

RELATIONSHIP BETWEEN THE LEVEL OF RESILIENCY AND THE
PSYCHOSOCIAL AND SPIRITUAL NEEDS OF RVM MIDLIFERS IN THE
SOUTHERN MINDANAO PROVINCE

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ABSTRACT

The study determined the relationship between the level of resiliency and the psychosocial and spiritual needs of the Religious of the Virgin Mary (RVM) midlifers in the Southern Mindanao Province in order to draw out recommendations for interventions that will be incorporated in the on-going formation program of the professed sisters.

The study used the descriptive-correlation method of investigation. The respondents of this study were 41 RVM midlifers assigned in the different ministries in the provinces and cities of Southern Mindanao.

The study utilized the three sets of validated researcher-made questionnaire to find out the demographic profile, the level of resiliency and the psychosocial and spiritual needs of the respondents. To facilitate the analysis and interpretation of the data, the weighted average mean was employed while the Pearson-r Product Moment correlation was used in order to determine the significance of relationships.

The results of the data revealed the following: (1) The strong need of the RVM midlifers is on the spiritual domain-the need for more time for personal prayer, silence and solitude so as to understand themselves better, and the need to experience God's deep love and forgiveness that will move them to reach out to others especially the poor and underprivileged; (2) The level of resiliency of the RVM midlifers and their response to external and internal pressure were almost the same; (3) No relationship was found between the level of resiliency and the age, assignment in the ministry, number of years in religious life and the highest educational attainment of the respondents; (4) A significant relationship was observed within the needs. The biological needs correlate with the affective needs, the affective needs correlate with the social and the cognitive needs. Likewise, the spiritual needs correlate with the affective needs, social, cognitive, ministry and environmental needs.

Based on the findings of the study, it was concluded that the strong need of the religious women on the spiritual area indicates that at midlife, they are inclined to become spiritual which also came out in the correlations between the psychosocial and spiritual needs. The relationship between needs point out that middle age religious women desire to reach integration by satisfying their spiritual hunger through solitude, more time for prayer, and service to others especially the poor and underprivileged.

TABLE OF CONTENTS

	Page
TITLE PAGE	i
APPROVAL SHEET	ii
ACKNOWLEDGEMENT	iii
ABSTRACT	v
TABLE OF CONTENTS	vi
LIST OF TABLES, FIGURE AND CHARTS	ix
CHAPTER 1 THE PROBLEM AND ITS SCOPE	1
Rationale of the Study	1
Theoretical Background and conceptual framework	3
THE PROBLEM	21
Statement of the Problem	21
Significance of the Study	21
CHAPTER II RESEARCH METHODOLOGY	22
Research Environment	22
Research Respondents	22
Research Instruments	25
Research Procedures	26
Gathering of Data	26
Treatment of Data	26
DEFINITION OF TERMS	27
CHAPTER 3 PRESENTATION, ANALYSIS AND INTERPRETATION	

OF THE DATA	29
General Profile of the Respondents	29
The Biological, Psychosocial, and Spiritual Needs	33
Level of Resiliency of the Respondents	38
Correlation Between the Level of Resiliency and Other Variables	40
Correlation Between the Level of Resiliency and the Biological, Psychosocial and Spiritual Needs	43
CHAPTER IV SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS	49
Summary of Findings	49
Conclusion	50
Recommendations	51
BIBLIOGRAPHY	52
APPENDICES	
A- Letter of Request	56
B- Letter of Endorsement	57
C- Research Instrument	58
D- Table 5 (Correlation between the level of resiliency And age and the number of years in religious life)	68
E- Table 6 (The Level of resiliency in relation to the respondents' ministries	69
Table 7 (ANOVA)	69
F- Table 8 (Correlation between the level of resiliency	

and the previous assignment	70
G- Table 9 (The level of resiliency in relation to the highest educational attainment)	71
Table 10 (ANOVA)	71
CURRICULUM VITAE	72

their response to risk factors in relation to their needs is to be looked upon by the researcher.

THE PROBLEM

Statement of the Problem

This study determined the level of resiliency in relation to the needs of the Religious of the Virgin Mary (RVM) midlifers in Southern Mindanao Province.

Specifically, the study answered the following problems:

1. What are the biological, psychosocial and spiritual needs of the RVM midlifers?
2. What is the level of resiliency of the RVM midlifers as measured by the frequency of responses of the sisters?
3. Is there a significant relationship between the level of resiliency and the psychosocial and spiritual needs of the RVM midlifers?

Significance of the Study

This study is significant to religious women midlifers for a number of reasons: First, this may provide them information in understanding the physical and psychological changes that affect their spiritual life and ministry. Second, this new understanding of midlife transition may help consecrated women to cope with the changes that stressed them in living the three evangelical vows. Third, the outcome of the study may compel the Congregation to build protective factors based on the sisters' needs. Fourth, the protective factors may increase the sisters' ability to bounce back in time of adversities and will enhance a healthy religious lifestyle. Fifth, this research could also furnish information to other researchers who will choose to study other fields related to women midlifers.