

# Empowering Women Behind Bars: Livelihood Skills Training as a Catalyst for Rehabilitation and Reintegration

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## ABSTRACT

This study examines the impact of a soap-making training program on selected Women Persons Deprived of Liberty (PDLs) in Iligan City. Twenty (20) PDL women were purposely chosen to participate in the hands-on training, which was jointly organized by the Iligan City Bureau of Jail Management and Penology (BJMP) and the Department of Science and Mathematics Education of the College of Education under University We Care Office. The initiative aimed to introduce practical livelihood skills that could support the participants' reintegration into society upon release. Throughout the activity, the PDL women demonstrated strong engagement and expressed deep appreciation for the time, attention, and opportunities extended to them. Many participants shared that the training renewed their sense of hope and self-worth, noting that being included in such programs made them feel recognized as valuable individuals. Several women emphasized that the skills gained from soap-making could serve as a viable livelihood option once granted freedom, allowing them to pursue honest work instead of returning to illegal activities that previously led to their incarceration. The PDL women also conveyed eagerness for more capacity-building activities, expressing that such training can support their transition "from bars to bars of soap," symbolizing a positive shift toward productive and dignified futures. Overall, the soap-making training not only imparted technical skills but also fostered motivation, empowerment, and renewed optimism among the PDL women. Through this initiative, they are beginning to craft clean and sustainable futures, highlighting the transformative potential of skill-based rehabilitation programs in correctional settings.

**Keywords:** Women, Persons Deprived of Liberty (PDLs), Soap-making, Livelihood

## INTRODUCTION

The Women Persons Deprived of Liberty (PDLs) represent one of the most marginalized and vulnerable populations within the correctional system, often facing compounded challenges such as social stigma, psychological stress, and limited access to education and livelihood opportunities. Studies have shown that incarceration significantly affects women's sense of identity, self-worth, and future prospects, making reintegration into society particularly difficult without structured support (Agustin et al., 2024). In Philippine correctional institutions, the need for rehabilitative and skills-based interventions is critical, as many women PDLs express a strong desire for personal growth, meaningful engagement, and preparation for life beyond incarceration. Addressing these needs through livelihood-oriented programs is essential in fostering resilience, restoring dignity, and reducing the risk of recidivism.

Anchored on this premise, the study focuses on soap-making as a practical and sustainable livelihood skill for selected women PDLs at the Bureau of Jail Management and Penology (BJMP) Iligan City. Soap-making was

chosen for its accessibility, low start-up cost, and potential for small-scale entrepreneurship, making it a viable option for women upon release. Beyond technical skill acquisition, the activity is designed to promote psychosocial well-being by providing a creative and productive outlet that nurtures self-reliance, confidence, and a renewed sense of purpose. This approach is supported by Distor (2017), who emphasized that skills training and structured interventions help women PDLs cope with stressors inside correctional facilities while preparing them for constructive roles in society.

This initiative is a collaborative effort between BJMP Iligan City and Mindanao State University–Iigan Institute of Technology (MSU-IIT), reflecting a shared commitment to rehabilitation, empowerment, and social responsibility. It aligns with the United Nations Sustainable Development Goal (SDG) 10: Reduced Inequalities, which underscores the importance of promoting social inclusion and empowering marginalized groups, including those in custodial settings. By equipping women PDLs with livelihood skills and fostering a mindset of hope and capability, *Bubbles of Hope* seeks to contribute meaningfully to their rehabilitation journey—enabling them to envision better futures and rebuild their lives through lawful, dignified, and productive means upon reintegration into their communities. Specifically, the activity aims to (1) develop basic soap-making and entrepreneurial skills among women PDLs, (2) enhance their self-confidence and psychosocial well-being through meaningful engagement, and (3) promote self-reliance as a foundation for sustainable livelihood opportunities after release.

## METHODOLOGY

This study employed a descriptive-correlational research design. The descriptive component was used to present the socio-demographic profile of the Women Persons Deprived of Liberty (PDLs) as well as their levels of satisfaction and motivation toward the soap-making livelihood program. The correlational component examined the relationship between factors affecting satisfaction and the PDLs' level of motivation across various domains (intrinsic, family, educational, income, spiritual, and future motivation). This design allowed the researchers to determine existing conditions, perceptions, and relationships among variables without manipulating any factors.

**Participants.** The participants of the study were twenty (20) purposely selected Women PDLs detained at the Iligan City Jail. The participants were chosen based on their availability and willingness to take part in the soap-making training program. Their demographic characteristics—age, civil status, educational attainment, and length of stay—were documented to understand their background and context.

