

BIBLIOGRAPHY

SORIANO, MARLON B. MAY 2013. *The Socio-Economic Activities of Senior Citizens in Barangay Puguis La Trinidad Benguet*, Benguet State University, La Trinidad, Benguet.

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ABSTRACT

This study was conducted to determine the socio-demographic profile of the respondents in barangay Puguis, La Trinidad, Benguet; the projects and programs implemented by the senior citizen organization in barangay Puguis, La Trinidad, Benguet; and to identify the problems encountered by the senior citizens organization in barangay Puguis, La Trinidad, Benguet.

The needed data and information were gathered with the use of survey questionnaires supplemented with personal interview. Data were analyzed using descriptive statistical tool such as frequency count and percentage.

The findings of the study showed that most of the respondents were females, aged from 60 to 65, married, farmers, and had gone through formal education.

Most of the respondents are still engaged in farming even if they are already old and they are also active in spiritual organization activities in their own churches.



The respondents had attended leadership training and the senior citizens of Puguis, La Trinidad, Benguet had implemented projects and programs such as clean and green projects, zero waste management, and waste segregation program.

The most common problem encountered by the senior citizens of Puguis, La Trinidad, Benguet were deteriorating health condition and financial incapacity.



RESULT AND DISCUSSIONS

Socio-Demographic Profile of the Respondents

Table 1 shows the profile of the respondents which includes: gender, age, civil status, educational attainment and occupation.

Gender. As shown in Table 1, 65% of the respondents were females while 35% were males.

Age. Table 1 shows that 40% of the respondents belonged to the age bracket of 60-65 and 27.5% of the respondents belonged to the age bracket of 66-70, the rest belonged to the higher age brackets.

Civil Status. Table 1 also shows that 57.5% were married, 35% were widows and 7.5% were widowers.

Educational Attainment. Table 1 also shows that 12.5% of the respondents had no education at all while 87.5% of the respondents are educated.

Occupation. As shown in Table 1, 42.5% of the respondents are engaged in farming, 15% either in construction, business and teaching. The rest are non-earning individuals. The findings confirms with the study of Cornell (2011) that another common activity for senior citizens is gardening that allows them to stay active outdoors, as it requires manual labor and they consider it as form of exercise to keep them fit.



Table 1. Socio-demographic profile of the respondents

PROFILE	FREQUENCY	PERCENTAGE (%)
Gender		
Male	14	35
Female	26	65
TOTAL	40	100
Age		
60-65	16	40
66-70	11	27.5
71-75	4	10
76-80	2	5
81-85	5	12.5
86-90	2	5
TOTAL	40	100
Civil Status		
Married	23	57.5
Widow	14	35
Widower	3	7.5
TOTAL	40	100
Educational Attainment		
College Graduate	8	20
College Level	6	15
High School Graduate	8	20
High School Level	6	15
Elementary Graduate	4	10
Elementary Level	3	7.5
No Grade Completed	5	12.5
TOTAL	40	100
Occupation		
Farmer	17	42.5
Carpenter	3	7.5
Businessman	1	2.5
Teacher	1	2.5
Plumber	1	2.5
Housewife	1	2.5
None	16	40
TOTAL	40	100



Table 2 shows that some of the senior citizens had attended various trainings. Forty two percent (42%) of the respondents of the senior citizens in barangay Puguis, La Trinidad, Benguet joined the Leadership Training while 30 % of the respondents participated in the Zero Waste Management Training. In addition, 20% of the respondents attended Health and sanitation training. Furthermore, 10% of the respondents had attended the Nutrition Education training. And, only one (1) respondent participated in the Financial Management training.

This shows that they are still active and are interested to learn more through trainings.

Table 2. Trainings attended by the respondents

List of Trainings	Number of participants	Percentage
Leadership Training	17	42.5
Health and Sanitation	8	20
Zero Waste Management	12	30
Financial Management	1	2.5
Nutrition Education	4	10

**Multiple Response*

Table 3 shows that the senior citizens organization of Puguis, are actively involved in community programs such as Clean and Green Project, Zero Waste Management and Waste Segregation program.



The findings corroborate the study of Carlos (1999) that volunteer work can also be done by the senior citizens in community development-related activities concerning the environment.

