lagi mong pinapakita, parang at some point, mahihirapan ka na rin umiyak o ilabas iyon kapag mayroon ng chance na ilabas.</p>	<p>They don't know me Escaping struggles Mind imprinted ideas</p>
R9	<p>a. Minsan po gusto ko na lang pong mapag-isa at minsan hindi din po ako sumasama sa mga friends ko, instead po na sasama po ako sakanila sa canteen parang nag-iisa na lang po ako tas ina-advance ko na lang po yung pag-review, ganon po.</p> <p>b. Minsan po bigla bigla ko na lang pong naiisip na parang ang failure ko po ganon tapos sobrang disappointed ganon.</p>	<p>Chose to be alone Random thoughts of failure</p>
R10	<p>a. Social health kut parang sabi ko nga kanina nagiging conscious ako kung ano pinapakita ko sa mga tao kasi nga iniisip ko na kung ano yung mangyayari between different relationships if yun yung personality na ipinakita baka may bag iba na or parang mag iiba na yung tingin kaya ayun dapat na kwan pa inaayon ko pa kung sino yung kasama ko ganon</p>	<p>Conscious about what I show Adjusts behavior towards other people</p>

	b. Sa mental health naman kut mas lalo akong napapagod ngay kung may di ako na achieve ket ayoko na ayoko na ganon yun na yung sinasabi ko	Tired
R11	<p>a. Iniwas ko slight sarili ko sa iba kasi yung pagkalaglag ko, it had a huge impact. Napansin ko din na nahihirapan akong makipag- communicate sa iba when it comes to academics na kasi nga I feel like I've lost my worth as a student, "let the brainy ones do the work" parang ganon. Parang wala na akong say sa mga bagay- bagay kasi nga nalaglag ako, hindi ako worth it pakinggan kasi yung mga ideas ko, di na masyadong nagma-matter- it's not good enough. Kapag papasok ako, syempre nakangiti na naman, act like nothing happened pero sa loob loob, gusto na umuwi tas umiyak na lang.</p> <p>b. - Ang hirap pumasok sa school every day na parang wala lang. Di pa din ako makaget over sa pagkalaglag ko, and now na sinasagutan ko 'to, parang ngayon lang ako nagkachance na icomfort sarili ko. Certificate of Achievement ang magdedescribe sa akin kung ano ako as a person and now na wala na ako non, ewan ko kung ano ako now J. Kapag nagkamali ako, I tend to call myself 'stupid', or say "bobo naman *****". Naghalo halo ung anxiety, depression, and emotional strain.</p>	<p>Slightly avoided other people</p> <p>Communication difficulties</p> <p>Mask</p> <p>Can't get over it</p> <p>Mixed emotions</p>
R12	<p>a. Mabilis akong nagiging drained and nawawalan din ako ng ganang makipag usap sa people.</p> <p>b. Yun draining and I find myself mostly feeling sleepy.</p>	<p>Easily drained</p> <p>Sleepy</p>
R13	<p>a. Mas nag cino-compare ko po sarili ko sa others kaya feel ko ngay ket nate-threaten ako pag may mas magaling saakin sa certain topic.</p> <p>b. Palagi po akong napre-pressure</p>	<p>Comparing</p> <p>Threatened when someone is better than</p>

		me
R14	<p>a. For social health ate, I believe that in order to blend in or to be accepted by others I must always maintain a particular image or level of achievement. As a result I felt unauthentic and disconnected from those around me. Additionally, it can be challenging for me to forge connections with others due to the pressure to keep up appearances. It can be difficult for me to do trust and intimacy in my social interactions since I feel like I can't be openly vulnerable or be myself.</p> <p>b. For mental health naman po, the duck syndrome has the biggest impact on my mental health since I frequently experience intense external pressure to keep up the illusion of competence and control even when I am feeling stressed, anxious or depressed. Since I feel that I can't ask for assistance or support without the school's in my genuine sentiments, this resulted in a sense of isolation. Over time, the burden of maintaining this facade had an adverse effect on my mental health causing symptoms like chronic stress and burnout.</p>	<p>Always maintain my image</p> <p>Felt disconnected from others</p> <p>Communication difficulties</p> <p>Maintaining my image under pressure</p> <p>Isolation</p> <p>Chronic stress</p> <p>Burnout</p>
R15	<p>a. Ah minsan may mga nau-upset kasi usually nakakapag parang nalalabas ko yung negative emotions ko sa iba like nagugulat na lang sila pag minsan ang moody ko tapos magiging kalmado na naman ako so tapos biglang tatahimik. Malilito lang sila sa actions ko and ayon minsan may mga tampuhan na mangyayari pero maaayos din naman, maiintindihan naman ng iba, maiintindihan nila sabi nila pero kapag super lala na nang paglabas ko ng sama ng loob sa iba tas parang maapektuhan yung</p>	<p>Confused with my actions</p> <p>Affected communication</p> <p>Questioning</p>

	<p>communication namin ng ibang tao in a way na magkakaroon ng konting conflict, hindi naman malalan conflict thankfully, yung konting conflict lang.</p> <p>b. Uhm nafo-force ka na ikeep yung pressure, stress na nafe-fell mo tapos yun nga magkakaroon ka ng breakdown then may mga time na kapag nag break-breakdown ka na kwinikwestion mo na yung ability mong deserving ka bang mga ganyan. Yung stress, self-doubt, questioning oneself and abilities tas random breakdowns. I think those are the effects of duck syndrome in my mental-mental health.</p>	<p>oneself</p> <p>Keeping the pressure</p> <p>Random Breakdowns</p>
R16	<p>a. Ina-isolate ko sarili ko kapag ganun, uhm, kapag, naprepressure ako, syempre ayokong ipakita, tsaka ayoko namang makita nila akong ganun so sinasarili ko and ina isolate ko iyong sarili ko, uhm, dine deact ko pa iyong nga social medias ko kapag ganun.</p> <p>b. Nakaka stress sobra, nagkakaroon din ako ng breakdowns madalas.</p>	<p>Isolation</p> <p>Account deactivations</p> <p>Stress Breakdowns</p>
R17	<p>a. Uhm I think po yung yung behavior na palagi kong pinapakita ng kaya ko and ako nalang yung leader, feeling ko naman po meron pong mga taong umaasa din po sa akin pagdating sa social health.</p> <p>b. Siguro po uh mahaba po siguro yung stressed na feeling po, tungkol sa mental health.</p>	<p>The leader</p> <p>Others rely on me</p> <p>Stressed</p>
R18	<p>a. Actually, uhm, uh, confuse rin siya minsan, and nakakatakot talaga. Kasi uhm, meron iyong part na iiispin nila na wala ka na talagang pake as in talagang basagulera ka parang ganun na lang, parang wala na talaga akong pake sa grades ko patang nile let it be ko na lang, pero in reality, talagang ano, uh, in reality, basta ganun, natatakot akong ganun iyong iiispin nila pero i try to be like that</p>	<p>Afraid of others assumptions</p> <p>Make it feel</p>

	<p>para mas ma ano din na, ano mas ma feel easy sila sa pakikipag interact with me academically, just like that. And without feeling my pressure na rin, para hindi na rin nila mahagilap iyong pressure ko while doing so.</p> <p>b. Uhm, it's giving me so many thoughts, na palagi kong pinag iiisipan, when i'm back home na, since palagi kong naiisip na, ala, paano na ngay kung i just stop it tsaka pinakita ko na lang na hindi ko pala kaya iyong pagiging carefree ko all the time. What if ipakita ko na rin na naprepressure ako tsaka hindi ko palaging kaya na ako, uhm, ni rerelay ko na lang sa, uhm, stock knowledge ko lang lahat. What if triny ko rin iyong best ko na nag review kagaya ng nila and not just relaying sa skim skim lang, sa pagiging ano lang, nag cecellphone lang, kahit na ano, kahit na may uhm, nag rereview na silang lahat, ganun. Like it's, nakaka depressed rin siya minsan to be honest, pero i'm not gonna make it sound like ahm, sinasabi kong depressed ako in that clinical level, more like depressed na super sad lang, ganun.</p>	<p>easy to them</p> <p>Hide my pressure</p> <p>Many thoughts</p> <p>What ifs</p> <p>Overthinking</p> <p>Depressing</p>
R19	<p>a. I learned how to pretend kahit I know inside that I am struggling.</p> <p>b. Even though you're pretending inside your school, even though you know inside of your heart, your struggling, there will come a time talaga na mag bbreakdown ka na and magbu burst out ka, ayun, lalo na kapag nasa bahay ka lang, tapos walang makakakita sa'yo</p>	<p>Pretend</p> <p>Breakdowns</p> <p>Burst out</p>
R20	<p>a. Since, i've said a while ago na mga personality na pinapakita ko is iyong alam kong uhm, iyong alam kong magiging parang let's say, uhm, let's uh, use the word acceptable sa ibang tao. So if ever, makatultulong met adiay to social health ko tapno haanak agbalin nga agmaymaysa, gamin ket adda gamin diay maysa nga, diay time nga kayat ko agbalin nga independent, adda met diay time nga kayat ko nga adda ti kadwak, adda iti introvert</p>	<p>Good effects</p> <p>Helps with socializations</p> <p>Can't express</p>

	<p>side, adda met ti extrovert side ko. So dagidiay personality, mayat met dagidiay effect na when it comes to my social health, dagidiay ipakpakitak, okay met.</p> <p>b. Medyo narigat nu dadduma, since, kunwari meron iyong, uhm, let's say, meron iyong situation na naiinis ka na tapos pinipilit mo latta nga ipakita ng okay ka, ipilpilit mong ipakita diay personality'm nga okay ka. So nu mental, uh, nu kasdiay nga situation nga uh, medyo ma — agkakaroon ak ti kasya nga ay, ti anxiety kakasdiay ta syempre haan kon tu ammo nu kas ano nga iwear diay negative emotions ko ta ipilpilit ko ngarud nga ipakita dadiay, uhm, dadiay jolly jolly nga personality'k, nu makiki kuwa, socialize ak, kasdiay.</p>	<p>my feelings</p> <p>Having anxieties</p> <p>Mask</p>
R21	<p>a. As of now, parang ano po, pakunti na nababawasan ko naman na po iyong duck syndrome ta nilalabas ko na rin sa friends ko, kasi in advice rin po ako ng best friend ko na sabihin sa family, relatives, ganun kasi hindi daw maganda na i keep lang lahat ng ito.</p> <p>b. Pero sa mental health ket hindi siya nakakatulong kasi unti unti parang naguguluhan na iyong isip ko dahil dito.</p>	<p>Slowly letting myself out</p> <p>Confused mind</p>
R22	<p>a. Merong nga times na nakaka, uh, uhm, you will feel safe and meron rin iyong mga times na hindi mo alam ang gagawin mo, and uhm, iyong effect nun is sometimes hindi mo alam iyong nangyayari sa'yo, hindi mo alam iyong gagawin mo sa ibang mga bagay.</p> <p>b. Hindi na ako masyadong nakakakain, and nakakatulog.</p>	<p>Feel safe sometimes</p> <p>Can't eat and sleep</p>
R23	<p>a. Awan met siguro ti effect na, gamin kuwa, uray nu kasla agipakpaka ak ti kuwa, ti kasla kanayon nak masaya kasdiay, uray deep inside ket ano. Awan met ti epekto na nu maki interact nak ti sabali nga tao, basta normal lang kasdiay.</p> <p>b. Awan met effect nan sa ti mental health ko. Siguro kuwa, anya gaminen, adda met ti kuwa, dik lang gamin kuwa, mapansin nu adda effect na idiyay mental health.</p>	<p>Normal interactions</p> <p>Don't notice it</p>

R24	<p>a. Mas kwan po mas parang mas madali lang po nila akong i-approach ngay ate. Mas nakakapag kwan ako ng mga kaibigan.</p> <p>b. Kasjay ate like is-isipek no kwa like okay pay ba nga laging ganon yung pinapakita kahit hindi naman ganon yung nararamdamaman ko.</p>	<p>Approachable</p> <p>Make friends</p> <p>Should I still continue?</p>
R25	<p>a. I think very bad iyong effect niya kasi iyon nga sinabi ko, parang nakekeep mo iyong emotions mo sa sarili mo, hindi mo siya masabi sa iba, hindi mo ma, uhm, maipaliwanag iyong totoong nararamdamaman mo sa kanila, ganun.</p> <p>b. Ganun rin, kasi parang hindi mo, masabi sa kanila, nasa ulo mo lang, ganun, so parang paulit ulit iyon na nag repeat sa utak mo, uhm, so nahihiya kang magsabi kaya hindi rin good iyon sa mental health.</p>	<p>Can't express my feelings to others</p> <p>Repeating thoughts</p> <p>Shy to talk</p>
R26	<p>a. My social health is affected severely. I have a hard time conveying my true feelings to other people. I constantly hide my thoughts in front of other people. Although I look happy on the outside, I am troubled on the inside, I am only acting as if I am just chill. My mind has adjusted to maintaining this facade.</p> <p>b. In the mental health aspect naman, the stress is taking a toll on my mental aspect. I don't do good and can't think straight under a lot of stress and pressure in certain situations.</p>	<p>Can't express my feelings to others</p> <p>Mask</p> <p>Can't think straight</p>
R27	<p>a. Social health, Okay naman mga relationships ko sa friends ko, pero dahil sa ugali kong i-compare sarili ko. Naaapektuhan talaga siya. I think napapansin na rin ng iba na ganon ako, pero I'm so thankful kasi kahit ganon hindi</p>	<p>Good relationships with friends</p>