**Research Locale.** The study was conducted at the Bureau of Jail Management and Penology (BJMP) – Iligan City Jail, in collaboration with the University We Care Office and the Department of Science and Mathematics Education, College of Education, MSU-IIT. The locale was selected as part of an ongoing community-extension initiative for capacity building among women PDLs.

**Data Gathering Procedure.** Formal communication and approval were sought to conduct the training and data collection inside the detention facility. Participants underwent guided instruction on soap production using standard soap-making materials and equipment. Researchers documented participants' engagement, reactions, behavior, and interactions throughout the activity. After the training, demographic sheets and feedback forms were administered to determine levels of satisfaction and motivation. Participants were encouraged to verbally share their experiences, insights, and perceived benefits, which were documented by the researchers.

**Data Analysis.** Two forms of instruments were used: the Demographic Profile Sheet was used to gather descriptive data on age, civil status, educational background, and length of stay. Structured Feedback and Rating Forms was used to assess participants' level of satisfaction and multiple dimensions of motivation (intrinsic, family, educational, income, spiritual, future). These instruments included Likert-type items and open-ended questions that captured qualitative feedback on engagement, perceived benefits, and personal reflections.

Data were analyzed using both descriptive and inferential statistics: Descriptive Statistics (frequency, percentage) were used to present the demographic profile and distribution of satisfaction and motivation levels. Correlation Analysis (Pearson r) was used to examine the relationship between factors affecting satisfaction and the PDLs' motivation levels. Qualitative Data were analyzed using thematic interpretation to capture participants' reflections, perceived benefits, and emotional/psychological responses to the program.

## RESULTS AND DISCUSSION

Based on the gathered data, the following demographic profile were summarized below:

### Age Distribution of the Respondents

**Table 1.** Age Profile of PDL Women

Age	Frequency	Percentage
21-25 Years Old	3	15%
26-30 Years Old	4	20%
31-35 Years Old	8	40%
36-40 Years Old	1	5%
41-45 Years Old	1	5%
46-50 Years Old	3	15%

Table 1. shows the demographic profile of the respondents in terms of age. As can be seen, the majority with 8 (40%) of the respondents belong to the age 31-35 years old, followed by 26-30 years old with 4 (40%), 21-25 years old and 46-50 years old, both with 3 (15%), and finally 36-40 years old and 41-45 years old with both 1 (5%) of the total sample. This means, most of the respondents were approaching middle age.

**Table 2.** Civil Status of PDL Women

Civil Status	Frequency	Percentage
Single	11	55%
Married	8	40%
Separated	1	1%

Table 2 presents the respondents' demographic profile by civil status. The majority were single (n = 11, 55%), followed by married (n = 4, 40%) and separated (n = 1, 5%).

**Table 3.** Educational Attainment of PDL Women

Educational Attainment	Frequency	Percentage
Elementary Graduate	1	5%
High School Level	6	30%
High School Graduate	9	45%
College Graduate	4	20%

Table 3 shows the demographic profile of the respondents in terms of educational attainment. As can be seen, the majority with 9 (45%) of the respondents were high school graduates, followed by high school level with 6 (30%), college graduates with 4 (20%) and elementary graduates with 1 (5%) of the total sample. This means almost half of the total respondents have already completed their basic education.

**Table 4.** Length of Stay in Jail of PDL Women

Length of Stay	Frequency	Percentage
Less than 1 year	9	45
1-2 years	8	40
3-4 years	1	5
5 years and Above	2	10

Table 4 shows the demographic profile of the respondents in terms of length of stay in the Jail. As can be seen, the majority with 9 (45%) of the respondents had been in jail for less than a year, followed by 8 (40%) who had been in jail for 1-2 years, 2 (10%) who had been in jail for 5 years and above, and 1 (5%) who had been in jail for 3-4 years. This means almost half of the total respondents have only recently been incarcerated.