Table 3. Project s/Programs of the Organization

ACTIVITIES	NUMBER OF PARTICIPANTS	PERCENTAGE (%)
A.Livelihood program of the organization	0	0
B.Health and Sanitation Program		
1. Clean and Green Project		
Tree planting	34	85
Beautification Projects	32	80
2. Zero Waste Management	36	90
3. Anti-Drug/ Gambling/ Liquor Campaigns	0	0
4. Medical mission	0	0
5. Waste Segregation	36	90
6. Anti-littering Campaign	0	0

**Multiple Response*

Table 4 shows the social activities of the senior citizens of Puguis, La Trinidad, Benguet. Five percent (5%) of the respondents are involved in teaching basic gardening. Moreover, 55% of the respondents are practicing cultural activities such as Canao and Daw-es. Lastly, 60% of the respondents were active in spiritual organization activities and 27.5% were church choir members.



Table 4. Social Activities of the Respondents

SOCIAL ACTIVITIES	NUMBER OF PARTICIPANTS	PERCENTAGE
Church choir	11	27.5
Spiritual organization activities	24	60
Teacher of basic gardening	2	5
Cultural activities		
a. Canao	14	35
b. Daw-es	8	20

**Multiple Responses*

Table 5, shows the problem encountered by the senior citizens. Majority of the respondents (87.5%) were experiencing deteriorating health conditions; 80% of the respondents were financially incapable; and 52% of the respondents claimed that they are having lack of medical assistance from the government. Furthermore, 42.5% of the respondents are suffering from depression, 30% are suffering from boredom and 22.5% of the respondents are malnourished.

The findings confirm with the study of Manalastas (2008) that deteriorating health, financial incapacity, depression, and boredom are the most common problems that senior citizens face today.



Table 5. Problems Encountered

PROBLEMS	NUMBER OF PARTICIPANTS	PERCENTAGE (%)
Deteriorating health	35	87.5
Malnutrition	9	22.5
Depression	17	42.5
Boredom	12	30
Table 5 continued ...		
Financial Incapacity	32	80
Lack of medical assistance from the government	21	52.5

**Multiple Response*



SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

This study dealt mainly on the socio economic activities of senior citizens in barangay Puguis La Trinidad, Benguet. The study was conducted to determine the demographic profile of the respondents in barangay Puguis La Trinidad, Benguet; the projects and programs implemented by the senior citizen organization in barangay Puguis La Trinidad, Benguet; and to identify the problems encountered by the senior citizens organization in barangay Puguis La Trinidad, Benguet.

Most of the senior citizens interviewed were females, aged 60-65, married, farmer, and had gone through formal education. Most of the respondents had attended the leadership and zero waste management and they were actively implemented projects and programs such as clean and green project, zero waste management, and waste segregation program.

With regards to social activities of senior citizens in barangay Puguis La Trinidad, Benguet, majority of the respondents are active in spiritual organization activities (60%), practicing cultural activities such as canao and daw-es (55%), member of church choir (27.5%), teaching basic gardening (5%), and lastly none of them are joining the taichi/dancing.

Furthermore, the major problems of the respondents were deteriorating health conditions (87.5%), financial incapacity (80%), lack of medical assistance from the



government (52%), depression (42.5%), boredom (30%), and 22.5% of the respondents were malnourished.

Conclusions

Based on the findings, the following conclusions were made:

1. Most of the senior citizens of barangay Puguis, La Trinidad, Benguet were female's age ranging from 60-65, married, and widow. Some of them have been educated and most of them are not educated so they are engage in farming.
2. The organization of senior citizens of barangay Puguis, La Trinidad, Benguet were very active in community based programs such as clean and green projects, zero waste management and waste segregation program.
3. Deteriorating health conditions were the main problem encountered by the senior citizens of barangay Puguis La Trinidad, Benguet.

Recommendation

Based on the conclusions, the following recommendations were derived:

1. Member of the senior citizen organizations should be encouraged to engage livelihood programs to sustain or augment their financial needs.
2. Proper diet, exercise and medical check-up for the senior citizens are highly recommended.
3. Maintaining of being active in clean and green projects, zero waste management, and waste segregation programs is highly encouraged.



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