

Understanding the Influence of Traditional Beliefs on Mental Well-being: A Qualitative Inquiry

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ABSTRACT

This study explores the influence of traditional beliefs on mental well-being within the cultural context of one of the provinces in the Philippines. Using Phenomenological Analysis and guided by Constructivist and Transformative Philosophical Worldviews, the study involves 10 participants selected purposefully. The results show that each person's beliefs are sometimes invalidated by societal norms, impacting how they approach life experiences and even their thought processes. The discussion highlights the study's importance in cultural anthropology, psychology, and mental health. Ethical considerations, theoretical triangulation, and a meticulous data analysis process enhance research credibility. Aligned with World Health Organization guidelines, this research not only promises valuable insights into the interplay between traditional beliefs and mental well-being but also contributes to academic disciplines and informs culturally sensitive mental health approaches. The findings have the potential to empower the community, inform practitioners, and deepen our understanding of cultural nuances in mental health within diverse contexts. This study reveals that the majority of participants significantly influence how people generally perceive stressors within the context of their traditional beliefs.

Keywords: traditional beliefs, mental well-being

INTRODUCTION

Culture and beliefs are inherent from the outset of our ancestors' lives, and they have transmitted these to the current generation. Traditional beliefs play a crucial role in shaping an individual's beliefs, values, and practices. Embedded within these traditions are intricate belief systems, rituals, and customs that not only provide a sense of identity and community but also significantly influence the mental well-being of individuals. In managing and perceiving an individual's mental well-being, traditional beliefs play a vital role in this aspect of life (Okafor et al., 2022). According to the study conducted by Al-krenawi (2019), individuals experiencing mental illness often link traditional beliefs to their symptoms when presenting them to professionals, leading to challenges in diagnosis and treatment. Apart from utilizing the modern mental health system in non-Western countries, they also employ traditional methods to treat mental illnesses.

Borlaza et al. (2023) reported that the Philippines is a heterogeneous society comprising various indigenous groups, each with its unique set of traditions and belief systems, presenting an intricate landscape for the exploration of the influence of traditional beliefs on mental well-being. In recent years, there has been a

growing interest in understanding the interplay between these traditional belief systems and mental health. Since Christianity is widely accepted in the Philippines, this aspect of traditional beliefs significantly affects people's perception of mental illnesses (Ahmad Ramli et al., 2022).

The objective of this study is to gain an understanding of how traditional beliefs impact mental well-being. Traditional beliefs are already present in the beginning of human culture. This aims to understand how traditional beliefs affect the life of an individual specifically, in well being. This also helps the researchers to understand the root of traditional beliefs of people living in one community. In addition, this study seeks to understand how traditional beliefs impact mental well-being through qualitative interviews and the analysis of individuals' experiences. As the research proceeds, the researchers also aim to understand and identify the factors that affect their mental well-being. This will also examine the role of social and cultural factors in mediating the relationship between traditional beliefs and mental well-being, including the influence of family.

This study is poised to make several significant contributions primarily to the participants of this study. This study will help the participants to understand the root and effect of traditional beliefs on their mental well-being. In addition, this will contribute to the fields of cultural anthropology, psychology, and mental health in the Philippines. It will provide insight into culture by exploring the intricacies of traditional belief systems, offering a deeper understanding of the cultural heritage of the Philippines, and contributing to the preservation and appreciation of indigenous traditions. Mental health awareness will also be highlighted in this research, as the findings will shed light on the complex interplay between traditional beliefs and mental well-being, informing mental health practitioners and policymakers about potential culturally sensitive approaches to mental health care. Additionally, the aim of this study is to empower the community by acknowledging the role of traditional beliefs in fostering resilience and well-being. This research may empower communities to leverage their cultural assets for improved mental health outcomes.

Traditional Beliefs

According to the study by Collins (2023), traditional beliefs, customs, or methods are those that have not changed for a very long time. In the research conducted by Crane (2021), a tradition is defined as a belief or behavior passed down within a group or society with symbolic meaning or special significance, originating in the past. The term "tradition" itself is derived from the Latin word "tradere" or "traderer," meaning to transmit, hand over, or give for safekeeping. While it is commonly assumed that traditions have ancient origins, many traditions have been intentionally invented, whether for political or cultural reasons, over short periods of time. For the purpose of facilitating scholarly discourse, some academic disciplines, such as anthropology and biology, have modified the term "tradition," defining it more precisely than its usual use.

According to the study by Annfw (2022), the word "belief" entered the English language in the late 12th century. The term is derived from the PIE root "leubh," which means "to care, desire, love," and entered English as "beleave," signifying "confidence reposed in a person or thing; faith in a religion." It replaced the Old English word "geleafa," which meant "belief" or "faith." Furthermore, research suggests that adherence to traditional and hegemonic masculinities can be detrimental to men's mental health. In particular, anxiety can result from the incongruence between idealized and lived experiences.

Emerging research suggests that holding spiritual beliefs may protect against such anxiety (Andrew & Peter, 2021). The findings suggest that when working with men and their mental health, it may be important to consider the congruence between their behaviors and belief systems, as spirituality was only protective against anxiety where these beliefs were congruent with masculine self-reliance and control. It appears that the potential benefit of spirituality in reducing masculine anxiety is dependent on the man being more open to external support and having a lower need for control.

Traditional Beliefs and Mental Well-Being

Several studies have explored the intricate relationship between cultural beliefs, mental health, and the provision of mental healthcare. In the research conducted by Okafor et al. (2022), traditional beliefs were emphasized as wielding significant influence over people's knowledge and attitudes regarding the causes and treatments of mental illnesses perceived as supernatural. Within many African traditional belief systems, mental health issues are intricately linked to ancestral sway or bewitching, elevating traditional healers to the forefront as authorities in these matters. Depending on the circumstances, consulting these healers is often the initial step toward biomedical mental healthcare or, in some cases, the sole source of mental healthcare.

Holmes et al. (2022) expounded upon how different traditional beliefs can impact an individual's approach to mental health, influencing the utilization of services, the selection of treatments and therapies, and responses to professional mental healthcare. Some individuals may eschew mental health clinics, favoring traditional healers due to concerns that mental health professionals might disregard their religious values. Brands (2022) underscored the profound role of culture in shaping perceptions and responses to mental illness, stating that culture can either serve as a source of strength and support or trigger stress and conflict. One's worldview, molded by cultural ideals and beliefs, significantly affects mental health, with a negative or skewed perspective potentially leading to feelings of anxiety and depression, while a constructive worldview aids in overcoming challenges and appreciating the beauty in the world.

Brands (2022) further stated that culture encompasses a vast reservoir of knowledge and practices disseminated within various social groups, and cultural competency varies among individuals due to differences in access and involvement in cultural information. Mental health, encompassing emotional, psychological, and social well-being, is deeply intertwined with cultural beliefs, values, and norms. According to Njoku (2023), the community possesses its unique set of cultural and social norms, which profoundly influence residents' way of life and worldview. These cultural determinants, such as ethnicity, race, religion, and family values, play a pivotal role in how individuals perceive and cope with mental illness. Western medicine's empirical focus on mental health treatment clashes with alternative cultural perspectives, influencing how patients describe their symptoms to therapists.