	<p>nila ako pinagsasawaan. I have this behaviour kasi na ayokong ako ang nahuhuli. Kahit ayokong mag appear na ganito, hindi ko mapigilan.</p> <p>b. Mental health dito talaga siya masyadong nakaka affect. Dahil sa rin sa disappointment na nararamdamman ko, parang wala nang essence lahat ng nagagawa ko. Walang point mga paghihirap ko. May mga point din na feeling ko drain na drain ako. Pagod na pagod ako. Hindi pagod dahil wala akong tulog, hindi dahil marami pa akong gagawin. Hindi ko alam saan nanggagaling 'yong pagod. Basta pagod. Drain. Pero feel ko ulit wala akong karapatang mapagod kasi nga lahat naman tayo nakakaramdam ng ganito.</p>	<p>Comparing myself</p> <p>Feel drained</p> <p>Guilty over feeling tiredness</p>
R28	<p>a. In terms of social health naman is ok lang, sakto lang since some of my friends lalo na kapag close na close kami is medyo na e-express ko naman na yung sarili ko pero uhm extrovert lang ako sa mga close friends ko pero I'm introvert sa mga tao na hindi ko pa masyadong kilala kasi ayoko ulit madagdagan yung mga uhm ayokong madagdagan na meron ulit nage-expect sa akin ganon and as much as possible gusto ko lang ipakita what's best in me and ayaw kong ipakita yung weaknesses ko sa ibang mga tao.</p> <p>b. Pero if in term sa mental health is ayun, medyo hindi na masyado ganun kaganda yung effect niya since dahil prine-pressure ko yung sarili ko mas nadegraded din yung mental health ko kasi na parang pina-pagod ko yung sarili ko and prine-pressure ko and pinu-push ko ng pinu-push yung sarili ko na gawin yung mga bagay and to put out the best in me which is nakakapagod talaga. Hindi ko naman kaya uhm i allot lahat ng efforts ko sa lahat ng activities ko kasi for sure mapapagod at mapapagod lang talaga ako and yun yung isang effect ng duck syndrome sa akin, specially wala akong masyadong mapagsabihan ng mga-ng mga problemas and struggles na nararamdamman ko so nagbu-build up lang yung pressure and yung problem sa sarili ko.</p>	<p>Extroverted with close friends</p> <p>Introvert to some</p> <p>Degraded mental health</p> <p>Pushing myself</p> <p>Built up pressure</p>

		Tiredness
R29	<p>a. Sa social po, mahirap makipag usap at lumapit sa mga kaklase ko kasi takot ako na madiscover nila na, ay hindi ako okay, na like, hindi po okay iyong mood ko, ganun, kaya kapag lumalapit po ako, dapat naka smile lang po, dapat i'm wearing my brightest smile para hindi po sila magdududa kung okay lang po ba ako o hindi ganun and syempre, tatawa po.</p> <p>b. Sa mental health naman po, i feel overwhelmed sa mga expectations ng mga kamag-anak, i effort to hide my struggles, kaya i think na, bakit ako perfectionist, kung bakit, uh, why perfectionist ako kasi i don't want to be stagnant, i want to grow and i wanna meet the expectations ng mga relatives ko.</p>	Hard to talk Afraid of being exposed Overwhelmed Hiding my struggles Wants to meet the expectations
Themes: Drowning in Seas of Expectations: A Battle for Breath, Cool, Calm, and Collected: The Art of Handling Pressure, The Battle of Comparisons: Finding My Own Worth, Exclusive Insights: Unlocking the Doors to a Chosen Few, Haunted by Disappointment		
FQ1	Has anyone directly told you that your attitude is like that?	CODES
R2	Hindi po ate, actually ngay ket narinig ko lang po kasi ngay ket circle of friends po yun ano, tapos yung nagsabi non, yung ka-circle of friends niya rin po kasi ngay ket friend friend ko rin po tas sinabi niya po yun, sa'kin	No Heard it from my friend
R4	Meron na po, kasi yung lalo na po yung elementary po ako hindi po nila ako kinakausap kasi masungit daw po ako, yung mata ko ganon. Pag tumitingin daw po ako sa kanila parang para daw akong jinu-judge pero sila pero deep inside ngay po gusto ko po talaga makipag-usap sa kanila pero parang yung tingin nila sa akin is natatakot ako, lalo na yung elementary po ako yung with	Grumpy look Different level

	honors-with high ganon yung nakukuha ko parang na ayaw nila akong kausapin kasi parang nasa ibang level po ako.	
R18	Actually meron na, pero hindi ko na masyadong matandaan iyong exactly iyong situation o scenario. Pero sabi, kaya mo na iyan, dali lang di ba, parang ganun ngay iyong mga, uh, mga nagiging words nila sa akin kasi ket iyon nga, iyong pagiging ganun kong behavior towards sa kanila.	Adding burden
Themes: Silent Strains: Burdened by Fear of Judgment		
FQ2	Did you only encounter that one time?	CODES
R2	Umm, dalawang beses po, yung umiyak po ako sa SamG-han tapos yung nag breakdown po ako diyan sa classroom	Twice
Themes: Unspoken Battles, Silent Tears		
FQ3	What did you feel at that time?	CODES
R8	Parang na fulfill po iyong validation ko na, uhm, kailangan ang tingin sa akin ng iba is uhm, magaling, kalmado ganun po. So parang na ano sa akin na, ah ganun iyong tingin nila sa akin, so okay, kaya ko na, na kahit hindi ko na sabihin sa kanila.	Validation fulfilled
R18	Like, tumaas ego ko. Pero at the same time medyo natakot ako, kasi ala, ang taas na ngay ng tingin nila sa akin, what if hindi ko talaga kayanin, what if bumababa sa, uhm, ako sa expectation nila, sa standard nilang ganun, iyon iyong na feel ko talaga that time na iyon.	Boosted ego Overthinking
Themes: Unspoken Battles, Silent Tears		
FQ4	How do you handle this kind of situation?	CODES

R13	I always try to keep my mouth shut na lang po kasi baka may masabi akong mali na baka maka offend sa kanila.	Mouth shut
Themes: Unspoken Battles, Silent Tears		
FQ5	Is there a time that you talked and someone judged you?	CODES
R13	Opo. Nakakahiya po kasi pinapakita ko pong parang pinapakita kong enemies ko sila parang ganon.	Embarrassed
Themes: Unspoken Battles, Silent Tears		
FQ6	What are your reactions toward this kind of situation?	CODES
R13	Mag so-sorry na lang po ako na parang joke joke lang po, ganon.	Sorries Joke
Themes: The Battle of Comparisons: Finding My Own Worth		
Q9	What are your coping mechanisms to overcome academic pressure?	CODES
R1	Umm, parang hindi ko po siya na-overcome, parang line-let ko lang po na ma-pressure ako, since gaya po ng sinabi ko, ginagawa ko naman po yung pressure as a motivation.	Let the pressure Motivated by the pressure
R2	Umm, cinocomfort ko nalang po yung sarili ko tapos iniisip ko ulit yung pamilya ko ganon, tas, umm, yun nga po yung parang sinabi ko kanina is iniisip ko po kung para kanino ko po yun ginagawa.	Family Self comfort

R3	Pray. Then magtiwala sa sarili, gawin mo iyong best mo para at least at the end, alam mong ginawa mo lahat at wala kang pinagsisisihan.	Pray Self trust Do your best
R4	Uhm yung ginagawa ko po is ano, ang ginagawa ko po is kwan nakikihalubilo na lang po sa mga friends ko, yung alam kong kahit magagaling sila pero I, like uhm tsk basta nakikisabay na lang po ako sa mga friends ko, inihiwasan ko pong mag-overthink sa mga academic po para hindi ko rin naman hindi ko kayang maexpress masyado yung sarili ko tapos nakikibonding po ako sa mga families ko-sa mga relatives ko para maiwas-iwasan naman po yung stress sa academics.	Socializing with friends Bonding with family Avoiding academic stress
R5	Umm, naglalaro po ako ng mobile games or nagsosocial media na lang po ako minsan.	Mobile games Social media
R6	Mangan, makitungtong ti sabali nga tao, kalla ngay iyaw awan mo diay marikriknam, like, apan kayo ag samgyup kadwam ti friends kasdiay, tapno lang maiset aside diah marikriknam.	Eat Socializing
R7	Super important talaga ng rest, once in a while. I always find time to do what makes me happy. Tinitigil ko talaga, like, kunwari, hindi na ako nag-aaral after 11 pm, sinu surrender ko na lahat kay God. After nun, hindi na talaga, matutulog na ako if hindi na kaya ng katawan ko, magpapahinga na.	Rest Surrender it all to God
R8	Sa stress eating ko, mostly kapag kasi ganun na, parang a fefel ko na iyong emotions ko, naghahanap talaga ng mga matamis or anything. And one thing rin na coping mechanism ko is iyong	Stress eating

	unhealthy na iniiwasan ko na, parang tinatry kong dinedeny na may something wrong, so parang iyon. Stress eating and mag dedeny ka na, na may something wrong pero okay ka lang lagi.	Denying that something is wrong
R9	Yung unang-una ko pong ginagawa is nagbabasa na lang po ako ng mga wattpads ganon po tapos nakikinig sa mga	Reading
R10	Hmm kwan diba musician ako kaya yun music lang nagpapakalma sakin tas siya hahaha joke, bastaa if nag p-play ako ng instruments or songs yun na yung ginagawa ko tas minsan ginagaslight ko nalang sarili ko na ok lang na di ako maka honor ganto ganyan basta masaya ka pero mas masaya kasi na may honor ka kasi may parang sense of accomplishment ka sa buhay pero kung pagod na talaga ako minsan yun gaslighting very helpful ahahaha. Minsan kut pinapasa-Diyos ko nalang talaga, agkararag ak lattan nu dik talaga kayan.	Music Gaslighting myself Pray
R11	I have none. Di naman kasi nawawala academic pressure, kahit maovercome babalik at babalik pa din. Sa akin naman, kapag napressure, hahayaan ko, mawawala din naman. Pero ngayong iniiisip ko na, I think ang toxic para sa well-being ko. Wala akong coping mechanism eh, go with the flow ba. Mawawala lang siguro yung pressure kapag alam kong mataas or naipasa ko lahat ng activities and tests.	None Let the pressure Go with the flow
R12	Uh try to think positive or do activities that distract myself from thinking of those pressures.	Think positive Distract yourself from the pressure

R13	I always try to study in advance po pag may topic na hindi ko talaga maintindihan.	Advance study
R14	My coping strategies for dealing with academic pressure includes spending time with friends, visiting different natural attractions like the beach because it makes it easier for me to forget about my problems, listening to music to deal with the stress I'm under, taking time off treating myself, eating comfort foods, watching k-dramas to decompress and feel better, watching k-pop contents of my favorite groups and lastly playing with guitar and singing.	Spending time with friends My haven Eat Watching Playing with instrument Singing
R15	I usually read books na may pang self-affirm sa sarili, self help books and yun nagse-self talk ako sometimes na “its okay to feel pressured at times” and “Its okay to be weak, to feel like not everything is going according to your plan” ayon self talk, self-help books, and also talking to a trusted person. Like, yung words kasi na maririnig mo-makukuha mo sa mga yun is yun yung mostly nakakatulong saakin, words just by simply hearing na they have appreciated your efforts, ina-acknowledge nila yun and yung uhm thought na proud sila kahit hindi perfect, ayon ading.	Reading Self talk Talking to a trusted person
R16	Reading. Reading novels, ganiyan, tapos watching animes, ayun lang naman.	Reading Watching

R17	Meron po kasi akong mga hobbies po like uhm playing music nalang po, uhm gumagawa din po ako ng mga kanta or poems tungkol sa mga feelings ko or any any activities like ganon po.	Playing music Creating songs and poems
R18	Uhm, minsan ano, nag aano lang ako, i try to write my thoughts away, trina translate ko siya into stories, uhm, ano pa ba, ano, i try to distract myself talaga, like pinapairal ko na talaga minsan iyong pagiging carefree ko, like i try to go out, uhm tine take it easy ko na rin minsan iyong mga ano, works ko, iniisip ko na kaya ko talaga ito without ano na, without thinking na may gusto akong palagpasin na standards, kakayanin ko ito in my own way, ganun lang naman, tapos iniisip ko na lang na magiging proud pa rin sa akin iyong mga relatives and peers ko without yung pagiging, uhm, pagiging honors ko, ganun.	Writing my thoughts Making stories out of my thoughts Distracting myself Taking it easy
R19	You know, just pretend to be strong like that. Kasi uhm, fake it until you make it like that, minsan kapag may time, kapag may konting time ako, natutulog ako.	Sleep Pretending to be strong
R20	Syempre ice cream, mayat adiay, ay, umuna adiay ice cream, then next, nu man uhm, makaalaak ti nababa nga scores ko, uhm, isipik lattan nga adda pay ti chance nga makabawi ak, and, adiay, maysa adiay nga coping mechanism ko nga i always uhm, put into my mind na addu pa gi chance nga bumawi. And also dagat, kasdiay, relax relax lang.	Ice cream Eating Relax Thinking that

		there's another chance
R21	Uhm, nakikinig lang po ako sa music tapos nanonood lang ako ng series, para pampa relax.	Music
R22	Actually wala kang magagawa if ganun kasi if you want to do something gagawin mo ang lahat para maabot iyon, that's why, if, uh, kasi after naman nun, it's worth it.	Hardwork
R23	Adiay siguro, tapno ma overcome ko ti academic pressure, kasla ngay hard work, kasdiay.	Hardwork
R24	Ate minsan ket kwan pag ganon ket need ko lang talaga mag rest tas i-divert muna ngay yung focus ko sa ibang mga gawain, ganon.	Rest Divert my focus
R25	Uhm, sometimes nag i isolate ako sa mga nag cacaause ng pressure ganun, iyong nag a alone time lang o talking to this certain someone, parang kapag kinakausap mo siya, nakaka calm kung ganun.	Isolation Alone time Talking to certain person
R26	One of my coping mechanisms is to play games and have me-time. Instead of focusing on the negativity in life I just do whatever makes me happy to take me away from my problems.	Play games Me time Do whatever makes me happy

