

Preface

This is the first refereed issue of the CEd Journal. This issue arrayed eight researches conducted by the students and teachers of the following programs: Master of Education in Exceptional Children, Stream: Mentally Gifted and Mentally Handicapped & Stream: Blind and Visually Impaired, Master of Arts in Education major in Guidance and Counseling and Master of Education in Early Childhood Education.

The research conducted by Corazon Mamon-Umblero dealt on the nutritional practices of the positive deviant family. Their feeding practices emphasized the giving of simple, cheap but nutritious foods to the child. Their enabling characteristics and collective conduct to properly raise the child is highly commendable.

Ms. Reynera's study dealt on the importance of movements and physical activities during play to the motor development of preschool children. The study revealed that the implementation of a designed program manifested significant improvements on the gross motor skills of the preschoolers.

Tracing the living conditions of an adult with down syndrome is a case study conducted by Ms. Gella. The study revealed that early intervention through education, parental guidance and acceptance of the community led the subject to live a semi-independent life.

Ms. Torres conducted a study on the effectiveness of the caregiver's involvement in a home-based program to a learner with visual impairment. It revealed that the caregiver's involvement in teaching basic literacy and numeracy skills to the participant was effective. The participants' readiness to go to school and be mainstreamed was helped.

A case study of an early childhood educator in an inclusive classroom caught the interest of Ms. Torres. She found out that the subject's understanding and acceptance of inclusive education, passion for teaching, education and training in special education as well as the support of the administration had helped her cope with the demands of the situation.

Behavioral problems were the concern of Ms. Samaon's study. She developed a therapeutic intervention to develop students' awareness of their emotions and enhance the management of their emotions, among others.

The study of Ruchela P. Gamao described and compared the level of knowledge on reproductive health issues of high school students and their attitudes towards these issues. The study recommended that a guidance program be developed for students, teachers and parents to enhance their knowledge on the RH issues and help them develop proper attitude towards these issues.

A classroom observation tool for SPED teachers of children with special needs was developed in the study of Gabales, *et al.* They recommended the possibility of adopting the tool for teacher evaluation in the SPEd school setting in other Regions.

A CASE STUDY ON THE NUTRITIONAL PRACTICES OF A POSITIVE DEVIANT FAMILY

Corazon M. Umblero

Abstract

This case study was conducted to explore the nutritional practices of a positive deviant family that embraced their characteristics, feeding, caring, and health practices to a child, which made them outperform their neighbors in nutritional applications. This made use of the Qualitative Case Study Design and purposive sampling that helped in the understanding of the elements in the context of the positive deviant family under observation. It also facilitated in giving authentic information about the real practices that qualified them as positive deviants. The results indicated that the positive deviant family possessed characteristics similar to the ordinary family but some factors may have been contributory to their determination to become positive deviants. Their feeding practices emphasized the giving of simple, cheap but nutritious foods; the caring practices highlighted the best support and teaching of values to the child; and the health-seeking practices accentuated the actions of the mother since the time of pregnancy and the next developmental stages of the child under focus. With their enabling characteristics and collective conduct to properly raise the child, the positive deviant family outperformed their contemporaries in the context where they are. As such, to duplicate this effective example set by the positive deviant family in the community where they live and even under debilitating conditions in the environment and delimiting resources, a parallel nutrition program should be designed to help more families, who are of the same status.

Keywords: deviant, positive deviance, feeding, caring, health-seeking, positive deviant family

Introduction

Self-actualization is the highest goal of the fortunate, but for the less privileged ones, physiological needs are essential for survival, as Abraham Maslow opined. This situation sets the trend as to why the world faces turbulence in the past and present century. Human race steadily upsurges while resources are depleting which expectedly leads to social problems such as hunger and poverty, family disintegration, economic collapse and endless conflict. Needless to say, this instability unconsciously creates deviants in any society.

In the global context, the proliferation of people with deviant behaviors cannot be underestimated, for the reasons previously cited. The undertone sounds negative but optimists focused on angles that turned it positive, which they termed as Positive Deviance since the 1970s (Zeitlin, *et al.*, 1990). This concept surfaced because wide-reaching researchers observed that some families have managed to raise well-nourished children despite poverty in the communities where they live. It is a real phenomenon that gave a gleam of hope for some who are losing it.

For over fifteen (15) years, the application and impact of the Positive Deviance Approach has been documented in more than forty-one (41) countries in the areas of nutrition, education and business. The initiation of Positive Deviant Informed Programs resulted to marked reduction of malnutrition in Vietnam and other forty (40) countries around the world; neo-natal mortality and morbidity sharply decreased in Pakistan; student retention increased in Argentina; and the decline of girl trafficking in impoverished communities in Indonesia (Ramalingam, 2011).

In the Philippines, the Positive Deviance Initiative was spearheaded in three remote villages in Luzon since April of 2006 after researchers discovered high rates of malnutrition, poor health practices and reproductive health issues. Currently, they are managing activities that address a wide range of issues about malnutrition, child-rearing practices and agriculture (PD Initiative).

About the Child

As stated, the child is the subject of the study to prove the nutritional practices of the positive deviant family. This justified why some parallel information about him was asked for in the course of this research, as disclosed in the following table (Table 1a).

The information revealed about the child in table 1a were given by the three members of the family. The mother's disclosure differ from that of the father and the aunt, because this researcher believed that the mother may not tell the real condition of the child, as she can be protective or may get hurt if being asked about the obvious characteristics of the child.

On the other hand, the father and the aunt (as the other caregiver), were asked about the status of their affinity to the child and how they observed him (Barak). The responses of both members were similar which denoted that the child is being taken cared of and supported by other family members beside his mother. It can also be inferred from their answers that the child is healthy because he eats well. It is justified by his normal weight.

The information that the preceding tables gave signify that there is a certain kind of practice in the family. Though there are many children, the fourth child was still given the attention that he needed because his physical condition showed it. The shortage of financial resource was not a reason for the child to be malnourished and inactive. Further, even the family can be described as big compared to the income of the parents; good behaviors govern the family relationship (PD Initiative, 2011).

Table 1a. Matrix of information about the Child.

Family Member	Information		
Mother	<ul style="list-style-type: none"> • 2 years old with 4 other siblings aged 9, 6, 5 years old and 5 mos. old 	<ul style="list-style-type: none"> • Lives with 6 other family members 	<ul style="list-style-type: none"> • 4th child in the family
Father	<ul style="list-style-type: none"> • Child eats by himself without assistance. • Enjoys eating. 	<ul style="list-style-type: none"> • Child is healthy with normal weight. • Eats regularly. • Seldom gets sick. 	<ul style="list-style-type: none"> • Supports the child. • Child is aware of it. • Buys him food. • They are close. • Child is naughty but sweet.
Aunt (Other Caregiver)	<ul style="list-style-type: none"> • Child eats a lot. • With good appetite. 	<ul style="list-style-type: none"> • Child is healthy. • Active. • Has normal weight. • Seldom gets sick. 	<ul style="list-style-type: none"> • Supports the child. • Prepares his food. • Close with the child. • Child is friendly.

Feeding Practices of a Positive Deviant Family

In an effort to identify the practices of a family that makes the children well-nourished even if malnutrition is common in the area where they are living, Table 2 discloses some information, from the guided interview of the family members regarding their feeding practices. The presentation of information in Table 2 gives a comprehensive view and understanding of the feeding practices of the three family members who are directly involved with the child's welfare. A close examination of the data revealed that the responsibility of feeding the child was not only given to the mother. The father and the aunt of the child contributed a lot too, when it comes to the task of giving him the nourishment that he needed day to day.