Gopalkrishnan (2018) expounded upon culture as a multi-layered concept influenced by factors like gender, class, religion, language, and nationality. The dominance of Western cultural traditions in mental health practices has been both beneficial and problematic when applied to non-Western cultures. Cultural mistrust, stemming from historic discrimination and systemic oppression, has hindered access to mental health services for marginalized communities. Malik (2023) shed light on the cultural mistrust within Muslim communities, driven by discrimination and a perceived insensitivity of mental health professionals to cultural and religious contexts. Building trust with the Muslim community requires a comprehensive understanding of their beliefs, needs, and concerns to address unmet mental health needs effectively.

Based on the study by Andrew and Peter (2021), they explored the impact of masculinity on men's mental health, highlighting the potential for incongruence between idealized and lived experiences to cause anxiety. Spirituality can act as a protective factor against such anxiety, depending on its congruence with masculine self-reliance and control. Adherence to stereotypical gender role norms can lead to strain and anxiety for men, exacerbating mental health challenges. Peteet (2019) examined the role of religious beliefs and stigma in mental healthcare. Religious fundamentalism was found to correlate with stigma against mental illness and a preference for religion over psychological help-seeking. Faith communities sometimes rely on traditional cultural approaches to address mental health issues, such as prayer, exorcism, or pastoral counseling, often before or in place of standard mental health treatments.

Correlation and Influence of Traditional Beliefs on Mental Well-Being

Mental health is a universal concern, touching all cultures and societies. Socioeconomic and cultural factors play a pivotal role in shaping when, where, and how people seek help. It's clear that social determinants impact health, but cultural determinants are equally influential when it comes to mental well-being. In Western Kenya, as revealed by Amunga (2020), mental illness is often seen as a calamity with multiple well-explained causes, from the invisible world to ancestral curses and witchcraft.

Cultural psychiatry, as described by Bhangra et al. (2021), explores how culture influences people's well-being, expression of distress, and help-seeking behaviors. It's a multidisciplinary approach that recognizes how culture permeates all aspects of our lives. Njoku (2020) reminds us that in the past and even today, some attribute mental illness to supernatural forces or evil spirits. This belief can lead people to seek help from religious institutions and faith healers instead of psychiatric care. Culture shapes how individuals handle mental health issues, whether minor or severe.

The role of traditional healers in many African cultures when it comes to mental health is significant, as stated by Okafor et al. (2022). These healers are often the first and sometimes the only source of mental healthcare, showing the deep influence of cultural beliefs. Furthermore, as noted by Kapil (2019), culture isn't just about languages and foods; it shapes our views, norms, and values. It influences whether we seek help, what kind of help we seek, and the support we receive.

Stigmatization, as highlighted by Bracke et al. (2019), can deter people from seeking professional mental health care, especially in societies where stigmatizing attitudes prevail. Personal stigma beliefs also affect help-seeking behavior. Ahmad et al. (2022) delve into Pakistan's cultural context, where mental health stigma is a barrier to access. They explore how collectivism and religious views contribute to these stigmatizing attitudes and how awareness efforts can reduce stigma. Omolaso (2021) extends our understanding by studying cultural variations and their impact on self-esteem and well-being. Surprisingly, they find that cultural differences don't always lead to differences in well-being among different ethnic groups.

Gopalkrishnan (2018) brings attention to the diverse impact of culture on mental health across the world. Religion, in particular, plays a significant role, with positive religious coping often associated with better mental health outcomes. Admassu et al. (2021) highlights the stark contrast between Western and non-Western approaches to mental health. In many non-Western societies, spirituality and traditional remedies are intertwined with mental health perceptions and treatments. Lastly, Odwa (2023) takes us to South Africa, where cultural and religious diversity results in various beliefs about mental illness. Here, supernatural beliefs, traditional healing, and indigenous medicines hold a significant place in addressing mental health concerns.

Synthesis

Various studies (Jidong et al., (2021); Okafor et al., (2022); Al-Krenawi, (2019); CHOC, (2023); Njoku, (2023); Mohankumar, (2022); Pullen et al., (2021); Yu, (2018); and Ibrahim et al., (2019)) confirm traditional beliefs' impact on mental well-being across cultures. These beliefs often view mental health conditions as spiritual curses tied to ancestors or magic (Jidong et al., (2021); Okafor et al., (2022); Al-Krenawi, (2019)). Non-Western areas often prefer traditional healing over modern healthcare due to cultural beliefs (CHOC, 2023). Stigma remains a barrier to seeking help (Okafor et al., 2022; Njoku, 2023).

Okafor et al. (2022) find Nigerians attribute mental illness to supernatural causes, leading to stigmatization. Pullen et al. (2021) argue traditional medicine addresses mental health treatment gaps in low- and middle-

income countries. Cultural backgrounds shape perceptions, with negative views prevalent in less-exposed communities (Mohankumar, 2022).

Ongoing studies emphasize cultural influences on mental health perception (Okafor et al., 2022; Njoku, 2023). Ibrahim et al. (2019) explore factors influencing help-seeking attitudes, revealing self-stigmatization's impact. Recommendations include improving mental health literacy and culturally sensitive interventions, addressing disparities in care access and outcomes (Njoku, 2023).

STATEMENT OF THE PROBLEM

This study aims to investigate and comprehend the multifaceted influence of traditional beliefs on the mental well-being of individuals within diverse cultural contexts. It seeks to address questions surrounding the ways in which these traditional beliefs, deeply rooted in cultural and societal norms, may either positively support or negatively impact an individual's mental well-being. By conducting a qualitative inquiry, this research intends to shed light on the complex interplay between traditional beliefs and mental health, thereby contributing to a more comprehensive understanding of this important aspect of human experience.

Central Research Question

To what extent do traditional beliefs impact the mental well-being of an individual?

General Questions

1. How do traditional beliefs or practices affect the mental well-being of an individual?
2. How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?
3. What are the traditional beliefs or practices that the community perceive to affect their mental well-being?
4. How does religion as part of traditional beliefs affect the mental well-being of an individual?

METHODOLOGY

Research Design

In achieving the primary objective of this research of acquiring an understanding and exploration of possible influences of traditional beliefs on the mental wellbeing of individuals, this research is structured in a qualitative method of inquiry, a type of research exploring the lived experiences of the participants of real-world events and phenomenon (Tenny et al., 2022).

This research, being in the form of a Phenomenological Analysis, the usage of human social experience in understanding complex phenomena (Alhazmi & Kaufmann, 2022). In line with this, it helps in giving the researchers the perspective on how the participants make sense of their statuses and experiences, allowing the researchers to examine possible themes indicative of sociocultural influences that stimulate changes to the mental well-being of an individual.

This research subscribes to the Constructivist and Transformative Philosophical Worldviews in research as it emphasizes on the subjective interpretation of individuals regarding their perceptions of the world (Rillo et al., 2020) and it seeks to promote a change in the status quo depending on the direction where the findings lead this research (IvyPanda, 2020).