R27	<p>I try to romanticize studying to prevent myself from getting tired, bored, or losing motivation kasi e. Pero kapag talagang pagod na ako, I resort to my hobbies, like drawing and painting, anything related to the art. Kukuha ako ng scratch paper tapos ido-doodle mga thoughts ko dun. Parang journaling kumbaga, pero magulang drawing lang ang results.</p>	Romanticizing studying Arts Drawing Painting Thoughts doodle journal
R28	<p>Coping mechanisms is I think wala pa since until now hindi ko pa rin masyadong ma handle yung academic pressure na nararanasan ko but if sa stress, tingin ko maisu-suggest ko is to put aside muna yung mga bagay na nakaka stress sa'yo if ever na academic related man yan isantabi niyo isantabi muna yung mga activities and uhm lumabas ka lang and socialize with other people like take a walk ganon, play with your siblings if meron man and then do the things that makes you happy and or so also treat yourself uhm for example playing mobile games, crocheting, ganon.</p>	Setting aside Socialising Exercise Do things that make you happy Play games
R29	<p>I have my personal devotion with God kaya sa Kanya ko po sinu surrender iyong mga problems ko because I know and I trust Him that He can help me with my problems plus, going to church everyday, benefits me kasi doon po, you know, pinag prapray po ako. My hobbies are watching movies and anime, writing my thoughts, ganyan, in the form of poems and essays and many more. But I think my thoughts have helped me lessen iyong stress</p>	Personal devotion with God Going to

	I'm feeling, kasi when I write down everything, parang it feels great, nababawasan po iyong stress and pressure that i'm feeling.	church Watching Writing poems and essays out of my thoughts
R30	My number one coping mechanism is embodying pressure. Paulit ulit ko nang sinasabi yan na embody, embody, embody. With you kasi embodying that pressure, you can see situations with the silver lining and assess what you can do to that certain situation for you to be able to make things right or make things develop and make progress. In terms of my habits naman, I always go out with my friends, go out, I mean, uhm nagmomotor motor lang kami diyan, tas dadduma, I mean, mostly nagvovolleyball nag-aano ako, nag, pagka gusto ko lang na yung silent lang, quiet lang na environment, nagddrawing lang ako, I do arts, arts uhm, specifically sketchy, charcoal drawing. Tapos I just talk to my special someone, yun lang.	Embody Play games Hanging out with friends Me time Certain person Drawing
Themes: The Coping Canvas: Painting Your Way to Resilience, Channeling Comfort: The Art of Coping Through Watching, Escaping into Stories: The Therapeutic Power of Reading, Behind the Masks: The Efforts of Image Preservation, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ1	How about your hobbies?	CODES
R3	Uhm, kwan, makipag-usap sa mga friends, kapag kaya mong ilabas iyong pressure sa friends mo, sa families, ganun, hindi ko	Chat with friends and

	kinikimkim iyong kuwan, mas pinipili kong nilalabas para magaan sa pakiramdam.	families
R4	Meron po, tulad po ng paglalaro po ng Mobile Legends ganon tapos panonood po ng Bl tapos pagbabasa din po ng wattpad, yun po yung mga hobbies ko para maiwasan yung academics ko.	Mobile games Watch Read
R7	Mahilig akong manood ng TV shows and mga movies at tsaka mga uhm, mahilig rin ako sa mgs collections, paramg kunwari mga books, or albums sa Kpop, and mahilig rin ako mag organize, as part of my coping mechanisms na rin.	Watch Collections Organize
R8	Meron naman po, uhm, nag papaint po ako, then parang occasionally nag guguitar din po ako.	Paint Guitar
R11	Kapag hobbies naman, di ko masyadong magawa. Mas lalo akong maparepressure kasi nga wala akong ginagawa na related sa acads. Parang yung iba andami na nilang natapos eh ako? Mas ipupush ko yung sarili ko na mag work hard.	Pushing myself to work hard
R13	Yes po. I play COC po para kwa don ko don ako maglalabas ng galit.	Mobile games
R19	I watch vlogs, lalo na ngay mga inspirational vlogs like Jio Ong, marami kang natutunan about sa buhay, na - that helps you and gives you tip on how to fight life. Sometimes kapag walang available na tao, uhm mapagsasabihan mo lang, iyong stress mo	Watching

	sa academics that how i feel about academic, i just write down in my diaries. I am especially praying, I talk to Him kapag ganun, and ask Him guidance and strength to fight all those battles na pinagdadaanan natin..	Writing Pray
R22	Uh, mga bagay na hobbies, like art, uh, sometimes manood rin ng mga movies para kwan, and mag chill ka lang with uhm, the person you love.	Art Watching Chill with the person you love
R23	Diay, kasla ngay nu, ag game nak met ti online games kasdiay, kasla a refresh diay mind ko, ag ayam ak pay ti sports, ag jogging, kasla madalusan ngay diay bagim kasdiay.	Online Games Playing sports Jogging
R24	Uhm opo. Ahm nagbabasa po ako ng mga stories sa twitter ganon.	Reading
Themes: Escaping into Stories: The Therapeutic Power of Reading, The Coping Canvas: Painting Your Way to Resilience, Channeling Comfort: The Art of Coping Through Watching, Behind the Masks: The Efforts of Image Preservation		
FQ2	When you do that, does it make you feel better?	CODES
R5	Opo	Yes
R6	Wen ate. Kasla naikkatan ngay ti tantes	Yes
R8	Meron naman po, especially po sa painting, na lalabas ko doon iyong mga emotions ko, depende sa kung ano ang nafefel ko.	Painting

R22	Uhm, happy, masaya kasi nagawa mo iyong gusto mong, uh, naabot mo iyong gusto mong maabot. Hmm, mas gagaan.	Dreams to achieve
Themes: The Coping Canvas: Painting Your Way to Resilience, Behind the Masks: The Efforts of Image Preservation		
Q10	What are your ‘behind the scene efforts’ that no one knows that you make to stay afloat or to stay an honor student?	CODES
R1	Umm actually po, literally everything, gaya po nung ano, kung hindi niyo po natatanong, dati po kasi napakamahiyain ko, pero ngayon po, na-eenhance na po yung public speaking, yung mga P.E. performances, ganon, binibigay ko po talaga lahat.	Everything Giving everything
R2	Uhm nagre-recite na lang po tas para hindi maisipan ng ano parang ang bobo ko ganon, bobo naman po talaga ako pero parang ngay hindi totally na isipin nila tungkol sa akin.	Recitation
R3	Stay positive, kahit anong mangyari ngay ket, isipin mo lang na malalampasan mo iyan. Gumagawa ako ng mga to do list ko, lalagyan ko ng oras kung ilang oras ko dapat gawin iyon para mas ma manage ko iyong time ko ng maayos at para magawa ko iyong mga dapat kong gawin sa naibigay lang na oras gawin. Nakadepende iyong mga activities sa ibinibigay ng teachers pero mostly ket mas inuuna ko iyong mga mas mahirap then iyong mga mas magaan para sa akin, hinuhili ko na lang para mas matutukan ko iyong mga bagay na kung saan ako nahihirapan.	Stay positive To-do lists Hard to easy activities
R4	Yung po yun is yung kwan yung pagpupuyat ko po sa mga kwan mga activities po, galing pa lang ako sa school is ginagawa ko na po yung activities ko para may time pa ako sa mga ibang activities, para mag-review po sa topics namin po bukas para pag may recitation po may isasagot po ako, tapos pag exam naman po is kwan gumigising pa po ako ng mga 3 A.M. para naman po mag-review para mas fresh po yung mind ko.	Sleepless nights Do the activities right away

		Review Night reviews
R5	Nagrereview po ako lagi para po mataas po yung makuha ko sa exam and quizzes ko	Reviews
R6	Uhm, ikukuwak diay ngay, health ko. Kalla ngay nu nagad addun ti aramide mon ket haan mon nga maano ti mangan, haan mi kaya ti agpahingan, gamin nu agpahinga ka ket, maging guilty ka nga apay ta haan ka agar aramid, apay ta haan mo ar aramiden datoy ket tunu bigat ti due nan.	Sacrificing health
R7	Siguro ano, uhm, ayun, do not give up, and super important rin ng mga affirmations na ‘these to shall pass’ super mahalaga ng mga self affirmations then nиреремind ko rin sa sarili ko na lahat ng mga ginagawa ko is magseserve sa akin in the future like ‘hard work never betrays’ tas kung ano man iyong mga unfair na nangyari ngayon, i know na mag seserve rin siya sa akin in the near future.	Self affirmations
R8	Siguro, uhm, hindi nila alam na parang, iyong sa nag rereview ako. So, parang hindi ko ito sinasabi sa iba na nag review ako, pero deep inside, talagang inscan ko iyong notes ko a day before para lang may masagot ako, na kailangan gagawin ko talaga lahat ng kaya ko to review or to prepare for the day, pero ang akala nila sa akin is pa easy easy lang na wala akong review ganun. Pero sa totoo lang, naaano ka na, talagang titignan mo lahat ng materials mo, para lang ma feel mo na magaling ka.	Review
R9	Bago pa po sabihin ng teacher namin yung next na gagawin namin, parang nagre-research na po ako para maka-advance study na rin po ako.	Researching in advanced Advance study

R10	Hmmm walang kain, walang tulog ganon. Ang dami ko nang risk para lang magstay sa honors kulang nalang talaga ma ospital ako kasi minsan di ako kumakain pero di lang kasi school ang mga problema ko sa buhay eh kaya factor din yun may mga ibang personal problems din kaya mas bumibigat yung parang pasan ko sa buhay ganon	No sleep No eat
R11	Puyat siguro pinaka common na effort, naregulate na 'yon sa RS eh. When it comes to activities naman, kakabigay pa lang, mag-iisip na ako agad ng pwedeng gawin or solutions pag alam kong mahihirapan ako agad-agad.	Wakeful nights Thinking concepts right away
R12	Pulling all nighters siguro and uh studying siguro?	Pulling all nighters
R13	Uhm wala po akong maisip.	None
R14	For me to be able to stay afloat, I hold on to my emotion support hobbies like I said about like watching k-dramas and watching my favorite groups but what really helps me is when I listen to music, play the guitar and sing because truth is I am able to let off all of my emotions and the burden that I am carrying.	Watching Music Playing instruments Singing
R15	Do not neglect your academic responsibilities uhm kapag pag nawala ako sa time, like do everything in your own ways para makabalik ka on track and just enjoy learning, do not be pressured tho easier said than done, as much as possible huwag talaga ma pressure, enjoy the moment. Pass outputs on time, exert effort like	Do not neglect academic responsibilities Just enjoy

	do not just do anything, do not just do school works for the sake of passing it like mag effort din, ganon ading.	learning Exert effort
R16	I review a lot, pero, ano, even before summatives, like two days before summative tapos na announced na, na may summatives, ganyan, ni rereview ko na agad para review review para ano, perfect score.	Review a lot
R17	Uhm siguro po hindi pa nila alam yung mina-manage kong oras kasi sa buhay ko po uh palagi po ng busy yung life po ng parents ko in palagi po akong nadadala sa mga ginagawa nila like pupunta po sa ibang lugar kailangan pong kasama ako parang ganon po and hindi ko pa nasusulit yung time ko na yon for studies.	Time management
R18	Uhm, ano, talagang binabasa ko iyong mg materials na meron sa akin, talagang todo review ako minsan, kapag may time ako, kapag kaya ng energy ko, talagang sinesearch ko pa sa google iyong furthur explanations ng mga concepts para man lang may mailagay akong something na ano sa notes ko, which is nakakahelp rin minsan sa mga summatives ko, uhm, at tsaka, minsan trina try ko rin talagang i push lahat ng makakaya ko sa paggawa ng mga projects ko, although hindi ko rin siya nagagawa most of the time kasi palagi akong walang energy pero kapag meron na, like i said, i try and try, iyon lang naman.	Review a lot Research Pushing yourself
R19	Pagiging ano lang, uhm, pagiging masipag even though, uh, you're giving up na, kahit feeling mo mag gigive up na lahat, your body and your brain and just to think the outcome na, uh, magiging result nito if hindi ko tinuloy, ganun. And, trust myself, lagi rin akong naiiyak, parang dun ko ibinibuhos kapag pagod na ako, iniiyak ko lang tapos tuloy ulit at nagpupuyat ako kapag alam kong need ko magpuyat.	Think positive Hard Work Trust yourself Staying awake

R20	Uhm, walang nakakaalam, syempre iyong ano, during kapag exam week, diay, ti ammo ti pamilya'k ket nakaturog akon pero haan pay gayam, adda dadiay maysa time nga exam dadiay ket I'm awake for almost, let's say 6 to 4 ng umaga na iyong schedule naman ng exam na iyon is pangbigat, isu met adiay, maysa nga haan nga makitkita ti sabali, ken also adda diay, meron iyong isang group activity nga nagawa, medyo haanak nga na satisfy diay answer weno aramid ti maysak nga ka grupo sunga behind that, uhm nag work, kasla inulit ko, pero adda latta met diay maysak nga ka grupo ah, then iyong outcome naman ay maganda nun, pero iyong ka group ko, hindi niya alam na ginawa ko iyon, ti ammo na isu na lang ti nagaramid dadiay.	Wakeful Revising other groupmates works
R21	Iyon po, nag memorize ako gabi gabi, tapos minsan nga hindi na ako nakakasama sa mga family outing dahil sa mga, uhm, summatives ganun, kasi mataas iyong gradong maibibigay kapag mataas iyong nakuha mo.	Memorizing every night
R22	Uhm, breaking down, uh, parang some nights, ih, iiyak ka, sisigaw ka pero parang hindi mo ipapaalam sa iba na ginagawa mo iyon.	Unknown breakdown moments
R23	Uhm, kasla idi kuwa, kasagsagan adiay ti exam, tas ag rev review ak adiay, tas ni ma'am nga, di ba, kasla maysa ak nga member idiyay T**** tapos nagsabay met nga diay panag review'k ken diay panag ited ni ma'am **** ken ma'am **** diay article nga assignment ko tapos dik ammo ri kuwaek ket inseen ko isuda, in message dak, inseen ko tas inbaga da nga asap ipasa kon, kabagitan, tas kuwa, kalla nakitak isuda idi ket kasla haan ko, uh, kasla iw iwasak isuda ta haan ko nalpas kasdiay. Tapno kuwa, tapno ag stay ka latta, diay ar aramidek, tapno kasla ngay pull the hardwork kasdiay. Kasla ngay, nu, anya gaminen, nu ag review ka kuman, kasla haan mo kayat diay laing lang ngay nga ma ammoam, kalla dadiay nga lesson kuma dapat amin nga butas na nga lesson, dapat ammom, kasla dapat ammom amin, haan ka makontento nga kuwa, diay, uh, nu anya diay examples kuma nga inted diay teacher yu ket, kasla haan ka makontento diay nga answeranen, dapat i explore mo dagidiay dadduma nga, kasla	Review a lot Hard Work Be ahead Advance reading Explore more about the topic

	kuma dagidiay narigrigat pay nga problems, kasla kasdiay, answeram.	
R24	Kwan ate minsan ket pumapasok akong walang tulog.	Going to school without sleep
R25	Parang lahat naman ng tao alam ang ginagawa ko, parang visible naman iyong mga efforts ko, kaya alam na nila iyon. Pero siguro ngay ket, uhm, minsan iyong pinu push mo iyong sarili mo to the point na hindi mo na kaya ganun para lang sa mataas na grades, ganun, pinu push mo iyong limits mo ganun.	Pushing yourself to the limit
R26	Well of course, I try my best to do well academically. I also have friends that I've talked with regarding my problems. It's always a good thing to talk with other people about your problems and struggles, especially to your most trusted friends.	Trying your best Sharing problems with most trusted friends
R27	Staying up all night, crying over little things na parang sa scores ko na pasado naman pero iniiyakan ko pa rin, or reviewing. I also, sometimes, engage in self-harm, like pulling my hair out of frustration. I constantly gaslight myself, believing that everything I do is not enough. I struggle so much. Compared sa duck, duckling pa lang ako. Maliit palang ako kaya marami pang mga hardships and struggles ang kailangan kong gawin para lang manatiling nakalutang hanggang sa pagtanda.	Staying up all night Crying over little things Reviewing Gaslighting myself
R28	I think yung behind the efforts na hindi talaga nila alam is just by being strong since hindi nila alam na meron akong pinagdaraanan	Being strong

