SPIRITUALITY AND SOCIAL SUPPORT AS PREDICTORS OF DEPRESSION TENDENCY AMONG PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITY IN IMUS CITY, CAVITE

THESIS

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June 2019

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Undergraduate Thesis
Submitted to the Faculty of the
College of Arts and Sciences
Cavite State University
Indang, Cavite

In partial fulfillment
of the requirements for the degree
Bachelor of Science in Psychology

00077318

Spirituality and social support as predictors of depression tendency among
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T-8057

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June 2019

ABSTRACT

AGUANZA, GILBERT P., BASIT, JOYCE ANN S., and MOJICA, CHARISSE ANGELI I. Spirituality and Social Support as Predictors of Depression Tendency among Parents of Children with Developmental Disability in Imus City, Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University. Indang, Cavite. June 2019. Adviser: Mr. Jhunar John M. Tauy, RPm.

The study was conducted to determine the level of spirituality, level of social support, level of depression tendency of parents of children with developmental disability, and if spirituality and social support were predictors of depression tendency among parents of children with developmental disability.

The study used of descriptive correlation method of research. Instruments used in data gathering were the modified 16–item Daily Spiritual Experience Scale (DSES) self-report measure in daily life designed to assess ordinary experience with the transcendent, Multidimensional Scale of Perceived Social Support, a 24-item scale developed by Nancy W. Dahlem, Sara G. Zimet, and Gordon K. Farley, and Beck's Depression Inventory developed by Aaron T. Beck (1961) composed of 21 items.

The participants of the study were 150 parents living and giving primary care of their children with developmental disability. The statistical measures employed were frequency and percentage, mean and standard deviation, and Pearson Correlation Coefficient. The Pearson Correlation Coefficient was the statistical tool used to determine if there was a significant relationship between the two variables.

Based on the findings, majority of the parents of children with developmental disability had a very high level of spirituality, high level of social support and minimal

depressive symptoms. The study also revealed that spirituality and social support were predictors of depression tendency.

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An undergraduate thesis manuscript submitted to the Department of Social Sciences and Humanities, College of Arts and Sciences, Cavite State University Indang, Cavite in partial fulfilment of the requirements for the degree of Bachelor of Science in Psychology with Contribution No. T-CAS-2019-BSP-70 Prepared under the supervision of Mr. Jhunar John M. Tauy, RPm.

INTRODUCTION

Religion is belief in someone else's experience. Spirituality is having your own experience. (Baumsteiger & Chenneville, 2015). Spirituality is defined as a set of inner experiences and feelings through which a person inwardly seeks meaning and purpose as well as relationships to self, family, others, society, nature and the significant or sacred (Baumsteiger & Chenneville, 2015; Austin et al. 2017). Spirituality and religiosity are intricate constructs that describe peoples' fundamental beliefs about existence that form attitudes and behavior across many different cultures (Baumsteiger & Chenneville, 2015). People are constantly trying to search for meaning in life and don't want to let this meaning slip by. This search is the reason why people manage to hold onto life and are willing to seek support when facing unbearable and traumatic situations or when they fail to find a solution to their problems. This support-seeking response results in turning to God and religion in an attempt to make sense of life and what they have gone through so far. The meanings people attribute to situations are more influential than the situation