Participants

The selected population for this research is the individuals living in one of the provinces of the Philippines. The researchers will be using a Purposive sampling method wherein the participants will be selected depending on the characteristics relevant to the purpose of the study (Andrade, 2020). The researchers will be presenting sets of variables and criteria that select the sample that is fit for the objective of the study.

To be eligible for this study, participants must meet several criteria. Firstly, they must be citizens of the selected province, and currently residing there. Additionally, participants should fall within the age range of 18 to 25. Proficiency in both spoken and written English is essential, as the role involves communication in English. Participants should also be open to addressing questions related to sensitive topics. The position welcomes individuals of any race and ethnicity, promoting diversity and inclusivity. Lastly, participants must have availability for a scheduled interview session, demonstrating their commitment to the application process.

Participants considered for this role should be aware of specific exclusion criteria. Interested participants must not have disabilities that impede speech, for they may face challenges in verbal communication. Interested participants should consider both physical and psychological conditions that might hinder their ability to provide accurate data.

These conditions, if present, could impact their performance in the role, and participants should carefully consider their ability to meet the requirements given their unique circumstances.

This sampling method aims to procure a total of 30 participants. In line with these criteria, the researchers were able to gather data from the participants.

Instruments

The researchers are using a semi-structured interview questionnaire, validated by 3 experts in the field of Qualitative Research, in which the questions follow a predetermined arrangement that is structured to create the optimal conditions of inquiry and produce the data that the researchers specifically needed while not limiting the ability of the respondents to answer freely (Dejonckheere & Vaughn, 2019).

Some of the questions will be constructed in a way that covers aspects within the theories PERMA created by Seligman in 2012 and Subjective Well-Being (SWB) of Diener from 1984 to give the researchers accurate insights regarding the mental well-being of the participants. The researcher will be utilizing recorders for the purpose of documenting the responses of the participants in the interviews. The recorded responses will help the researchers in the transcription of the interviews, the transcripts will be used for the data analysis section of the research. The researchers will also be using notebooks for memos and note-taking of noteworthy behavior or non-verbal data observed from the participants in the interviews. Informed consents will be distributed to each of the participants to inform them of the processes and purpose of the research, to assure them of the confidentiality of their data, and ensure that agreements within the terms are reached before conducting the interviews. The interviews should only take a maximum amount of time of 30 minutes.

Data Gathering/Procedure

Before conducting the procedures for data gathering, **informed consents** will be constructed that reflect ethical considerations fitting the study. The consent forms will be distributed to the participants before conducting the interviews to ensure that both of the participants and the researchers agree with the terms presented. As the research is structured in a qualitative design, it requires a mode of inquiry that

complements its nature. The data gathering process will be done with the use of interviews that inquire the participants about their perspectives, insights, and lived experiences about the matter at hand. The Interview Guide Questions designed by the researchers will be treated under content validation by experts and advisers of the study and the researchers.

After the selection of participants, sessions for interviews of each will be scheduled with consideration of the participants' availability. Interviews will take place within the premises of Baliwag, Bulacan only, if possible, within the premises of National University – Baliwag. The flow of the interviews shall follow the questionnaires' arrangement of questions as designed and intended by the researchers. The interviews and the set of questions are structured in a nature that enables the participants to freely provide the researchers with every insight they have for an optimal amount of data to be analyzed and concluded with.

The informed consents will contain sections informing the participants about the utilization of recorders. The researchers will also be taking notes and memos regarding details that might not be included in the interview recording and transcript which can be of substance to the data analysis of the study. The process for data gathering is projected to finish in two weeks' time.

DATA ANALYSIS

The first step for the process of analyzing the data will be the transcription of the recorded interviews. The transcript will then be treated under Coding following the Coding Manual for Qualitative Researchers by Saldana from 2009. This method of analysis will be utilized to identify themes that refer to the participants' mental well-being and the different traditional beliefs they subscribe to. In identifying themes within the transcript of interviews that are indicative of the status of mental well-being of the participants, the entire process of coding will be supported by theories.

Trustworthiness

Credibility

Credibility. According to Forero et al., (2018), this is the establishment of confidence that the results or findings are objectively true, believable, and credible. To ensure that the questionnaires explore what it is intended to, and the researchers analyze the provided data accurately, the instrument and the process of data analysis is infused with theories that will guide the researchers.

Theoretical triangulation will be used in analyzing the data. Referred to as the use of two or more theories in examining, validating, and challenging existing findings (Flick, 2019), it will be utilized to ensure that the researchers will treat the data with precision and accuracy. All of the researchers will be involved with the treatment of data.

Dependability

Dependability is defined by the consistency of the findings through repetitions of the subject matter used in studies (Korstjens & Moser, 2018). The researchers will be utilizing an adequate number of participants that will serve as the representation of the population. The processes of the research will be well-documented for the assessment of the reviewer.

Transferability

Transferability is the extent to which the findings of the research can be applied to other contexts or settings (King & Stahl, 2020).

The research will be utilizing theories to support the analysis of the data. This enables the findings to a possibility of relating to similar contexts and phenomenon that falls under and utilizes the same theories.

Confirmability

Confirmability ensures the neutrality of the treatment of the data. The analysis and interpretation should not be based on the researchers' perspectives and preferences (Kasirye, 2021). The analysis and treatment of the data will be performed with the guidance of the chosen theories.

The coding process greatly benefits from this, as it reduces the possibility of themes being unrelated or overlooked due to the biases of the researchers. Checks and re-checks will be performed in each of the segments of the research process.

Ethical Consideration

The researchers embarked on a study with the primary goal of exploring how traditional beliefs impact mental well-being. Throughout the research process, they meticulously upheld a set of ethical principles, drawing inspiration from the guidelines set forth by the World Health Organization (WHO). The researchers prioritized Informed Consent, ensuring that all participants comprehensively understood the study's purpose, their roles, and the potential risks and benefits involved. They emphasized participants' right to withdraw from the study at any point without facing adverse consequences, recognizing the sensitive nature of mental well-being and traditional beliefs. Cultural Sensitivity played a pivotal role in this study. The researchers were acutely aware of the diverse cultural backgrounds of the participants and took great care to respect this diversity. They vigilantly avoided imposing Western perspectives or judgments on traditional beliefs, leveraging their own cultural competence to navigate and appreciate cultural nuances. Confidentiality was a cornerstone of the study's ethical framework. Participants' identities and responses were shielded through the use of pseudonyms (e.g., P1 for Participant 1), ensuring their anonymity. Additionally, all research data, including interview transcripts, audio recordings, and field notes, were securely stored and restricted to authorized team members only.

Beneficence guided the researchers in their quest to maximize benefits and minimize harm. Recognizing the potential psychological distress that discussions about mental well-being could provoke, they thoughtfully provided participants with resources for mental health support if needed. Community Involvement was deemed essential in this study. The researchers engaged with local leaders and the community, seeking their input and guidance to ensure that the research approach was in harmony with local customs and traditions. They also diligently sought permission from relevant authorities. Data Management and Sharing were carried out transparently. Participants were informed about how their data would be collected, managed, and shared, and their consent was sought for the use of their data in publications or dissemination, all while respecting their anonymity. Exploitation was strictly avoided. The researchers remained transparent about the study's goals and refrained from making promises of benefits that couldn't be delivered, ensuring that vulnerable individuals or communities were not exploited.