	<p>inside and yung pinapakita ko lang talaga sila is masayahan akong tao so that's one of the efforts and I think doon ako bilib sa sarili ko na despite of the pressure na pinagdaraanan ko and attention since I am an only child tas consistent honor student na nafe-feel ko na dapat imaintain ko yun and I ought to exceed their expectations. And behind the efforts din na ginagawa ko is really studying hard pero yun yung hindi nakikita ng mga parents ko since uhm makita lang nila na mayroong mas mataas sa akin or like doon sa academic rival ko na mas mataas siya, feeling nila is hindi na ako nag aaral ng maayos pero I really try my best and put a lot of efforts in studying para ma maintain ko yung pagiging honor student ko and para mas lalo pang tumaas yung mga grades ko.</p>	<p>Mask Exceed expectation Studying hard Putting a lot of efforts</p>
R29	<p>My behind the scene efforts is-are that no one knows but is, uh, that they don't know na sobrang stress ko na, they don't know, uh, my classmates don't know, my group mates don't know na sa sobrang, uh, they don't know na sobrang stress ko na kakagawa ng mga script naman, mga etc. You know po iyong mga uhm, mga group activities, they don't notice na I'm doing everything I could para maganda ang kalalabasan ng mga performance tasks namin, it hurts kasi parang wala po talagang may pake sa efforts ko kaya i always tell to myself na if I help those who really need a help, that when the times comes that you really need help, ask God for it, because He always can help you.</p>	<p>Super stressed in making school works Asking God for help</p>
R30	<p>The behind the scenes are mostly those sleepless nights when hindi ako kumakain, and yesterday, hindi ako kumain ng lunch, para lang makabili ng materials, para sa C*****, and there's this, one time din na hindi ulit ako kumain ng lunch para tapusin iyong R*****, magpaprint ng R**** tapos those sleepless nights na umabot ako ng until 4 am, tapos gigising ulit ako ng 4:30 para mag prepare pumunta sa school and, uhm, i am an only child, pero marami ang friends, relatives na nagpapatulog sa akin, so mahirap naman sila hindi-an so, gina grab ko na lang iyong mga pinapatulong nila sa akin for as long as hindi naman sobrang complicated, so ayun, i grabbed uhm, those help, like tinulungan ko sila without them knowing na marami akong ginagawa, ganun,</p>	<p>Sleepless night Starving yourself Mask Responsibilities</p>

	na pinapakita ko sa kanila naano, na, i am okay, pinapakita ko sa kanila na uhm, i am stress, but i am happy ganito ganyan.	
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Behind the Masks: The Efforts of Image Preservation, Silent Strains: Burdened by Fear of Judgment, Drowning in Seas of Expectations: A Battle for Breath, The Coping Canvas: Painting Your Way to Resilience, Channeling Comfort: The Art of Coping Through Watching, Escaping into Stories: The Therapeutic Power of Reading		
FQ1	What are the behind the scene or strategies that you do that no one knows about	CODES
R6	Madik met lang ammo ate, basta ar aramidek lattan amin before dadiay due uray nu haan akon nga matmaturog, uray haan akon nga mangmangan. Ken agiseset ak ngay ate nga kalla, datoy ti aramidek tatta tapno haan ka nga magulwan nu anya ti unaem.	Doing everything before the due date Setting time for activities
Themes: Behind the Masks: The Efforts of Image Preservation,		
FQ2	How about in your academics?	CODES
R7	Actually uhm, minsan, minsan lang naman, hindi palagi, kapag alam kong may recitation, i find extra time to read in advance, mga ganun, para lang may maisagot kinabukasan. Nag-aaral ako sa gabi, if hindi keri, mga parabangun ganun.	Advance reading
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ3	May mga times na po bang mas mataas iyong nakuha ng mga classmates mong walang honor kaysa sa'yo?	CODES
R16	Yah	Yes

Themes: The Battle of Comparisons: Finding My Own Worth		
FQ4	Ano pong na feel niyo nang malaman niyo na ganun, mas mataas siya kasya sa iyo?	CODES
R16	I feel so, uhm, stupid, ganun, dumb, kasi, syempre ano, may honor ako tapos siya, wala, and feeling ko sa sarili ko, ang bobo bobo ko, kasi siya nakukuha niya iyon, bakit ako hindi, like kinompare ko na iyong sarili ko sa kaniya. Ako nag rereview naman ako, bakit ganito iyon lang naman iyong na fefee ko.	Feeling Dumb Comparing
Themes: The Battle of Comparisons: Finding My Own Worth		
FQ5	What about your behind the scenes efforts that you do for your academics?	CODES
R14	As far as I know ate uhm parang wala naman po gani ganiton lang po yung coping mechanisms ko sa lahat ng problems na nafaface ko kahit academic problems.	Chill
Themes: Blooming Shadows of Discontent		
FQ6	What about if there are summative tests, exams or recitations?	CODES
R14	Most of the time ate, stock knowledges lang po at nagre review naman po ako paminsan minsan.	Review Stock knowledge
Themes: Blooming Shadows of Discontent		
FQ7	Aren't you worried that you will get low scores if you only rely on your stock knowledge?	CODES
R14	In some tests lang naman po ate pero pagtitignan ko naman po lahat ng summative test ko kahit na stock knowledge lang po ket	Stock

	ma mataas parin. naman po kahit papano pero most of the time talaga sina-scan ko po yung notes.	knowledge Scanning notes
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ8	Is there any time that some of your classmates that are not honor students got higher scores than you?	CODES
R14	Yes ate, most of the time-ay hindi naman po paramg paminsan minsan lang naman po kasi hindi ko po chine-check yung scores ng iba.	Sometimes
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ9	What do you feel about those situations?	CODES
R14	Depende po sa mood ko pero uh mostly po yung nafe-feel ko is parang mas nagiging competitive po ako, ganon po.	Competitive
Themes: Blooming Shadows of Discontent		
FQ10	What are the things that you do for you to stay in the honor list?	CODES
R17	Uhm para po sakin kailangan po talaga yung nakiki coordinate ka din po sa ibang katulad na honor student para hindi ka pa mahuli, yun po.	Unity
Themes: Blooming Shadows of Discontent		
FQ11	Hindi naman nila napapansin ading?	CODES
R24	Haan met ate.	No
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		

FQ12	Pag normal day ano naman yung ginagawa mo pag ganon?	CODES
R24	Kwan ate uhm no adda pay ti activities ket ajay ti ub-ubraek or ag no-notes ate kasjay.	Taking down notes
Themes: The Coping Canvas: Painting Your Way to Resilience		
FQ13	Noong sinabi mong napag sabay sabay na iyong mga pinagawa sa'yo, na hindi mo na alam kung anong gagawin mo, ano namang na feel mo sa sarili mo?	CODES
R23	Kasla ngay, ma feel ko nga haan ak unay nga nag care idiyay time kasdiay, gamin kasla ma feel ko diay bagik nga haan ko unay na control diay actions ko, kasla kasdiay.	Confused
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ14	'Di ba inbagam tattay nga haan mo panpansinen dagidiay teachers gamin haan mo pay nalpas diay activity, so anya ngay ti na feel mo idi, mayat ba wenco haan?	CODES
R23	Haan, kasla ngay nabitin diay anges kasdiay.	In awe
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ15	Iyong mga behind the scene efforts mo ba sinasabi mo iyan sa ibang tao or kine keep mo na lang sa sarili mo?	CODES
R30	I believe that, for them, uh, para malaman nila, na appreciate nila iyong effort mo is dapat sila iyong makakita, so, ako, i just keep it to myself. Like bahala sila kung anong, uh, makakita ng ano, nung mga efforts na iyon, or kung nakiki congratulate na lang ba sila kapag may result na iyong achievement, di ba? Like mas naa assess ko kasi uh, iyong environment mo pag nakikita mo na nakikita nila iyong ginagawa mo or, nakikita nila iyong development mo in your journey towards reaching that uhm, certain, uh, that particular achievement, so, kinekeep ko na lang	Appreciation Keeping it to myself

	<p>sa sarili ko, kasi at the end of the day, uh, hindi naman sila lahat may pakialam ei. May pakialam lang sila siguro, kapag ka magbebeneft na sila pag may achievement na ako, ganun, So kinekeep ko na lang sa sarili ko.</p>	
Themes: Behind the Masks: The Efforts of Image Preservation, The Battle of Comparisons: Finding My Own Worth		
FQ16	So hindi ka nag woworry na makita nila iyong behind the scenes efforts mo, na baka ma judge ka dahil sa mga doon?	CODES
R30	Hindi, hindi ako nag woworry na baka ma judge ako, i am worrying more is that baka kapag sinabi ko, wala naman silang pakialam ganun, kapag sinabi ko, nakinig lang sila hanggang doon lang, wala appreciation ganun, parang ayokong sabihin iyong mga behind the scene efforts just for them to appreciate the effort, i want them to see that behind the scene efforts just by themselves, not me na sinasabi ko pa sa kanila. I believe kapag sinabi ko pa sa kanila iyon nga parang wala lang, nakinig lang sila, na it is not to generalize naman pero feeling ko mostly ganun eh, ganun iyong nafe feel ko na hindi naman lahat ng tao may pakialam sa'yo, hindi lahat ng tao, may pakialam sa'yo, so ayun, hindi ako nag woworry na baka majudge, nag woworry ako na baka wala silang pakialam.	Worrying that people will not care Not appreciating any efforts
Themes: Silent Strains: Burdened by Fear of Judgment		
Q11	Have you ever tried to get out of the environment that you are in just to save yourself from experiencing the “duck syndrome”? If you had already done so, can you explain it to us and then what were the effects of it? Did you feel better than the environment you were in before?	CODES
R1	Umm, yes po, all the time. Parang lumalabas lang po ako sa kwan tapos uupo, magsstay po na silent, lalayo po sa mga tao.	Stay silent Distance to people

R2	Yes po ate, naisip ko rin po na tumakas kasi yung feeling ko po na hindi ko na talaga kaya yung pressure na nararamdamahan ko tapos meron pa rin yung time na naiisip ko na uhm tatakas na lang po ako sa bahay or lalayas na lang po pero uhm kasi ngay parang naiisip ko ngay ko nay ket iyon na lang po yung uhm paraan or yung solution para matakasan ko yung mga problems pero minsan meron pa rin po yung ano hindi ko hindi ko natatakasan kaya naisip ko minsan na mag suicide na lang pero pag nagsuicide naman kasi hindi naman mapupunta sa heaven. Meron naman po yung time na muntik na akong masagasaan dun sa amin kasi ngay ket uhm tumakbo ako bigla ngay ket hindo ko tiningnan yung ano left and right po ng kalsada ganon.	Run off Emotional dysregulation Suicidal thoughts Near accident experience
R3	Hindi. Mas pinipili ko na lang na mag stay dito sa ganung paraan kasi ket mas naoovercome mo iyong duck syndrome, kasi mas nasasanay ka, ganun.	Preferred to stay Willing to overcome
R4	Opo, minsan po pag nagta-talk about yung mga parents ko sa mga grades ko po is kwan umaalis na lang po ako para hindi na po ako yung pag fiestahan nila na sasabihin na “Bat ang baba ng grades mo?” ganon po tapos yung mga friends ko po is alam naman po nila na alam po nila yung struggle ko kaya hindi po sila nagta-talk about yung mga like “Ilan bayung nakuha mo” ganon tapos hindi rin nila ako iju-judge kung ilan yung nakuha ko o alam po nila yung tumahimik ganon.	Distance to people Avoidance to unwanted topic
R5	Pag parang po may mga kasama ako minsan po pagkatapos ko po silang makasama ganon po, minsan po pag nasa school, pag-uwi po ng bahay, iiyak ko na lang po	Carrying the emotion until home
R6	Addan ate, apanak diay cr kasdiay. Kalla kuma nu tatta, diay ngy agited da ngayen ti scores ti exam kasdiay or dagidiay summatives ket agpipinakita kami gamin tapos ag uusap kami nu	Mask

	kastuy, apay ta kasdiay, or apay ta wrong, tas ket awan bibiang ko kasdiay kunkunak, tunu kuwan ket apanak tun diay cr, agsangit aktun.	Disposing of emotions in CR
R7	Oo, na try ko na rin, maraming beses na, para iwasan iyong maipakitang vulnerable ka sa ibang tao. Oo, kasi ayun nga, ayoko talagang makita ng ibang tao na ang weak ko.	Hide vulnerable side
R8	Ayun nga po, iyong sa pinakita nila sa amin iyong grades namin doon sa certain subject parang after kong bumalik sa upuan ko, iyon nga, parang nasasakal na ako, umalis talaga ko noon, para mag cr just to, para ako lang iyong makarinig ng iyak ko, talagang doon sa pinakaloob ng cr. So, iyon po talaga iyong pinaka naalala kong time na parang umalis na lang ako doon.	Emotional dysregulation Disposing of emotions in CR
R9	Uh yes po ate, na-try ko na po yun. Na manage ko na lang po na mag-smile tapos sinasabi ko na lang po sa sarili ko na “sige lang, okay lang yan, babawi ka na lang sa susunod” ganon po ate, tapos nililibang ko na lang po yung sarili ko, nakikisama na lang po ako sa mga friends ko po ganon, nakikipagtawanan po ako, ganon. Kinakalimutan ko na lang po yung mga ganon po.	Still managed to smile Self comfort Seeking happiness with friends Distracting
R10	Oohhh na isip lang parang sabi ko kanina pero never ko na try na umalis kasi nandon na eh nandito nako parang there's no way out na sa pressure na ganto kasi yun na ang alam ng mga tao about sakin parang di ako, ako kung wala akong honor ganon parang may statement nakong ganon eversince kaya parang wala nang	Never tried No way out

	labas to pero if meron, ok nato mas mahihirapan nanaman ako kakayanin nalang siguro	Built image
R11	Yes, I have. Pilit kong sinasabi sa sarili ko na “Okay lang kahit di pasok sa honors, basta pasado”, pero di talaga nagwowork sakin huhu. Di naman ako prine pressure ng nanay ko, but yung pressure sa paligid ko yung nagpupush talaga sa akin. Kasi diba kapag honors ka, may pinapatunayan ka, may inaabot ka, may gusto kang kunin, parang mas lumalaki yung worth mo as a person/ student. Parang ang incompetent ko kapag wala ako sa honors. So now, as much as I want to save myself from duck syndrome, di ko magagawa kasi nga mabigat yung environment na nasaan ako, mataas yung expectations sa school na nasaan ako, uniform pa nga lang andon na yung idea na ‘matalino’. Uniforms are not enough, we all need ‘that’ certificate.	Self comfort Pressure in surroundings Proven achievement High expectations in school
R12	Uhm yes. Dinistance ko yung self ko from yung mga other people na nakaka, other honor students na make me feel pressured or parang parang ayun make me feel pressured.	Distance to people
R13	Yes po.	Yes
R14	Uhm due to my concern of missing out on knowledge and debates and being late for all of your lectures, I have never actually tried to leave the setting I am in. I make an effort to keep on course so that I won't fall behind in anything. Instead of waiting the area to keep myself from the duck syndrome, I choose to divert myself for at-a time before returning to reality when I am all done. I only take breathe works but in all honesty I truly want to attempt to leave this setting, if only for a short time, so that I can live a free and happy life without worrying about being judged and pressured.	Concern of missing out lectures Want to attempt leaving the setting
R15	Uhm tried but hindi pa fully, hindi ako fully nakakalabas din. Uhm maraming beses kong triny pero parang para kasing nakatatak na yan sa ano sa personality mo eh so mahirap lumabas	Tried multiple times

	<p>sa environment na yun para lang hindi mo ma experience pero I've tried multiple times pero mahirap kasi ayan naka embed na siya sa sarili mo. Ngayon, I think i'm still trying hoping one day makaalis na ako dito sa environment like ma overcome ko na yung page-experience ko ng ganito.</p>	<p>Built image Hoping to overcome</p>
R16	<p>Uhm, hindi, like pinapakita ko na okay ako, na ganyan, pero deep inside talaga parang binubugbog ko iyong sarili ko.</p>	Mask
R17	<p>Uhm sa consciousness ko po feeling ko po hindi ko pa po triny kasi feeling ko dapat pong palaging lang po akong naka stand out po and dapat po hindi po ako maging uhm parang dapat po hindi ako lacking sa mga ginagawa ko and dapat palagi po akong may ginagawa.</p> <p>Opo kapag po uh kapag po pinag-uusapan na po yong mga achievements ko tapos hindi ko na lang po ine-engage yung mga tanong about kung paano po ako nakaka achieve ng mga ganon.</p>	<p>Needs to always stand out Needs to always be occupied. Avoidance to unwanted topic</p>
R18	<p>Uhm, i think meron, hindi ko lang kasi, uh, nag stay lang ako kasi wala akong alam para umalis from that environment like feel ko stuck na ako doon, like iyong pagiging walang pake ko na lang ang mag save sa akin hanggang sa makalabas ako.</p>	Stuck in place
R19	<p>Yes, masarap sa pakiramdam, magaan po siya sa pakiramdam, lalo na't inissip mo na parang nakatakas ka or nakalaya ka sa mga, uhm, nakalaya ka saglit sa mga responsibilidad na kailangan mong gawin.</p> <p>Yes, I feel better, you know, I feel relaxed. (insert jolly voice)</p>	<p>Lighter feeling Little time to run from responsibilities</p>

		Relaxed
R20	Ay nu kasdiay, wen kasdiayak, diay pumanawak nga talagan lalo nu ammok nga adda ti mabubuo nga tension between me and others, diay talagang inis na inis ka na, pumanawak nga talaga, syempre tapno haan ko, haan ko met kayat nga maapektaran diay sabali nga tao once na bimtakak, ei, wen, once na bimtakak. Isu nga nu kasdiayen, nu ammok nga adda tension nga ma fe feel kon, pumanawak nga talaga, talaga nga umadayuak, aramid ko adiay.	Distance to people Self control
R21	Meron, pero with ano po iyon, sa public with family, like iyong mga cousins ko po, ganun.	Family
R22	Uhh, sometimes here in school, pumunta ako sa cr, mga ilang minutes ako doon para pagbalik mo, you're fine.	Disposing of emotions in CR
R24	Wala naman po ate.	None
R25	Hmm, yes. Uhm, sa academic related parang wala, pero kung sa family ganun, uhm, yes, meron.	Family
R26	Well there's not much I can do. I can't run away from my problems so I just persevere through it and hope for the best.	Perseverance Stuck in place
R27	I've tried to shake off those thoughts. Those thought na I'm not enough, my hardships are meaningless, that I'm dumb, unintelligent, haunts me. Wala nga akong effective approach para lang gumaan ng kaunti ang nararamdamen ko. Nagreresort lang ako sa mga possible ways to distract myself. Pero getting out sa environment just so save myself from experiencing duck syndrome? Hindi pa.	Distracting

R28	<p>Uhm no since of the primary source of pressure na nararanasan ko ngayon is myself and hindi ko alam kung paano ko siya imanage pero meron naman magandang effect yun sa academic performance ko so yun lang yung problema naman, hindi ko siya masyadong ma handle and then isa din na source ng pressure is yung parents ko which is minsan I try to open up to them para malaman naman nila yung nararamdaman ko and my mother really is, hindi niya ako masyadong pressure sa pag-aaral and sinasabi lang na lang niya ngayon is to just do what I can do and then okay lang basta pasado ako since I'm still high school and I still have a long way and mas marami pa akong pag daraanan sa college so huwag muna akong masyadong uhm mag pagod ngayon pero yung father ko lang talaga yung nagpe-pressure sa akin since ayun just like what I have said since elementary yung academic rival ko so malaking bagay talaga sa kanya yung the fact na if ever is mas mataas yung kalaban ko kaysa sa akin.</p>	<p>Self pressure Good effect Family pressure Academic rival Motivation</p>
R30	<p>Actually, feeling ko wala pa, like wala pang particular na, uhm, na isang even or isang pangyayari na mas ginusto ko na lang na umalis to that uh, na ma experience iyong duck syndrome. Gaya ng sinabi ko kanina, ine embody ko talaga eh, like hindi na ako umalis doon acknowledge ko ka lang iyong presence nang duck syndrome sa sarili ko na ginagamit ko na lang ito eh, like i tend to always make this syndrome to quote positive para mag benefit ako, ganun iyong ginagawa ko.</p>	<p>Embody Positive reframing</p>
<p>Themes: The Unveiling: Embracing Your Emotional Truth, Silent Strains: Burdened by Fear of Judgment, Cool, Calm, and Collected: The Art of Handling Pressure, The Battle of Comparisons: Finding My Own Worth, Unspoken Battles, Silent Tears</p>		
FQ1	Did you feel better than the environment you were in before?	THEMES
R1	Yes po.	Yes

R4	Opo, lalo po sa mga kwan sa mga families ko po uhm gumagaan po yung kwan yung pakiramdam ko kasi nakakatakas na po ako sa mga pag-iinsulto nila, ganon po.	Lighter feeling
R5	Medyo po	Slight
R6	Wen ate, kasi kaslak la plasplastiken diay bagbagik nu itultuloy ko nga adda idiyay, kasla awan pakek pero adda talaga.	Stop from lying to oneself
R8	Gumaan naman po siya pero parang na ano po siya, kasi umiyak lang ako saglit triny ko pa rin na ikeep in. Gumaan naman at some point pero talagang binalik ko lang ulit para lang walang makakita, ayoko kasi na ganun.	Lighter feeling
R13	Hindi po.	No
R20	Uhm, after ko pumanaw, syempre, haan met agad agad nga maawan adiy anger ken diay annoyance, sunga, first stage, mainis pay lang met, medyo, mamurmurak adiy nga tao, uhm, mentally, and so after that, i try kon agpakalma then harap ulit sa kanya then usap na ganun.	Taking it slowly Try to be calm
R22	Opo.	Yes
R25	Uhm, no. Parang mas lalong bumigat kasi mas na re realize mo na, uhm, ang, parang bad pala iyong ginagawa mo, bad rin iyong ginagawa nila sa'yo, bad rin iyong coping mechanisms mo, so parang mas nagiging negative ka pa rin.	Became heavier Realizations
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ2	Do you show your true self when you get used to it?	CODE

R3	Pinapakita ko na, kapag nasasanay ka kasi ket mas pinapakita mo na, ah, may ganito ako, iyong hindi ka na masyadong nagkukunwari, mas nakakagaan rin iyon sa pakiramdam.	Starting to unveil
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ3	You don't suddenly leave that situation?	CODE
R5	Minsan po umaalis pag I'm not in the mood po	Not in the mood
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ4	What did you feel when you left that situation?	CODE
R5	Wala naman ate, parang iniiwan ko lang po talaga sila na walang explanation.	Leaving without explanation
R13	Nado-down po ako kasi parang pag nakikita nila yung totoong ako ngay ket nakakadown ng image kalla kasjay.	Downgraded image
Themes: The Battle of Comparisons: Finding My Own Worth		
FQ5	Na try mo na din bang ipakita yung totoong ikaw dito sa RS? Bakit?	CODE
R13	Hindi. Yun po ulit, I'm afraid about-I care about what other people will think about me.	Caring what others think
Themes: “The Battle of Comparisons: Finding My Own Worth”		
FQ6	Do your friends notice that when you're gone?	CODE
R6	Hm, haan met ate, haan da ammo nga gapu idaiy	No idea

R7	Hindi ko sure kung napapansin nila, siguro.	Not sure
R20	Uhm, haan ko pay na try nga pumanaw, ih, uh, diay, uhm, let's say, i am in a circle of friends tapos nagkaroon bigla ti tension, haan ko pay met nga na try adiay. Ngem na try ko lang met, diay kasla ngay duduwa kami laeng, uhm, syempre mapansin na agad dadiay, and isuna na met, pumanaw met laeng, kasdiay.	Noticed
R22	Hindi po.	No
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ7	Do you believe that when you do those activities, you feel better than when you worry about your problems?	CODE
R9	Uh yes po ate kasi naiwasan mo din yung mga bad na thoughts, ganon po ate, tapos parang unti-unti ka din pong makaka-move on na "oh sige, okay lang yan".	Helps to avoid negative thoughts
Themes: The Coping Canvas: Painting Your Way to Resilience		
FQ8	Alam ba to ng parents mo ading?	CODE
R2	Uhm meron po yung isang beses po na tumakas ako sa bahay, hati ng gabi kasi ngay ket nakalimutan kong i-lock yung kwarto tas ayun nakita nila. Nagtanong na lang po si Mama tas ayon nahanap po ako. Ang plastic po kasi ni Tita	Caught
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ8.1	So maraming beses ka ng lumayas ading?	CODE
R2	Uhm tatlo lang po ate.	Thrice
Themes: Behind the Masks: The Efforts of Image Preservation		

FQ8.2	Ang rason ba ng paglayas mo ay dahil hindi mo ma express ang sarili mo o dahil sa pressure?	CODE
R2	Yung hindi ko po ma express yung nararamdaman ko ate kasi yun nga ayaw ko pang ipakita yung weak side ko kaya sinasarili ko na lang tas pag di naman po kaya tumatakas na lang po ako ganon tas ayon, pag tumatakas po kasi ako minsan ate ngay ket parang ngay uhm nahahanapan ko po yung sarili ko ng peace ganon pero meron parin yung mga time na nag-ooverthink po ako kahit wala po ako sa bahay ganon.	Unexpressed feelings Avoid showing weak side
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ8.3	When you tried those things, did you felt better?	CODE
R2	Hindi po ate kasi ket nahuli naman po.	No
Themes: Invisible Shackles: Concealing Truth, Protecting Hearts		
FQ8.4	Pero yung time na hindi ka pa nahuhuli, ano yung na feel mo?	CODE
R2	Uhm ang gaan po sa pakiramdam ate kasi ngay ket parang ngay na nailayo mo muna yung sarili mo sa mga problems don pero meron parin po yung nagpu-push sayo na bumalik ganon kasi ngay ket wala ka namang mapapala pag nasa labas ka lang ng bahay ganon kasi ngay ket hindi naman po yun solution minsan sa mga problems pero gumagaan po talaga yung pakiramdam.	Lighter feeling Run away from problems
Themes: Invisible Shackles: Concealing Truth, Protecting Hearts		
Q12	Are your parents aware that you are experiencing this kind of struggle?	CODES
R1	Hindi po.	No