Debriefing sessions were thoughtfully organized after data collection. In these sessions, participants were given the opportunity to discuss their experiences, seek clarification, pose questions, and receive necessary support or referrals to mental health services. Continuous Ethical Reflection was an ongoing practice for the researchers. They regularly assessed the ethical implications of their research as it progressed and adapted their approach as needed to address emerging ethical concerns. Inclusivity was a fundamental principle in participant selection. The researchers strived to ensure that diverse perspectives within the community were represented, including those of marginalized groups or individuals who might possess unique experiences related to traditional beliefs and mental well-being. Lastly, Reciprocity was considered. The researchers

explored ways to give back to the community and participants, such as sharing research findings in an accessible format or providing educational insights on mental health and well-being.

Incorporating these ethical considerations into this study, the researchers aimed to uphold the highest ethical standards inspired by the World Health Organization (WHO). The commitment of the researchers was not only to advance knowledge but also to promote the well-being and dignity of the participants and the communities involved in their research.

RESULTS

Table 1. How traditional beliefs influence the mental well-being of the community.

This part addresses how traditional beliefs influence the mental well-being of the participants. In line with this, two themes are recognized: Lifestyle and Decision-making and Decisions influenced by other people. These themes evidently influence the mental well-being of the community.

Domain	Themes	Subthemes
How do traditional beliefs or practices affect the mental well-being of an individual?	Lifestyle and Decision-making	<ul style="list-style-type: none"> • Awareness of the role of superstitions in life.
		<ul style="list-style-type: none"> • Decisions based on societal norms.
	Decisions influenced by other people.	<ul style="list-style-type: none"> • People with certain beliefs influence the person.
		<ul style="list-style-type: none"> • Responsibility brought by familial problems.
		<ul style="list-style-type: none"> • Uncertainty due to decisions decided by others.

Lifestyle and Decision-making.

Awareness of the role of superstitions in life. One of the participants explained that superstitions help by using them as guides in decision-making; their effects and limits on how much they influence their lifestyle.

Participant 4 said, “*That doesn’t really dictate all the actions I do. It’s like I just use it as a guide, but the decision, really, in my daily life, I’m the one who thinks for myself.*”

Decisions based on societal norms. One of the participants stated that the only beliefs that affect their lifestyle and decision-making are societal norms rather than religious, cultural, and superstitious beliefs.

Participant 8 said, *“Perhaps if there are restrictions, it’s just those societal norms, for example, it’s not allowed for me to go home too late because I’m a woman, or when going out, I need to have someone with me. Those are the restrictions that limit me, more on societal norms, not entirely cultural-related.”*

Decisions Influenced by Other People.

People with certain beliefs influence the person. The participants described the influence of other people’s values and beliefs on their lifestyle.

Participant 2 said, *“Uhhh, I guess it affects, you know... Especially in, uh, moral values because when you are surrounded by these kinds of people, you tend to imitate their actions.”*

Participant 6 said, *“Because they also say that when you’re always together, your personalities influence each other. So it affects me in positive ways because it opens my mind to different perspectives.”*

Responsibility brought by familial problems. The participants shared theirs and other experiences regarding the pressure brought upon by the family whether due to familial problems or expectations.

Participant 3 said, *“For me, it’s... Stressful. It’s stressful because everything is on me, especially when, for example, we don’t have... What... we haven’t eaten anything within that day.”*

Participant 7 said, *“Yes, I know some people and friends because of the pressure from their children. Most of them drop out and leave home just to take the course they want and work at the same time.”*

Uncertainty due to decisions decided by others. The participants emphasized the phenomenon in which the younger members of the latest generation are forced in decisions made by the older generations.

Participant 1 said, *“Uh, the pulling of the youth towards a certain religion.”*

Participant 7 said, *“It focuses mostly on the idea that with parents, it’s quite hard sometimes to make your own decisions. Sometimes, you’ll just ask yourself, ‘Am I doing the right thing? Am I following what I really like?’”*

Table 2. How the influence of traditional beliefs to mental well-being are perceived by the community.

This part addresses the influence of traditional beliefs on the mental well-being of the participants. In line with this, two themes are recognized: Positive perception and Negative perception. These themes notably influence how the influence of traditional beliefs on mental well-being are perceived by the community.

Domain	Themes	Subthemes
How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?	Positive Perception	<ul style="list-style-type: none"> • Newer generations have greater awareness of mental health.
		<ul style="list-style-type: none"> • People influencing others with their beliefs.
	Negative perception	<ul style="list-style-type: none"> • Pressure brought by family.

		<ul style="list-style-type: none"> • Failure in respecting individuality.
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Positive Perception

Newer generations have greater awareness of mental health. One participant notice that the members of the newer generation are much more open to the discourse regarding mental health.

Participant 2 said, “*Uh, I think now, you know, in our generation, the issue of mental health... I guess it has a connection because now, they are promoting more awareness of mental health among people.*”

People influencing others with their beliefs. The participants stated the positive implications of being influenced by the beliefs and practices of others.

Participant 2 said, “*Uhhh, I guess it affects, you know... Especially in, uh, moral values too. Because when you are surrounded by these kinds of people, you tend to imitate their actions as well.*”

Participant 6 said, “*Because in relationships, we tend to fit in more when we share similar backgrounds. I also observed in them the beliefs I hold, and they have beliefs that have influenced me as well.*”

Negative perception

Pressure brought by family. One participant expressed their concerns for individuals that moves from their homes to venture on what they want in life.

Participant 7 said, “*Most of them drop out and leave home just to pursue the course they want, and they work at the same time.*”

Failure in respecting individuality. The participants voiced their observations on phenomena of discrimination within the members of religious groups and their lack of openness to accepting and respecting the individuality and differences of individuals.

Participant 5 said, “*There’s some discrimination within the community regarding if they are not accepted or... They are not respected by the church. So, that’s what’s affecting me right now.*”

Participant 8 said, “*Oh yes, especially now, those who come out as LGBTQ persons are always countered with Bible verses. I mean, people can have their own beliefs, and their feelings are valid too. So, it’s like those statements shouldn’t coincide because they are totally different from each other.*”

Table 3. The traditional beliefs that the community perceives to influence their mental well-being.

This part addresses the traditional beliefs that the community perceives to influence their mental well-being. In line with this, three themes are recognized: Egotism of older people, Expectation of family, and Religiosity. These themes notably influence the traditional beliefs that the community perceives as influencing their mental well-being.

Domain	Themes	Subthemes
	Egotism of older people	<ul style="list-style-type: none"> • Egotism.

<p>What are the traditional beliefs or practices that the community perceive to affect their mental well-being?</p>		<ul style="list-style-type: none"> • Conservative beliefs that are difficult to fulfill.
		<ul style="list-style-type: none"> • Older people deciding for their beliefs.
		<ul style="list-style-type: none"> • The skepticism of older generations regarding mental health.
	<p>Expectation of family</p>	<ul style="list-style-type: none"> • Family deciding for the person.
		<ul style="list-style-type: none"> • Family expectations to carry burdens.
	<p>Religiosity</p>	<ul style="list-style-type: none"> • God-Seeking.
<ul style="list-style-type: none"> • Religious traditions. 		