R2	Hindi po ate kasi ngay ket hindi naman po ako masyado nag-open up dun sa ano family po namin since si Mama lang naman po yung parent ko na nandon kasi ngay ket si Papa ko po is nasa abroad, minsan ko lang po talaga mag-open up po kay mama pero most of the time po ate nagkukulong na lang po ako sa kwarto ganon tapos ayun uhm natutulog na lang po ganon.	Isolation
R3	Hindi. Kapag nag open up ako, iyong parang pa eme eme ngay, kalla nagrigaten ti biag, nauma akon kasdiay parang pa joke siya na sinasabi pero may totoo siyang sinasabi ganun, para lang hindi ka mamaiyak.	Mask Saying it as a joke
R4	Actually, yung parents ko po is hindi po sila magkasama, like hiwalay po sila pero parang hindi naman sila aware? Kasi nasa ibang lugar na po sila, hindi ko rin naman po nasasabi sa kanila or nagra-rant po sa kanila.	Not aware
R5	Hindi po.	No
R6	Haan ate, pero nu dadduma wen. Gamin adda dagidiay times nga marigrigatan akon ket baga da kanyak, nalaka lang para kanyak nga kayak met lang dagitoy gamin ag honhonor ak met. Diay ngay, uhm, adda expectation da ngay, ngem kasla haan da met nga ididiin kanyam, nga uray haan da ibagbaga ket kasla ammom talagan.	Motivation Expectation Pressure
R7	Hindi, wala silang alam na ibang alam sa akin maliban sa achiever ako. No, hindi, never, kahit sa kanino, hindi ako nag open up. Hindi, kahit sa friends ko.	Never
R8	Hindi po, hindi ko sinasabi sa kanila. Parang just same doon sa nakikita ng ibang tao sa akin, iyong na rin iyong nakikita nila mama, never ko ding sinabi sa kanila na na aano ako. Ever since ng lumipat ako ng RSHS, wala pa silang narinig na may struggles ako, so parang lahat kasi is tago.	Mask

R9	Uhm opo, minsan po sinasabi po ni Mama na “Oh ano? Magtransfer ka na ba? Nahihiapan ka na ba?” ganon po. Hindi naman po sila yung nagpre-pressure sakin kundi yung sarili ko. Uh sinusuportahan pa din naman po nila ako ganon tapos sila po yung mino-motivate po nila ako kapag nakikita po nila na parang babagsak na yung katawan ko, ganon po.	Self pressure Support Motivation
R10	Maybe, kasi sabi ko din kanina kut nakita nako ni mama na umiiyak dahil sa acads and yun nasabi ko na pagod nako ganto ganyan kaya naka gaan sa loob na every card day kut sinasabi na nila na okay lang kung wala. Ang mahalaga ginawa mo lahat which makes me very happy lalo na kut parang sabi ko kanina nahihiya ako sakanila pero buti nalang kut naka open ako sakanila about sa bagay nay un kaya nababawasan na yung pressure na nararamdaman ko, nung nalaman nila na ganto nararamdaman ko ah kut syempre kinasao dak nga ganon pala nararamdaman ko ganon hindi nila alam na parang nasasakal nako ganon kaya dahil don kut nababawasan na or nawala na ata yung pressure na binigay nila sakin non but there are still reasons bakit na ppressure ako ngayon, hindi na lahat lahat sa parents ko but sa ibang family members, yes	Motivation Pressure in relatives
R11	My mom was never aware of what I was experiencing. There was one time sabi nya sakin, “Nu marigrigatan ka, ibagam.” I could never open up to my mom kasi nga pinili ko namang mag aral sa RS, bat ako magoopen kung sasabihin din naman niyang ginusto ko yun edi panindigan ko. I think may idea naman siguro sya about sa situation ko rn, pero di sya nagsasalita. Magbubulagbulagan ba.	Closed ears
R12	No ate	No
R13	Hindi po.	No
R14	Uhm because they occasionally contribute to my duck syndrome, my parents are unaware of the difficulties I’m having. Despite this, they continue to love me unconditionally and the other way	Unaware parents

	around and provide for my needs so I don't blame them for it. As a result, I don't discuss such sensitive subjects with them since I find it awkward to do so. Instead I chose to deal with my own demons.	Self deal
R15	Hindi ading, actually kaya kanina matagal na naka mute yung mic ko kasi hindi ako makapagsalita kasi pumasok bigla si mama sa kwarto. So ayoko ayoko na malaman nila kasi I natatakot ako na baka sabihin nila na nasa utak ko lang yan. So, hindi sila aware.	Muted voice
R16	Hindi pa ading, kasi ang hirap, parang uhm, ayun, mahirap para sa akin mag open up kasi bago pa ako makapag salita, naiiyak na ako.	Soft hearted
R17	Para po sa akin, hindi ko po napapansin na aware sila pero siguro po alam nila pero hindi lang po nila alam kung paano mag react dun sa struggles ko kasi meron po akong ate na ganito din po iyong situation noong high school and ngayon din pong college.	Closed ears and eyes
R18	No. Tinatago ko na lang sa says na “ma oh, naka high scores ako, kinaya ko naman hahaha” ganun lang, tapos kapag naman, mine message back ako, like “wow galing mo naman” okay, nag haheart react na lang ako , then that’s it, hindi ko na sinasabi sa kanila na “na nahihiapan ako, i think nahihiapan na ako sa isang subject na ito, okay namang magpahinga minsan di ba?” or “ma, pa, medyo hindi ko na kaya itong subject na ito, what if, uh, what if try kong magpaturo sa mga peers ko” ganun, wala akong nasasabing ganun, kasi ang akala nila kaya ko na lang all by myself, na parang na hahandle ko na ang mga issues by myself. No, kasi uhm, medyo masama man ako pakinggan pero i never feel that comfortable to share anything personal with them, parang i feel more comfortable with sharing them to my friends, rather than them mismo kasi medyo may issues kami.	No enough communication Unaware parents Uncomfortable

R19	Yes, ano, parang sinasabi lang nila sa akin na okay lang iyan, okay lang na hindi gaanong mataas ang aking grades as long as i am pasado na may natutunan ako.	Motivation
R20	Hindi, and i, uhm, hindi, hindi sila aware kasi hindi ako nagsasabi, hindi rin sila nagtatanong. And also, if ever man na magtanong sila, syempre hindi ko rin sasabihin kasi i don't want them to know na, para iyong sinabi ko kanina na, ayaw kong makita ng iba na parang mahina ako ganun, kaya kahit if ever man na agtanong da, kasdiay, haan ko talaga ibaga, madik. And also, hindi naman sila aware kaya okay lang.	Self reliance Refusement
R21	Si papa ko, aware siya. Isa rin siya sa nag advice sa akin na huwag ko daw ito itago. Naano sila, parang ngay, naawa ganun, iyon lang iyong parang na observe ko, naawa sila tapos biglang na worry na sila sa akin kaya trina try ko na po na bawas bawasan para hindi na po sila magproblema sa akin.	Inspiration Concerned
R22	Hindi po pero siblings po.	Certain people
R23	Haan, syempre, haan ko met ibagbaga.	No
R24	Uhm haan ate like uhm ammo da lang ate ngay nga mahirap met pero like jay struggle ko talaga ngay nga ket haan da makitkita.	Unaware parents
R25	Uhm, no. No, kasi uhm, sabi ko nga separated iyong parents ko, ang hirap mag open up sa kanial kasi sometimes hindi sila available and hindi rin ako ganun ka comfortable sa kanila.	Not available Uncomfortable
R26	Uhm, no. I have no plans of telling them the situation that I am in. They already have enough problems on their hands, I also have mine. So I think it's better to just leave it this way.	No plans of telling Considerate Keeping it by

		myself
R27	No, they are not aware. Kaya nagi-guilty din ako kasi kapag malalaman naman ni mommy, I know she would help me and ease the burden I feel due to academic pressure. Pero I can't bring myself to open up about this.. feeling. Kasi nga hindi kami open sa ganito. Lumaki kaming kine-keep na lang ang problems	Unaware parents Keeping it by myself
R28	Although nagsasabi ako ng mga academic struggles ko sa mother ko, I think hindi ko masyadong masabi sa kanya or mai-express sa kanya yung tunay kong nararamdaman since yung mga sinasabi ko lang sakanya is "Naii-stress ako sa school mama" ganoon lang, pero hindi ko masabi sa kanya na napre-pressure talaga ako sa dahil prine-pressure nila ako ganon and hindi ko masabi sa papa ko na I'm really doing my best so dapat iistop niya na yung mentality na ganon if ever na mayroong makalamang sa akin is hindi ko na ginagawa yung makakaya ko sa school or mas nilalamon na ako ng uhm pakikipagrelasyon, ganon.	Can't totally tell my struggles
R29	I haven't po, since takot po ako sa mga maaaring sabihin nila but still i'm gonna do my best to open up my problems to them as i, uh, if i open my problems to them, our relationship will become stronger.	Afraid of judgment
R30	No, kasi hindi naman ako nag oopen talaga sa kanila, i mean, ako nakatira ako dito sa family house namin, i am with my lolo, with lola, and uh, other first cousins of mine na mas bata sa akin and my parents are in the other house, in the other barangay, which is katabi lang naman ng barangay namin, siguro, uhm, gaano kalayo, likeaabutin ka ng five minutes walk to go there. Hindi na kami masyadong nagkakaroon ng personal communication kasi pagkagaling ko ng school, dito na ako sa bahay, pagkarating ko dito sa bahay, it's either matutulog na ako, may gagawin akong task, mag vo volleyball ako, mamasyal ako, or makikipag chismisan sa kapit bahay, i mean sa mga pinsan ko sa kapitbahay and my parents are in their kabilang house ng maghapon, so wala akong time to express or to let them know that i have this	Lack of communication Lack of time Unaware parents

	syndrome, uh, ako nga hindi ko alam na may syndrome ako na ganito, so ayun.	
Themes: Invisible Shackles: Concealing Truth, Protecting Hearts, Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ1	How about your friends or relatives?	CODES
R1	Hindi po masiyado.	No
R2	Hindi po ate	No
R3	Iyong pag-open ko rin sa kanila ket iyong hindi literal na sinasabi na, ay nahihiapan na ako, parang mas ano, mas funny iyong ginagawa kong way para sabihin sa kanila na nahihiapan na ako.	Making it as a joke
R4	Opo, pero sa isang best friend ko lang po yung nag-open up ako sa kanila-sa kanya na nahihiapan na po ako sa mga activities ganon, nagra-rant din po ako sa kanya, lahat po ng nangyayari sa buhay ko like inii-story ko po sa kanya tapos binibigayan din po ako ng mga advice, ganon.	Certain person
R5	Hindi po.	No
R8	Iyong pinakana share'n ko na rin siguro is iyong elementary friend ko pa, na parang may contact pa rin kami pero wala din lang, unti lang rin iyong shinare ko, hindi lang rin niya, or hindi ko lang rin pinakita iyong full picture, at least a little lang na medyo nag share lang ako na mahirap dito. Pero hindi ko, to the extend na parang naiyak na ako na parang pinakita ko sa kanya iyong struggles ko talaga.	Elementary friend Glimpse of the struggles
R12	No ate	No
R13	Sa cousins ko po.	Cousins

R14	Most of the time po, yung nakaka alam ng mga problems ko academically are my friends. I don't say it to other relatives kasi I also find it awkward na i-open yung ganong type of topic sa kanila.	Friends
R15	Relatives hindi pero sa friends oo. Mostly sa friends talaga kasi I feel we share the same struggles, so kami lang yung nagkakaintindihan.	Can relate Friends
R16	Hindi rin.	No
R17	Uhm opo, mas open po ako sa mga friends ko dahil meron din po silang situations na ganon. Sa relatives naman po, hindi na po	Can relate Friends
R18	Hmm, minsan, pero tinatago ko under the guys of humor kasi iyon iyong pampa lighten up nang mood ko, it's my way if communicating na rin my feelings.	Sometimes Making it as a joke
R20	Hmm, uhm, kinyada ak talaga ag op open up, like, wen, pero haan met nga diay, uhm, diay i op open up ko lang gamin ket light information lang kasdiay, gamin ket mapansin da met nu madi diay mood ko, damagen da, then ibagak lang, diay light information lang talaga, haan nga diay fully.	Information behind the scene
R22	a. Iyong iba lang po na friends. b. Cousins	Some friends Cousins
R23	Awan pay, awan, haan ko pay napadasan nga in istorya kadakuwada.	None

R24	Wen ate may napapagsabihan naman ako.	Yes
R25	Sa friends ko, oo, siguro nakakapag open up ako sa kanila, mas comfortable ako na makipag usap sa mga friends ko nang mga ganitong bagay. Relatives, uhm, none, friends lang	Friends Comfortable with my friends
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few, Behind the Masks: The Efforts of Image Preservation		
FQ2	But have you ever tried to open it up?	CODES
R1	Opo, yes po, pero kwan, niregret ko po na ginawa yon.	Afterward Regrets
R5	Hindi pa po	No
R6	Wen ate, kenni mama, uhm, ibagak ket, ma nagrigat, kayat kon umalis. Pero ibagbaga na ket kayam dayta.	Mother Motivation
R7	Hindi ko lang bet talaga, pero sa diary, pwede pa, ayoko silang ma bother, parang ganun.	Diary Don't want to bother anyone
R8	I did naman kay papa dati, pero hindi kasi ano masyadong sa family namin, parang walang masyadong usap na parang one on one lang ganun, never kaming nag gagaganun, so noong triny ko nang mag-open up, parang nag back out rin ako in last minute, so parang hindi lang rin natuloy.	Father Backing out

R12	Uh nag rant na ako sakanila about my research pero not really open up	Rant
R13	Hindi po kasi they have always expected me to be able to keep up with my academic pressures kasi since gra- kinder ako ket academic achiever na.	Expectations
R14	Uh I did try ate dati pero ih I cannot parang hindi ko po matutuloy kasi yun nga po I find it awkward kaya talagang sa friends ko na lang po ako nagsasabi ng most of my problems kasi parang sila po yung mostly nakaka-help saakin.	Uncomrtable Friends
R15	Once, yung sinabi ko na nung pandemic na nag breakdown ako na nakita nila, nag open up ako konti and I feel like naawatan da met pero ayon han ko lang mafeel nga maaw-awatan da latta, hindi ko pa nafe-feel.	Once Sudden breakdown Haven't felt that they understood
R17	Siguro po yung opening-up lang po na hindi po yung all-in na opening up like yung syempre dadaanin po so humor para lang ma ma entertain yung mga topics na yon, ganon po.	Making it as a joke Some information
R19	No, but napansin nila, yes napansin nila.	Noticed
R20	Haan pay, ay, open up, haan pay, madik kayat nga ibaga kanyada, i am afraid if judgement coming from them.	Afraid of judgment from family

R23	Haan, gamin ket ti ammo da uhm, awan ti ammo da, kasla awan ti problemak kasdiay, isu nga haan da launay agdamdamag. Ken haan ko met ibagbaga.	No one knows No one asks
R24	Haan pay	No
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment, Unspoken Battles, Silent Tears		
FQ3	Are there times that you have shown that you are struggling to your friends or families?	CODES
R1	Hindi po, never ko pong pinapakita yun, pero hindi ko lang po alam sa kanila kung may nakakapansin sa kanila	Never
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ4	So, do you still have duck syndrome even when you're at home or mostly here at school?	CODES
R3	Mostly dito lang talaga sa school. Pero oo, sa bahay, lalo na kapag may mga friends ka doon, tapos madami kang ginagawa, parang iyong naiiyak ka na ngay, ganun, pero huwag na lang kasi nandiyam sila, nahihiya ka ganun.	Mask
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ5	What do you feel when they say that?	CODES
R6	Uhm, nagmadi ate, kasi kasla nu adda ti bagay nga haan mo ammo ket ma judge ngay diay laing mo. Kasla ngay ibaga da nga apay ta haan mo ammo ket aghonhonor ka, agbasbasa ka pay diay RSHS.	Judgment Accusation
Themes: Silent Strains: Burdened by Fear of Judgment		

FQ6	Did you feel better when you opened up?	CODES
R6	Wen ate, kenni mama, gamin ket uhm, uray nu kasla makapa pressure met diay word nga kayam dayta, kasla ngay ipakpakita na ngay uhm, matematni isuna kanyam, isu nga kasla gumaan met ti pakiramdam ko, sunga aramidek tun, tapos kalla ag less tu met diay pressure nga maramramdamak.	Yes Felt better Believed in me
Themes:		
FQ7	Do you tell anyone else about your problems besides your mother?	CODES
R6	Uhm, meron ate, iyong pinsan ko nga duwa, isu met lang ibagbagak. Kasi diay kasinsin ko nga maysa ate, graduate met ditoyen tapos ket, baga na nga, oh, kasta talaga dita. Sunga nu kalla ngay nu makarelate isuna ngay ket ibagbaga na maaw awatan na diay marikriknak so kasla gumagaan met diay pakiramdam ko.	Cousins Feeling better
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ8	Are you afraid of their judgement?	CODES
R7	Oum, yas, iyong judgement nila, na baka isipin nila ang shallow naman ng reason nito to think that way, ang simple simpleng bagay, nag aano na siya.	Yes Shallow reasons
Themes: Silent Strains: Burdened by Fear of Judgment		
FQ9	Is there anyone else you've tried to open up to?	CODES

R8	Siguro iyong pinakamadami ko nang nasabihan is kay ate. Kasi parang ano, medyo close din kami ni ate, so iyong first year high school ako, siya iyong pinasabihan ko na naaano ako, nahihiapan na ako na mag keep up, kasi parang lahat ng galing nila, tapos parang nag do-doubt na ako sa sarili ko. Dun, kay ate ko siguro inopen-up, pero never kila mama or kila papa.	Sister
R18	Wala, as in, wala.	None
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ10	You have mentioned a while ago that you opened up to your sister/ friends a little, what were their reactions to what you said?	CODES
R8	<p>Si ate, iyong pinaka reaction niya would be sa na understand niya talaga, kasi nagsabi rin siya sa akin na iyon iyong na feel niya, noong nag sstart pa lang siya ng high school. So parang gumaan unti iyong pakiramdam ko noon na, alam kong hindi ako nag-iisa, hindi lang ako iyong nakaramdan ng ganug struggles pero at the same time na ano ko rin na mahirap pa din kahit may alam kang kapareho mo eh, hindi niya pa rin naman napakita na ganun. Naintindihan ko rin na nagkaroon siya ng struggles noong high school siya pero hindi ko lang rin naman na feel na talagang as in gumaan pero at least a little, na may kasama ako, may kapareha ako.</p> <p>And in terms naman sa friend ko na pinagsabihan ko, may sinabi rin naman siya sa akin, parang iyong pag share niya noong mga feelings niya or mga experiences niya at some point, napagaan nila iyong, uhm, kuwan, burden sa akin.</p>	<p>Understanding</p> <p>Feeling better</p> <p>I have the same struggle</p> <p>Friend</p>
R21	At first, parang ngay natulala lang sila na nakikinig ganun, tapos mamaya ket gumawa naman sila ng jokes na para pang ako lang sa akin pang comfort ganun.	<p>Lighten up the mood</p> <p>Comfort</p>

Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ11	So are you able to show your true personality to your parents?	CODES
R9	Opo, sa parents ko lang po.	Only to my parents
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ12	So sinasarili mo lahat ng struggles mo ading?	CODES
R12	Yes ate	Yes
R16	Oo, sinasarili ko lang.	Yes
R20	Yes, haan ko talaga ibagbaga, uhm, to be honest, wen, sar sarilik dagidiay. Kasi adda diay thought ko nga baka maka istorbo ak kasdiay, ma disturb o distract isuda, lalo nu busy da, kasdiay.	Self reliance Afraid of being a distraction
Themes: Unspoken Battles, Silent Tears		
FQ13	Then what are their reactions and insights about it?	CODES
R13	Nakakarelate naman po sila kasi kwan same rin daw, same they try to understand.	Relate Understand
R14	Wala naman po talaga silang reactions like they just give uhm comfort to me and parang mago-open up rin sila sa akin ganon so parang it's a give and take relationship.	Comfort
R15	Like ayon, they hinay hinay lang talaga nila is “ay hala same” ganon parang ayon we share the same experiences so therefore	Relate

	parang similar experiences ganon ading like sabi nga nila unhealthy pero nakasanayan na. Mahirap mahirap ibahin yung nakasanayan mo so yung ngay yung reaction na lang namin pagnag-oopen up kami sa isa't isa is "Its okay we'll get through this at the end". Little by little mao-overcome din namin.	Inspiration
R22	They get me, sometimes rin kasi nararamdaman rin nila iyong mga iyon.	Relate
R24	Hmm kwa ate kasjay lattan nga ano like han ko nga ipre-pressure jay ajay sarilik tapos like no like uhm parang nagy ket awan ti parang okay lang no ano ag fail nak kasjay kasi ammo da met nga inaramid ko kano jay best ko ate.	Doing your best
Themes: The Battle of Comparisons: Finding My Own Worth		
FQ14	What do you feel that they are experiencing and feel the same?	CODES
R13	I feel better po kasi hindi lang po ako yung nag-iisang nakaka feel non.	Feeling better Relate
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ15	Do you keep it to yourself?	CODES
R2	Opo ate, kasi ngay ket yung tingin nila saakin is matalino minsan kasi ngay ket nakapasok po ako dito sa RS ganon pero hindi naman po talaga.	Wrong presumptions
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ16	Ine-encourage ka ba ng parents mo na mag-open up ka sakanila?	CODES

R2	Hindi po ate kasi ngay ket uhm yung nakikita lang po nila is yung strong side ko naman po ate, hindi po nila ako nakikita na nagii-struggle po sa school ganon.	Unaware parents
Themes: Invisible Shackles: Concealing Truth, Protecting Hearts		
FQ17	Pero may kahit isa bang tao na nakaka alam sa struggles mo ading?	CODES
R2	Hindi po ate. Agkul-kulongak idiyay balay ate, haanak nga rumrumwar.	Isolation
Themes: Unspoken Battles, Silent Tears		
FQ18	Wala ka bang binubuhusan ng emosyon mo ading like diary?	CODES
R2	Wala po ate, pumupunta lang po ako sa ano namin-sa bundok namin, may rest house po kasi kami dun tas dun na lang po ako nagaano minsan, breakdown po ate.	Isolation Breakdown time
Themes: Unspoken Battles, Silent Tears		
FQ19	Hindi nila alam ang totoo mong as in personality na wala iyong mga carefree mo na personality?	CODES
R18	Yup, hmm. Like palagi nila akong nakikita as happy go lucky lang, maingay.	Mask Never knew me
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ20	Can you show your true personality to your friends?	CODES

R14	Yes ate sa uh super closest ko lang naman po as in sa very closest friends ko lang po pero yung mga friends ko na hindi ko masyado nakakasama I still sugarcoat yung buong personality ko.	Closest friends
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ21	Is it possible that it will come from the judgment they will talk about you?	CODES
R20	Depende rin kasi sa io open up mo sa kanila, kapag acads, acads, kapag acads ang ioppen up ko, syempre, maka relate da met, agbibinaga kamin tun, ngem nu dadduma, like talaga nga personal problem talaga ket, light lang talaga. Wen, adda met dadiay feel ko nga ma judge ak, idiyay, uh, uhm, i judge dak nu kasdiay.	Afraid of judgment
Themes: Silent Strains: Burdened by Fear of Judgment		
FQ22	What did you feel when you heard those words from them?	CODES
R24	Syempre ate like napagaan nila yung loob ko po na like may nakakaramdam pa po ng ganon para sakin.	Felt light
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ23	Anya ngay met ti reason mo apay ta haan mo kayat nga ibaga?	CODES
R23	Siguro nu kuwa, haan ko ibagbaga ta once gamin, kasla kuma nu ibagak adiay ket, i judge dak kasdiay	Stayed silent Feel like I will be judged
Themes: Silent Strains: Burdened by Fear of Judgment		

Q13	In the future, do you think that you can fully open up about the struggles that you are experiencing to your family or friends?	CODES
R1	Hindi po siguro. Up to this day po kasi mas prefer ko pa rin na i-keep na lang yung mga bagay sa sarili ko po, less judgement.	Own preference
R2	Hindi po ate, hindi po talaga ako nago-open up sa parents ko pagdating sa academics.	Restrained
R3	Hindi pa, hindi pa sa ngayon pero siguro, oo, in the future. Inaano ko pa lang sa sarili ko na, na try ko naman na minsan, pero hindi ko pa rin naaano, china charot charot ko pa rin talaga	Adjusting Trying
R4	I think hindi po, parang alam ko na po sa sarili ko na never ko na po silang magiging close po kasi wala po talaga.	Hopelessness
R5	Siguro po sa friends ko lang po.	Certain people
R6	Haan ate. Uhm, kasla ngay uhm, ti pakiramdam ko gamit ket sinirak diay image nga binuo dan idiyay panunot da kanyak. Kasla ngay nu ti ammo da ket, kalla nu adda ak tun idiyay college tas ket idi high school ak ket ti ipakpakin kanyada ket amin, maka honor ak latta uray nagrigat. Ket kas anon tu ngayen nu ag college ak tun, nu haan ak maka honor, kasla ngay masiran ah dadiay ibagbaga da nga nalaingak kasdiay, baka isipen da ket bobo nak talaga.	Afraid to break the strong image Afraid of judgment
R7	Uhm, siguro, if may, uhm, may possibility, pero sa tamang tao, sa ngayon kasi, hindi talaga ako comfortable sa people around ko.	Right person Uncomfortable surroundings

R8	Hindi ko pa alam eh, kasi parang uhm, hopefully, na masabi ko sa kanila, para alam din nila. Pero as much as possible, ayoko sana na malaman nila na ganun.	Hopeful Restrained
R11	Kapag naman sa future, I don't think na kaya ko na. Kasi ngayon walang nakakaalam sa ganap ko sa buhay, I stopped sharing things to my family and friends. Kumbaga kinikimkim ko lahat ng naranasan ko, naramdaman ko, lahat lahat. Walang may idea. Kung may magtanong man kung okay ako, syempre matic na oo kahit hindi, ganon tayo eh.	Self reliance Mask
R12	Maybe more open sa friends pero not really sa parents	Friends
R13	Yes po	Yes
R14	Yes ate kapag lumakas na yung loob ko na magsabi kasi as of now parang gusto kong kinikimkim ko po lang lahat ng mga problems ko academ-mga academic problems ko kaya siguro po in the future po ke lumakas na po yong loob ko doon ako mag o-open sa mga problems in the past or yung mga problems na naexperience ko as of now.	Courage to talk Self reliance
R15	Honestly, hindi pero sana may time na mag-open up na ako kasi communication is important para maintindihan yung struggles ng bawat isa. So ayon ading as of now hindi pero hoping soon, makapag open up na.	Hopeful
R16	Sa tingin ko naman, oo, kasi feeling ko ngayon, hindi pa ako ready, pero in the future siguro, magiging ready rin ako na sabihin sa kanila kung ano iyong mga pinagdadaanan ko.	Readiness
R17	Siguro po oo, like yung time na dadating na masasabi ko po yung feelings ko without giving them the emotional pressure na medyo nagkulang sila sa pagiintindi saakin.	Maintaining valued relationship
R18	I'm still not sure kasi medyo rocky talaga iyong relationship namin eh, from parents to family members, talagang waley, pa.	Hopeful