Egotism of older people

Egotism. A participant stated their observation of the behavior of the older people to display an assumed sense of superiority that is unrealistic.

Participant 1 said, “Usually, the belief of the elders is that they’re always right, even in situations where the younger ones are more knowledgeable.”

Conservative beliefs that are difficult to fulfill. The standards set by the older generations that are stated to be hard to fulfill due to the difference in judgment in what to prioritize in life.

Participant 6 said, “So it’s difficult for them to reach, like as a woman, they expect you to do this, and as a person with other priorities, it’s really challenging to juggle everything. It can be draining on mental health because you need to manage everything.”

Older people deciding for their beliefs. The phenomenon in which older members of the family decide for what that younger ones should belong to in terms of belief systems and religion.

Participant 1 said, “For example, in my case, the Roman Catholic, um, even though the parents say to join another religion, the grandparents will still pull their grandchild towards their own religion.”

The skepticism of older generations regarding mental health. One participant stated the refusal of the older generation to acknowledge mental health and its implications in the lives of individuals.

Participant 3 said, *“They just think it’s like a speculation... Like you’re just pretending, but they really don’t know that it really affects a person and their beliefs.”*

Expectation of family

Family deciding for the person. One participant stated the tradition of family members deciding for the path in life of one member and pressuring them to align.

Participant 7 said, *“I think it becomes a tradition for them to pressure their children to do the things that they want, and to give an example, is forcefully taking a course that they don’t like.”*

Family expectations to carry burdens. The expectations on one member to carry all of the burdens and problems of the family and improve their status in life.

Participant 3 said, *“And I feel pressured because of, it’s like the weight of the family is on me, that I’m the one who will make things right because I’m the one studying.”*

Religiosity

God-Seeking. The practice of seeking an omnipotent being for help in times of need.

Participant 2 said, *“Isn’t it most of the time, they say that when you have a problem, they say, um, talk to God, and then I guess that’s one of the traditions that affect my mental well-being.”*

Religious traditions. The participants gave example of religious traditions that were instilled to them by their family or environment.

Participant 6 said, *“I come from a religious family, so we have a tradition of attending church every Sunday and saying the rosary every night and every day. Also, during Holy Week, we have specific activities. So, it’s intertwined with my life.”*

Participant 8 said, *“Ah, fiesta, because there are people who come in to dance, they go door-to-door, and we also go caroling every Christmas. We celebrate baptisms, birthdays, and when there’s a death anniversary, we visit the grave.”*

Table 4. Religion being a traditional belief affects the mental well-being of an individual.

This part addresses the effects of religion on the mental well-being of the participants. In line with this, two themes are recognized: Discrimination and Affecting Life. These themes notably influence how religion being a traditional belief affects the mental well-being of an individual.

Domain	Themes	Subthemes
	Discrimination	<ul style="list-style-type: none"> • The lack of acceptance of a religious group.

<p>How does religion as part of traditional beliefs affect the mental well-being of an individual?</p>		<ul style="list-style-type: none"> Worried returning to worshipping due to discrimination.
	<p>Affecting life</p>	<ul style="list-style-type: none"> Morality based on religion.
		<ul style="list-style-type: none"> Religious activities affecting academics.
		<ul style="list-style-type: none"> Decision making based on religious values.
		<ul style="list-style-type: none"> Religious members forcing their beliefs on the young.

Discrimination

The lack of acceptance of a religious group. The participants stated instances in religious members and groups presenting tendencies of discrimination.

Participant 5 said, “*There’s some discrimination within the community regarding whether they are not accepted or... They are not respected by the church. So, that’s what’s affecting me right now.*”

Participant 8 said, “*Oh yes, especially now, those who come out as LGBTQ persons are always countered with Bible verses.*”

Worried returning to worshipping due to discrimination. One participant stated concerns in trying to return to worshipping that was hindered by tendencies of discrimination displayed by the members of the religious group.

Participant 5 said, “*I. Ah... It affects really a lot in my life, especially since I used to be an active churchgoer before. And to think that there is some... um... discrimination regarding the LGBTQ community. It’s like I’m scared to go back to church because maybe... um... maybe I won’t be accepted or respected, like what some of the churches here in Bulacan show. And... well, it really affects me.*”

Affecting life

Morality based on religion. Their moral compass is based on the teaching of what religious group they

belong to.

Participant 4 said, “A part of my moral compass is grounded in the teachings of the Bible. Although not everything taught in the Bible is... I take it to heart. It’s part of discerning what is generally right or wrong.”

Religious activities affecting academics. One participant shared the implications on academics when one focuses too much of their time on religious activities.

Participant 1 said, “As of now, I am no longer involved in religion, but way back, it affected my schedules, like on certain days when I have to do schoolwork, but since there are church days, I had to prioritize them over my schoolwork.”

Decision making based on religious values. One participant stated their tendency to base their decision-making on their religious beliefs and faith.

Participant 6 said, “So, because our family is religious, I always consider the spiritual aspects, like if it’s okay with, what will be affected, is this okay with God? Like that.”

Religious members forcing their beliefs on the young. One participant emphasized the forcing of beliefs done by older religious members on the younger ones.

Participant 1 said, “Yes, the brainwashing and the urging of children that they should be like this, um, grow up like Maria Clara, since that’s what religion says women should follow.”

DISCUSSION

The proposed qualitative research aims to explore the intricate relationship between traditional beliefs and the mental well-being of individuals within the diverse cultural context of one of the provinces in the Philippines. It was stated from the study of Okafor et al., (2022) that, managing and perceiving an individual’s mental well-being, traditional beliefs play a vital role in this aspect of life. The background information provides a comprehensive overview of the significance of traditional beliefs in shaping an individual’s beliefs, values, and practices, emphasizing their impact on mental well-being. The literature review further reinforces the importance of understanding the interplay between cultural beliefs and mental health, highlighting diverse perspectives and practices across different societies.

In this study, a total of eight (8) people participated in this who mainly provide their personal experiences and perceptions towards their beliefs. The researchers were able to gather data through in-depth interviews, the researchers were able to understand their experiences, such as being pressured because of the high expectation, and negative effect of their religion towards mental health. This can be supported by the study of Bhangra et al. (2021) which described how culture influences people’s well-being and expression of distress. The research aims to empower participants with a deeper understanding of their cultural heritage and its impact on their mental health. Additionally, it contributes to the academic discourse by shedding light on the complex relationship between traditional beliefs and mental well-being, particularly in the context of a heterogeneous society like the Philippines. This methodology aligns with the research objective of understanding how individuals make sense of their mental well-being within the framework of traditional beliefs.

In the purposive sampling method, the researchers ensure that participants are selected based on characteristics relevant to the study’s objectives. The eligibility criteria, including age range, and

proficiency in English, aim to gather diverse perspectives while maintaining a focused sample.