	<p>Pero sana sa future, maayos, makapag open up ako without their possible judgements kasi minsan medyo close minded sila sa mga opinions nila eh. They even see anxiety as taboo, parang iyong mga baliw lang daw ang nakaka ano nun, tapos masyado pa akong bata to experience depression and anxiety ganun, kaya never na lang ako, nag zip my mouth na lang ako kapag ano, ganun.</p>	<p>Open up without judgment</p> <p>Negative mindset</p> <p>Zipped mouth</p>
R19	<p>I don't think so, but yes, siguro, i can, lalo na kapag kailangan ko na talagang i open up. Pero kapag alam kong kaya ko pa namang i handle iyong struggles na iyon, i will keep na lang sa sarili ko. Pero for my family, especially to my mother, pansin niya kung down ako, kung broken pa nga ako alam niya ganun, you know, mothers knows best, sabi niya sa akin is, uh, nahihiya ako mag open up sa kanila personally, i can open up to messenger, since my mother is aware sa mga struggles ko minsan, i am open, i can open up naman.</p> <p>In the future, pero since mahiyain ako, nahihiya talaga akong mag open up, pero sometimes, nafe feel ko naman na iyong kaya ko nang mag open up, pero iyong mga things na pagod na ako, pagod ako sa school ganun, pagod na ako mag aral, hindi ko ino open up kasi i know na feelings ko lang iyon, nararamdamang ko lang iyon, ganun.</p>	<p>If needed to</p> <p>Self reliance</p> <p>Shyness</p> <p>Mother knows best</p>
R22	<p>Maybe not.</p> <p>Uhm, i just want to keep it to myself and ayaw kong malaman nila iyon kasi iyong parents ko kasi iba sila, if merong may iba sa aming magkakapatid, so ayokong ipaalam sa kanila.</p>	<p>Hidden</p> <p>Restrained</p>
R24	Slight hahaha	Slight
R25	Siguro, once lang na sasabihin ko na lahat lahat, iyon lang.	Once

R27	Pero in the future, siguro naman oo na. Kasi they are still my family. They deserve to know my struggles so they can figure out how to support me ganon. Andito ako nagse-seek help, but because they don't know how I truly feel, wala silang ginagawa para tulungan ako. Ang wala na silang kasalanan dun kung mag isa lang akong hinaharap 'tong pressure na 'to	Family Self reliance
R28	Siguro, in the future oo, kaya ko nang mag open up sa kanila, specially kapag meron na talaga akong napatunayan and naka graduate ako ng ganto honor student.	Proven achievement
R29	Yes, uhm, with the help of God, i can see myself that I can fully tell and express my feelings and problems to them and I will do my best to grow, best to grow and overcome the struggles and as they always say, no man is an island, so i should learn how to ask for a help.	Grow Overcome Willing to learn
R30	Siguro, oo, kaya ko naman, syempre they are my parents, I mean, I am comfortable with them, so I think there is a possibility na sasabihin ko sa kanila what i'm struggling with or I am struggling ganun so ayun, I think yes, kaya kong mag open in the near future kung anong na eexperience ko, especially, na i am bombarded with uhm, that struggles and that catastrophes, my head, i mean uhm, my inner self, i think that can help me to, uhm, opening up to them can help me feel better or can help my uhm, my inner self uh, more happy than what I actually feeling, uh, what I actually feeling na, uh, kapag hindi ko sinabi sa kanila iyong mga struggles na iyon.	Possibility Feel better
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment, The Battle of Comparisons: Finding My Own Worth, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ1	Is there a main reason why you can't?	CODES

R4	Meron po, first of all po is hindi ko na po sila nakakasama since child po tapos pag bibisita naman po sila is kwan uhm once a year na lang po ganon or sa two years is one lang nga po eh.	Separated to parents
R5	Meron po. Kasi po kung inoopen up ko po or tinatry kong mag-open up, parang ini invalidate po nila yung feelings ko minsan.	Invalidated feelings
Themes: Unspoken Battles, Silent Tears		
FQ2	What about your struggling side, do you think you can show it to many people?	CODES
R7	Uhm, siguro, oo, kapag nag mas mature pa ako.	Matured age
Themes: The Coping Canvas: Painting Your Way to Resilience		
FQ3	Ano namang na fe-feel mo na, kapag sinasabi nila na ganun?	CODES
R18	Wala, tahimik na lang kasi wala, kahit anong sabihin ko, baka kapag i try kong i explain further sa kanila about that topic, baka sabihin nila masyado kang magaling, bata ka pa wala ka pang alam diyan tapos hindi ka pa professional, wag kang maging, parang ngay, wag magpaka galing, parang ganun, don't act like a superior, ganun.	Muted voice Afraid of judgements Belittled
Themes: Silent Strains: Burdened by Fear of Judgment		
Q14	In the future, do you think you can already show your struggling side to the people around you?	CODES
R5	Siguro po ate, pero sa friends ko lang po siguro.	Certain people

R6	Wen ate, gamin ket inbaga da nga nu college ket haan nga about ag honor'n, it's about surviving na. So feeling ko ipakitak tu metten pero haan lang nga diay parents ko	Surviving in college
R8	Siguro, at some point, may dadating rin na parang, may right person ako na makakapagsabi ako sa kanya. Pero talagang ayokong ipakita kahit ini imagine ko siya in the future, ayoko, ayoko talagang may makakita.	Right person Mask
R10	I don't think so hahahaha depende sa specific na tao napakita ko na eh, pero sa lahat dko alam parang malayo, isang non-family member lang ang may alam ken parang nag rigat pay nga maistorya adiay kanyana ta syempre kasla garod jay kunak tattay, iba ang alam ng iba about sakin pero sana if makayanan ng older me edi ishow nya, pero baka hindi kasi mas nag-work ako if under pressure pa ken kunwari kalmado but not really	Specific person Mask Preferred to be under pressure
R11	Di ko padin kaya. Ayokong kinaka-awaan kasi. It makes me feel more helpless than I already am. Mas lalo na kapag alam ko yung thoughts nila like, "Kawawa naman siya" "I would never want to be in her situation" – duh, sino bang may gusto? I'd rather suffer in silence kasi alam kong kaya ko, kung hindi naman, kakayanin ko parin. Di ako mag-aask ng help when it comes to handling my emotions sa academics. Dadagdag pa ba ako sa problems ng iba? Hindi na ah.	Doesn't want to be pitied Suffering in silence Self reliance Afraid of being a distraction
R14	Siguro ate sa mga ibang tao lang kasi yung side ko po na yon like i want it to be uhm hidden and yung parang ako lang po	Other people

	nakakaalam pero siguro po may mga exception po na mga tao in the future, kung meron man po.	Hidden Certain people
R16	Oo, siguro, kasi, uhm, meron ding siguro, ano lang, certain individuals lang na magiging super close sa akin, ganiyan.	Certain people
R17	Siguro po hindi po directly.	Indirect
R18	Yeah, I think so.	Yes
R19	Siguro uhmbihira lang kasi naranasan kong ma invalidate ng feelings when I opened up to someone, like that. Siguro pili lang, iyong comfortable lang talaga ako na mag open up and iyon.	Seldom Past experience Certain people
R20	Uhm, tatta hindi, since nasanay na akong mangitago, ay, lalo na, uhm, uh, how much more kapag sa future na, since sanay na sanay na ako, meron na iyong foreign feeling na, uhm, awan tun, kasla ngay nagmadin tun nga agibaga kasi nga sanay ka, isu nga tatta, base from my experiences tatta, haan ko maipakita ken in the future, digidiay struggles ko, same same pa rin.	Already used to Foreign feeling Unable to show
R21	I'm not sure po ate, di pa ako sure diyan, kasi uhm, today's society ket judgemental naman na po masyado iyong mga tao ngayon. Mamaya sasabihin nila, ang oa naman niyan, kung di mo kaya sabihin mo lang, baka ganun kasi sasabihin nila. Pero feeling ko konti lang iyong masasabihan ko.	Unsure Judgemental society

		Afraid of judgment
R23	Siguro haan ko latta maipakita, ta gamin ket kuwa kasla ngay personal dadiay, kasla agbalin nga masayahin, ta icover na diay struggling side ko. Maipakitak man siguro diay struggling side ko inti future, siguro dadiayen kuwa, diay person nga close kon tu launayen, pero in public, baka saan.	Unsure Mask Certain people
R24	Siguro ate.	
R25	Yes siguro, kasi syempre, napapagod rin naman ako, kapag hindi ko na kinaya na i keep lang sa sarili ko ngay ket baka masabi ko na lang rin sa kanila na napuno na iyong nararamdamen ko, uhm, baka masabi ko na rin sa kanila iyong totoong nararamdamen ko, na fefee ko, ganun.	Emotionally fuelled
R26	Well, I guess so, if I can get some help from other people, maybe I'll be able to show it to the public and to other people.	Help from other people
R27	Hindi pa rin. Okay na na ipakita ko sa family and friend ko yung nararamdamen ko in the future pero sa other people around me? No. I feel like they don't actually care about it. They might respond with, "Oh, is that so?" or "Don't think that you're not doing enough." That's it, and it ends there. They might even use it na weakness ko and use it against me. Hindi ko nilalahat pero ganon na rin yun. Ayoko pa rin. It's better for me to handle it on my own than to experience that. Dagdag pa 'yon ng bigat sa loob.	Apathetic society Self reliance
R29	I'm not sure with the strangers since we are living in a judgemental society but if there comes a time po na mao overcome ko na nang tuluyan ang duck syndrome, I think yes, I shouldn't worry about others might think of me cause I'm still just a person, i'm not perfect and nagkakamali po ako and i also have feelings that are valid.	Judgemental society Overcome

R30	Siguro, uhm, siguro, nagsimula na ako, to show my struggling side. I mean, uhm, pagka nag sstrugle ako, nasstress ako, i posted some of my stories facebook or instagram, na i think that is a, uh, that's my platform of showing that side of mine na hindi nakikita ng ibang mga tao usually sa akin. But in, uh, ang ginagawa ko kasi kapag instory ko iyong mga iyon, when i put that on my stories, like, i have this kind of humor na ano eh, humor na tinu turn ko na negative into positive and tinatawanan na lang, like that. So i think it is, an effective way pa rin for them to know that i am struggling or i am, uhm, i am stressing out, lalo na ngayon, may research pa, tapis fourth quarter na, it's the end of the school year, so ayun, i think hindi na in the future, like, i am already starting to uhm, show people that struggling side of mine.	Starting to unveil Using of social media to show hidden self Positive reframing
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment, Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ1	Could you tell me why you don't want to show it to others?	CODES
R8	Uhm, so ayun nga po, ayokong nakikita nila na may weak side ako, parang ano, gusto ko na lang na lagi nila akong nakikitang strong ako, na parang i have everything together na maayos iyong buhay ko na ganun. Ayokong nakikita nila na may weakside sko na may times na nag brebreakdown ako.	Hidden Mask
R9	Uhm siguro hindi po ate kasi parang mas lalo ka nilang ido-down pag ganon.	Afraid of judgment
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, Silent Strains: Burdened by Fear of Judgment		
FQ2	Who will down you? Is it you or the other people?	CODES

R9	Uhm ako po. Ako rin po ganon kasi nahihiya ako na uhm ah parang kasi pag tini-tingnan po nila ako, ang independent ko po tapos parang tinitingnan nila ako na parang walang problema pero deep inside nag-struggle po talaga ako and ayoko pong ipakita yung struggled na side ko, kasi gusto ko rin po na isipin nilang okay parin po ako.	Hidden Mask
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ3	You have mentioned earlier that you have already opened up to your friends, what were their insights and reactions about it?	CODES
R26	Well, they say, uhm, they told me that they will help me with my problems and also commended me that, of course, I am under a lot of pressure.	Helping hands
Themes: Exclusive Insights: Unlocking the Doors to a Chosen Few		
FQ4	Pati na rin ba sa family mo, hindi na mo rin kayang ipakita?	CODES
R20	Hindi, kasi nga, just like what i've said, sanay na ako.	Already used to
Themes: Behind the Masks: The Efforts of Image Preservation		
FQ5	Paanong hindi directly ading?	CODES
R17	Uhm may times po kasi na naa-address ko po yung mga struggles ko pero yung hindi po as in parang binibigay ko yung yung information about my struggles na very very detailed like yun lang pong mga small struggles lang po everyday parang ganon.	Limited information Mask
Themes: Cool, Calm, and Collected: The Art of Handling Pressure		
FQ6	Di ba sabi mo kanina, nakapag search ka na about doon sa duck syndrome, so, naguguluhan kasi kami base sa mga answers mo	CODES

	ngayon, tapos doon sa uh, ano, results ng form, lahat na check'an except iyong pinakalast, tapos ngayon, kasasabi mo lang na pinapakita mo na sa ibang tao iyong struggling side mo, tapos ano, sa tingin mo ba may duck syndrome ka noon?	
R30	In my ano kasi, in my, own understanding, I think that duck syndrome, I mostly have that duck syndrome, pero ngayon, parang mas pinapakita ko na ngayon iyong struggling side, i mean not the whole struggling side, like i said, starting. So, I think I have this ano pa, uhm, this uhm, kind of syndrome in myself. Pero iyon nga, iyong sinasabi ko na nag start na ako ipakita iyong struggling side ng ano, nang uh, uhm, nag start na ako magpakita nung struggling side to people. Based on my ano rin eh, based on my assessment sa sarili ko na, "ay nagpapakita ko na pala na nasstress ako" ganyan, iyon, base on that, uhm, based on those stories recently, sa ig ko and sa facebook ganun.	Change Starting to unveil Own assessment
Themes: The Unveiling: Embracing Your Emotional Truth		
FQ7	So nagiging okay ka na ganun?	
R30	Hindi naman sa nagiging okay, kasi ganun, stress naman ako, pero hindi ko naman sinasabi sa iba lagi, ganun, kasla ngay, ano lang, inistory ko lang na stress ako, but not hindi ko rin sinabi na stress ako, ganun, parang nag aano lang ako nang mga, para ngay themes ganun, like it's not uh, it's not a direct uh, hindi ko direktang sinasabi na na sstress ako, but i am showing the clues, na representations, like na stress ako, so i think that's the start of it, dun, uh, iyon uh, those clues, uhm, can be my start to show people that I am struggling.	Hidden struggles Indirect showing of feelings Showing of clues Starting to unveil
Themes: Cool, Calm, and Collected: The Art of Handling Pressure, The Unveiling:		

Embracing Your Emotional Truth

CURRICULUM VITAE



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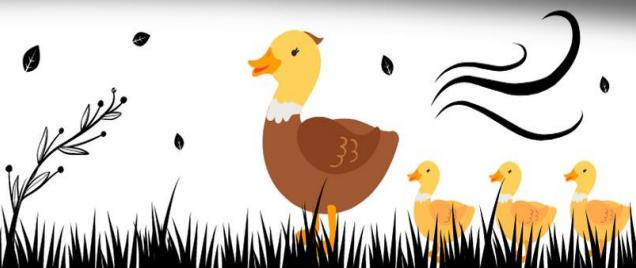
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