The research utilizes a semi-structured interview questionnaire which the questions follow a predetermined arrangement that is structured to create the optimal conditions of inquiry and produce the data that the researchers specifically needed while not limiting the ability of the respondents to answer freely to elicit rich and detailed responses from participants (Dejonckheere & Vaughn, (2019). The questions are thoughtfully designed to cover aspects within the PERMA model and Subjective Well-Being theories, ensuring a comprehensive exploration of mental well-being. The data analysis process involves the transcription of recorded interviews followed by coding using Saldana's Coding Manual for Qualitative Researchers. Theoretical triangulation enhances the credibility of the findings, ensuring that multiple theories guide the analysis. The researchers' commitment to dependability involves meticulous documentation and consistency throughout the research process.

The ethical considerations embedded in the study are robust and reflective of the World Health Organization's guidelines. Informed Consent, Cultural Sensitivity, Confidentiality, Beneficence, Community Involvement, and other ethical principles are prioritized to protect participants and uphold the integrity of the research. The researchers' commitment to ethical reflection and continuous assessment demonstrates a proactive approach to potential ethical challenges.

This qualitative research, anchored in a well-designed methodology and ethical considerations, promises to provide valuable insights into the influence of traditional beliefs on mental well-being in one of the provinces in the Philippines. By embracing the complexity of cultural influences, the study contributes not only to academic knowledge but also to the empowerment of the community and the promotion of culturally sensitive mental health approaches. The findings have the potential to inform mental health practitioners and policymakers, fostering a deeper understanding of the interplay between traditional beliefs and mental well-being in diverse cultural contexts.

CONCLUSION AND RECOMMENDATION

Conclusion

The research adds valuable insights to the existing body of knowledge on the impact of traditional beliefs on mental health. It highlights the potential conflict between these beliefs and individuals' mental well-being, as well as how religion shapes perceptions and support mechanisms in the context of mental health. This underscores the need for a nuanced understanding of the interplay between traditional beliefs, mental health, and religious perspectives to inform more effective support strategies.

The study reveals that societal beliefs often invalidate individual perspectives and influence how one processes their thoughts. Participants, particularly those adhering to traditional beliefs, report negative impacts from church and biblical teachings, linking mental instability to perceived faith weakness. This leads some to question and reconsider their beliefs to avoid feeling invalidated. However, a subset of participants, while not significantly affected by societal beliefs, still navigates the challenge of understanding and incorporating cultural beliefs as part of their Filipino identity, finding support in certain aspects.

Recommendation

This study reveals that the majority of participants significantly influence how people generally perceive stressors within the context of their traditional beliefs. Based on these findings, it is recommended for individuals to balance their beliefs if they think that these beliefs will affect their mental well-being. In addition, it is recommended to further investigate the specific ways in which cultural and traditional

backgrounds shape individuals' perspective on stressors. Additionally, exploring potential interventions or support systems that align with diverse cultural frameworks could be beneficial in addressing stress-related challenges within various communities. The researchers acknowledged a potential limitation in their study, which is the differences of the individuals' perspective that lead the data to limitation of the researcher's knowledge. When examining the data, they analyzed each individual's perspective.

Future researchers are recommended to enhance the data representation to have a balanced data by expanding the participant count that would provide a more accurate portrayal of the required data. Also, to recommend digging deeper on the study, by focusing on what more can the beliefs affect the mental health that how beliefs can be their strength or can also be the reason why mental health is unstable in this kind of generation.

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APPENDICES

Interview Guide Questions

1. Can you describe any traditional beliefs or practices that are significant in your culture or community?
2. How do these traditional beliefs influence your daily life and decision-making processes?
3. What traditional beliefs do you think influence or affect your mental wellbeing?
4. In these beliefs, what are religious?
5. How do you think these traditional beliefs influence or affect your mental wellbeing?
6. Have you observed any connections between traditional beliefs and mental well-being in your community or among individuals you know?
7. How satisfied are you with your life right now?
8. How happy did you feel in the past week?
9. When was the last time that you felt anxious?
10. Do you think that the things you do in your life are worthwhile? How?
11. How do traditional beliefs which include religion, culture, and family affect your mental well being?
12. How do traditional beliefs address concepts such as stress, anxiety, depression, and overall emotional well-being?
13. How do you perceive mental well being as a Filipino?
14. What, in your opinion, can be done to better understand and leverage the potential benefits of traditional beliefs on mental well-being while addressing any challenges they may pose?



NU BALIWAG
College of Education,
Arts and Sciences



This informed consent form is for the citizens of Baliwag, Bulacan whom we are inviting to participate in our research titled **“Understanding the Influence of Traditional Beliefs on Mental Well-being: A Qualitative Inquiry.”**

Esmeria, Selwyn Kenneth

Lumbera, Fritz Gerald B.

Magat, Wilking D.P.

Reyes, Ma. Cristel Angela S.

Roque, Ghicky Rhey B.

National University – Baliwag

This Informed Consent Form has two parts:

- **Information Sheet** (to share information about the study with you)
- **Certificate of Consent** (for signatures if you choose to participate)

You will be given a copy of the full Informed Consent Form

Part I: Information Sheet

Introduction

We are NU Baliwag students who are conducting a study about Understanding the Impact of Traditional Beliefs on Mental Health. This is going to provide you with some information as we invite you to be a part of this research. Take your time as you're not required to decide today if you want to participate in the study. You can speak to anyone that you're comfortable with before you decide.

The consent form may have words that you don't understand. If you would like me to slow down while we go through the information, please say so, and I will take a moment to clarify. Afterwards, if you have questions, you can freely ask our members.

Purpose of the research

Within our community many of us are familiar with the challenges that people face with regards to mental well-being. We think that the traditional beliefs and customs of our culture may affect how people feel emotionally and mentally. We want to learn from you, our community, what those values are and how they impact your mental health. By understanding this connection, we would like to find ways to support and enhance the mental well-being of all. Your thoughts and stories can help us researchers to make knowledgeable results in our study as we also try to bring improvement on the mental well being of our community.

Type of Research Intervention

This research involves your participation in an interview that should take about 30 minutes to an hour. In the interview, you are encouraged to answer questions as long as you will.

Participant Selection

You are being invited to take part in this research because we believe that your unique characteristics and experiences align with the goals of this study. Your residence in Baliwag, Bulacan, and your age group are crucial factors as they allow us to gain insights into how traditional beliefs impact the mental well-being of young adults in this specific region.

Furthermore, your proficiency in English and willingness to discuss sensitive topics will enable us to explore these intricate matters effectively. Our study values diversity and inclusivity, and your participation, regardless of your race or ethnicity, enriches our understanding of the diverse perspectives on this subject.

Voluntary Participation

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. Furthermore, we want to assure you that your decision to participate or not will have no bearing on your job or any work-related evaluations, reports, or any other aspects of your employment, if applicable. You may

choose to participate today and change your mind later, even if you initially agreed. In such a case, you have the right to request that any information provided by you not be used in the research study.

Your comfort and autonomy in this process are of utmost importance to us, and we respect your decision regarding your participation in our research.

Procedures

We are asking you to help us understand and learn more about the possible influences of traditional beliefs to your mental well-being. We are inviting you to take part and be a participant in this research project. If you accept, you will be interviewed and asked questions pertaining to the topic at hand. Your answers will serve as the data where we get our conclusions from.

You will be participating in an interview with one of the researchers.

During the interview, one of the researchers will sit down with you in a comfortable location in the premises of SM Baliwag or NU Baliwag. If it is better for you, the interview can take place in your home or any place to your convenience.

The interview will contain questions regarding your beliefs and the state of your mental well-being. If you do not wish to answer any of the questions during the interview, you may say so and the interviewer will move on to the next question. No one else but the interviewer will be present unless you would like someone else to be there. The information recorded is confidential, and no one else except the researchers will have access to the information documented during your interview. The entire interview will be tape-recorded, you will be asked to be identified on record just for proof in case you agreed to be taped, rest assured that no-one will be identified in the transcription of the recordings. The tape will be kept in the personal devices and private storages of the researchers to ensure the safety of your data and information. The information recorded is confidential, and no one else except the researchers will have access to the tapes. The tapes will be destroyed after the estimated time of 6 weeks.

Duration

The interviews are estimated to be 30 minutes to an hour long.

The research is projected to take 6 weeks or 1 and a half months to finish. After the conclusion of the study, there will be a

Risks

The topic and questions can cause emotional distress to some of the participants.

You do not have to answer any question or take part in the interview if you don't wish to do so, and that is also fine. You do not have to give us any reason for not responding to any question, or for refusing to take part in the interview.

Benefits

This research will benefit you, the researchers, and the community.

At the end of the research, all will acquire more understanding regarding traditional beliefs as factors that influence the mental well-being of the citizens of Baliwag.

Reimbursements

The researchers will be paying for your travel costs if you agree to the researchers' terms regarding the location where the interview will take place.

Rest assured that a compromise will be met regarding the scheduling of the interview.

Confidentiality

We want to assure you that your privacy and confidentiality are of utmost importance to us. We are aware that the research being conducted may draw attention from others specifically since this study revolves around our personal life, one of them specifically our spirituality stands and religion. We will not be sharing information about you outside of the research team. We are committed to safeguarding both the information about you and the information you share with us throughout this research process.

Sharing the Results

Our findings from this research will be shared with you and your community before it is made widely available to the public. Each participant will receive a summary of the results. The results may be published so that other interested people may learn from the research.

Right to Refuse or Withdraw

Your participation in this research is entirely voluntary. You may stop participating, refuse to answer, or stop the interviews without worries. At the end of the interviews, you will be given an opportunity to review your answers, and you can to modify or portions of those

Who to Contact

If you wish to ask questions later, you may contact any of the following:

Esmeria, Selwyn Kenneth esmeriaselwynken@gmail.com

Lumbera, Fritz Gerald B. lumberafritz@gmail.com

Magat, Wilking D.P. wilkingmagat2002@gmail.com

Reyes, Ma. Cristel Angela S. elareys530@gmail.com

Roque, Ghicky Rhey B. ghickyroq@gmail.com

This proposal has been reviewed and approved by Michael Jo S. Guballa, which is a committee whose task it is to make sure that research participants are protected from harm. If you wish to find out more about the IRB, contact ____.

Part II: Certificate of Consent

I have been invited as a participant in the research regarding the influence of traditional beliefs on the mental well-being of individuals.

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and any questions I have been asked have been answered to my satisfaction. I consent voluntarily to

be a participant in this study

Print Name of Participant: _____

Signature of Participant: _____

Date: _____

Day/month/year

If illiterate

I have witnessed the accurate reading of the consent form to the potential participant, and the individual has had the opportunity to ask questions. I confirm that the individual has given consent freely.

Print name of witness: _____

Thumb print of participant:

Signature of witness: _____

Date: _____

Day/month/year

Statement by the researcher/person taking consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the participant understands that the following will be done:

1. I will be subjected to interviews.
2. The interviews will be recorded.
3. My information will be used only for the purposes of the study.

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this ICF has been provided to the participant.

Print Name of Researcher/person taking the consent _____

Signature of Researcher /person taking the consent _____

Date _____

Day/month/year



NU BALIWAG
College of Education,
Arts and Sciences

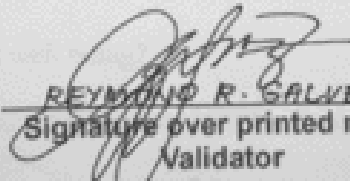


Certificate of Interview Guide Questions Validation

This certifies that the undersigned has examined and validated the interview guide questions of researcher/s Esmeria, Selwyn; Lumbera Fritz Gerald; Magat, Wilking; Reyes, Ma. Cristel; Roque Ghicky Rhey for their paper entitled,

Title:

**Understanding the Influence of Traditional Beliefs on Mental Well-being: A
Qualitative Inquiry**


REYMOND R. SALVEZ, MAEd
Signature over printed name
Validator

Date: 28 SEPTEMBER 2023

Understanding the Influence of Traditional Beliefs on Mental Well-being:

A Qualitative Inquiry

Statement of the problem

This study aims to investigate and comprehend the multifaceted influence of traditional beliefs on the mental well-being of individuals within diverse cultural contexts. It seeks to address questions surrounding the ways in which these traditional beliefs, deeply rooted in cultural and societal norms, may either positively support or negatively impact an individual's mental well-being. By conducting a qualitative inquiry, this research intends to shed light on the complex interplay between traditional beliefs and mental health, thereby contributing to a more comprehensive understanding of this important aspect of human experience.

Central Research Questions

1. To what extent do traditional beliefs impact the mental well-being of an individual?

General Questions

1. How do traditional beliefs or practices affect the mental well-being of an individual?
2. How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?
3. How does religion as part of traditional beliefs affect the mental well-being of an individual?

Questions	Validator 1	Validator 2	Validator 3
2 (2) Can you describe any traditional beliefs or practices that are significant in your culture or community? <i>mention identity</i>		✓	
3 (4) How do these traditional beliefs influence your daily life and decision-making processes?		✓	
1 (1) What traditional beliefs do you think influence or affect your mental wellbeing?		✓	
In these beliefs, what are religions?		X	
4 (4) How do you think these traditional beliefs influence or affect your mental wellbeing? <i>→ why explain the difference between both questions.</i>		✓	
1 (1) Have you observed any connections between traditional beliefs and mental wellbeing in your community or among individuals you know? <i>rephrase</i>		✓	
5 (5) How satisfied are you with your life right now? <i>include why or why not?</i>			Rephrase the question
How happy did you feel in the past week?			Rephrase the question
6 (6) When was the last time that you felt anxious? <i>why?</i>			
Do you think that the things you do in your life are worthwhile? How?			X no conclusion the topic
How do traditional beliefs which include religion, culture, and family affect your mental well being?		X	

→ Choose whether 4 or these item

How do traditional beliefs address concepts such as stress, anxiety, depression, and overall emotional well-being?			
How do you perceive mental well being as a Filipino?		✓	
What, in your opinion, can be done to better understand and leverage the potential benefits of traditional beliefs on mental well-being while addressing any challenges they may pose?		✓	

can be answered if there will be follow-ups
 see no. 2

define / describe

do you think

Rephrase

Shows conclusion already

1. Rearrange the question according to how the interview will progress. Start with the basic questions going to complex.
2. Do not repeat / create questions that will result to same answer.
3. Answer and assess whether all the interview questions are enough to answer the problem stated.
4. If question can be lessor better. most especially if it's repetitive.

R. Baluy



NU BALIWAG
College of Education,
Arts and Sciences

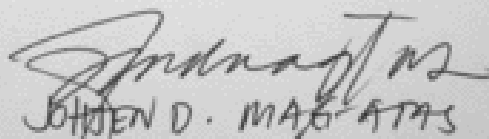


Certificate of Interview Guide Questions Validation

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Title:

**Understanding the Influence of Traditional Beliefs on Mental Well-being: A
Qualitative Inquiry**



JOHN D. MAGAT

Signature over printed name
Validator

Date:

Understanding the Influence of Traditional Beliefs on Mental Well-being:

A Qualitative Inquiry

Statement of the problem

This study aims to investigate and comprehend the multifaceted influence of traditional beliefs on the mental well-being of individuals within diverse cultural contexts. It seeks to address questions surrounding the ways in which these traditional beliefs, deeply rooted in cultural and societal norms, may either positively support or negatively impact an individual's mental well-being. By conducting a qualitative inquiry, this research intends to shed light on the complex interplay between traditional beliefs and mental health, thereby contributing to a more comprehensive understanding of this important aspect of human experience.

Central Research Questions

1. To what extent do traditional beliefs impact the mental well-being of an individual?

General Questions

Suggestion: I think it would be better if you add in your general question: "What ^{are the} traditional beliefs or practices?"

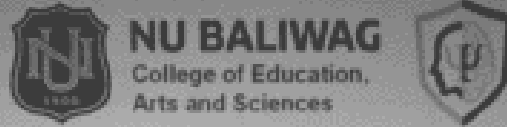
- 1) How do traditional beliefs or practices affect the mental well-being of an individual?
- 2) How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?
- 3) How does religion as part of traditional beliefs affect the mental well-being of an individual?

It will be easy for you to identify what are those traditional beliefs that affects their mental being if you include this question in yours

Questions	Validator 1	Validator 2	Validator 3
Can you describe any traditional beliefs or practices that are significant in your culture or community? <i>this answerable by yes/no.</i>			X - revised.
How do these traditional beliefs influence your daily life and decision-making processes?			✓
What traditional beliefs do you think influence or affect your mental wellbeing?			✓
In these beliefs, what are religious?			✓
How do you think these traditional beliefs influence or affect your mental wellbeing?			✓
Have you observed any connections between traditional beliefs and mental wellbeing in your community or among individuals you know?			✓
How satisfied are you with your life right now?			X
How happy did you feel in the past week?			X
When was the last time that you felt anxious?			X
Do you think that the things you do in your life are worthwhile? How?			X
How do traditional beliefs which include religion, culture, and family affect your mental well being?			X same in question 5

How can we be traditional beliefs of a person that are significant and in your culture/com?

How do traditional beliefs address concepts such as stress, anxiety, depression, and overall emotional well-being?			✓
How do you perceive mental well being as a Filipino?			✓
What, in your opinion, can be done to better understand and leverage the potential benefits of traditional beliefs on mental well-being while addressing any challenges they may pose?			✓



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Title:

**Understanding the Influence of Traditional Beliefs on Mental Well-being: A
Qualitative Inquiry**

John Patrick G. Jacinto
Signature over printed name
Validator
Date: Sept 28, 2023

Understanding the Influence of Traditional Beliefs on Mental Well-being: A Qualitative Inquiry

Statement of the problem

This study aims to investigate and comprehend the multifaceted influence of traditional beliefs on the mental well-being of individuals within diverse cultural contexts. It seeks to address questions surrounding the ways in which these traditional beliefs, deeply rooted in cultural and societal norms, may either positively support or negatively impact an individual's mental well-being. By conducting a qualitative inquiry, this research intends to shed light on the complex interplay between traditional beliefs and mental health, thereby contributing to a more comprehensive understanding of this important aspect of human experience.

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General Questions

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2. How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?
3. How does religion as part of traditional beliefs affect the mental well-being of an individual?

Questions	Validator 1	Validator 2	Validator 3
Can you describe any traditional beliefs or practices that are significant in your culture or community?	/		
How do these traditional beliefs influence your daily life and decision-making processes?	/		
What traditional beliefs do you think influence or affect your mental wellbeing?	/		
In these beliefs, what are religious?	Don't need to ask this you can get this from their answers for Q2		
How do you think these traditional beliefs influence or affect your mental wellbeing?			
Have you observed any connections between traditional beliefs and mental well-being in your community or among individuals you know?	Rephrase		
How satisfied are you with your life right now? <i>Why are you satisfied with your life? why/w not?</i>	→ This requires measurement (1-5)		
How happy did you feel in the past week? <i>Were you happy in the past week? why/why not?</i>			
When was the last time that you felt anxious? why?	/		
Do you think that the things you do in your life are worthwhile? How?	X		
How do traditional beliefs which include religion, culture, and family affect your mental well being? <i>Same thing as no 4</i>	X		

How do traditional beliefs address concepts such as stress, anxiety, depression, and overall emotional well-being? ①			
How do you ^{active} perceive mental well being as a Filipino? ②			
What ^{into point} in your opinion can be done to better understand and leverage the potential benefits of traditional beliefs on mental well-being while addressing any challenges they may pose?	Rephrase		

1. Interview questions should be short and open ended.
2. Group the question as they relate to one another
3. Some questions can be answered by other questions
4. Avoid asking directly your GQ's to your informants
5. You need to formulate a better question to answer GQ3

REVISED GENERAL QUESTIONS AND STATEMENT OF THE PROBLEM

VALIDATED BY 3 (THREE) VALIDATORS.

Understanding the Influence of Traditional Beliefs on Mental Well-being: A Qualitative Inquiry

Statement of the problem

This study aims to investigate and comprehend the multifaceted influence of traditional beliefs on the mental well-being of individuals within diverse cultural contexts. It seeks to address questions surrounding the ways in which these traditional beliefs, deeply rooted in cultural and societal norms, may either positively support or negatively impact an individual's mental well-being. By conducting a qualitative inquiry, this research intends to shed light on the complex interplay between traditional beliefs and mental health, thereby contributing to a more comprehensive understanding of this important aspect of human experience.

Central Research Questions

1. To what extent do traditional beliefs impact the mental well-being of an individual?

General Questions

1. How do traditional beliefs or practices affect the mental well-being of an individual?
2. How do individuals within the community perceive the relationship between traditional beliefs and their mental well-being?
3. What are the traditional beliefs or practices that the community perceive to affect their mental well-being?
4. How does religion as part of traditional beliefs affect the mental well-being of an individual?

Questions	Response
1. What traditional beliefs do you think influence or affect your mental well-being?	
2. Can you describe any traditional beliefs or practices that are significant in your culture or community?	
3. How do those traditional beliefs influence your daily life and decision-making processes?	
4. Have you observed any connections between traditional beliefs and mental well-being in your community or among individuals you know?	
5. How satisfied are you with your life right now?	
6. When was the last time that you got anxious? Why?	
7. How do you define mental well-being as a Filipino?	