### Respondents' Level of Satisfaction

**Table 5.** PDL Women Level of Satisfaction

Statements	Highly Satisfied (%)	Satisfied (%)	Not Satisfied (%)	Highly Not Satisfied (%)
1. The soap making program of BJMP-Tipanoy Iligan City can help me provide for my needs. ( <i>Ang programa sa paggawa ng sabon ng BJMP-Tipanoy Iligan City ay makakatulong sa aking pangangailangan.</i> )	14 (70%)	6 (30%)	0 (0%)	0 (0%)
2. The BJMP-Tipanoy Iligan City has provided enough equipment for the Livelihood Programs. ( <i>Ang BJMP-Tipanoy Iligan City ay naglaan ng sapat na kagamitan para sa mga Programang Pangkabuhayan.</i> )	12 (60%)	7 (35%)	0 (0%)	0 (0%)
3. The BJMP-Tipanoy Iligan City Livelihood Programs give me a chance to support my family needs. ( <i>Ang Programang Pangkabuhayan ng BJMP-Tipanoy Iligan City ay nagbibigay sa akin ng pagkakataon na masuportahan ang aking pamilya sa kanilang mga pangangailangan.</i> )	11 (55%)	9 (45%)	0 (0%)	0 (0%)
4. The BJMP-Tipanoy Iligan City Livelihood Program helped me to develop the skills which I can use when I am released. ( <i>Ang mga Programang Pangkabuhayan ng BJMP-Tipanoy Iligan City ay nakakatulong sa akin mag-develop ng mga kakaya.</i> )	14 (70%)	6 (30%)	0 (0%)	0 (0%)
5. The livelihood program gives me confidence to socialize, which helps me to overcome my stress and boredom. ( <i>Ang Programang Pangkabuhayan ay nagbibigay sa akin ng kompyansang makipagugnayan sa iba at tumutulong sa akin na labanan ang aking stress at pagkabagot.</i> )	14 (70%)	6 (30%)	0 (0%)	0 (0%)

Based on Table 5, there was a notable satisfaction through personal and economic empowerment. The narratives indicate that the participants experienced a high level of satisfaction with the BJMP-Tipanoy Iligan City

livelihood programs. Satisfaction was expressed across multiple dimensions: economic, personal, and social. Economically, the program provides a sense of self-sufficiency and the ability to meet personal and family needs, reflecting its practical value. The provision of adequate equipment and structured support further reinforced participants' positive perceptions of program effectiveness. On a personal level, the development of skills relevant for post-release employment strengthened self-efficacy and future preparedness. Socially and emotionally, engagement in the program enhanced confidence, facilitated social interactions, and helped alleviate stress and boredom during confinement. Collectively, these findings suggest that well-resourced and structured livelihood programs can foster high levels of satisfaction, combining economic utility, skill acquisition, and psychosocial benefits, thereby supporting overall rehabilitation and empowerment of PDL women.

### **Level of Motivation**

Table 6 presents the level of motivation of the PDL women in terms of intrinsic, Family, Educational, Income, Spiritual, and Future motivation. Their degree of motivation after participating in the soap-making livelihood training program was measured using a four-point Likert scale: strongly agree, agree, disagree, and strongly disagree which were interpreted as very motivated, motivated, unmotivated, and very unmotivated.

**Table 6.** Respondents Level of Motivation

<b>Statements</b>	<b>Very Motivated (%)</b>	<b>Motivated (%)</b>	<b>Unmotivated (%)</b>	<b>Very Unmotivated (%)</b>
<b>Intrinsic Motivation</b>				
1. I am motivated to improve myself while I am inside the facility. ( <i>Ako ay ginaganahang pagbutihin ang aking sarili habang ako ay nasa loob ng pasilidad.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)
2. I want to build more discipline and patience during my time here. ( <i>Gusto kong magkaroon ng mas maraming disciplina at pasensya sa aking pananatili dito.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
3. I strive to turn my mistakes into lessons for the future. ( <i>Nagsusumikap akong gawing aral para sa hinaharap ang aking mga pagkakamali.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)
4. I am motivated to prove that I can still change for the better. ( <i>Ako ay ginaganahang patunayan na kaya ko pang magbago para sa ikabubuti.</i> )	14 (70%)	6 (30%)	0 (0%)	0 (0%)
5. I believe that learning new skills will make me a stronger person. ( <i>Naniniwala ako na ang pag-aaral ng mga bagong kasanayan ay magpapalakas sa akin bilang isang tao.</i> )	13 (65%)	7 (35%)	0 (0%)	0 (0%)

<b>Family Motivation</b>	<b>Very Motivated (%)</b>	<b>Motivated (%)</b>	<b>Unmotivated (%)</b>	<b>Very Unmotivated (%)</b>
6. I want to reunite with my family and be a better provider. ( <i>Gusto kong makasama muli ang aking pamilya at maging mas mahusay na tagapagtuguyod.</i> )	14 (70%)	6 (30%)	0 (0%)	0 (0%)
7. Thinking about my family motivates me to endure challenges inside. ( <i>Ang pag-iisip tungkol sa aking pamilya ay nagbibigay sa akin ng motibasyon upang malampasan ang mga hamon sa loob.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
8. My children or loved ones give me the strength to change my life. ( <i>Ang aking mga anak o mga mahal sa buhay ay nagbibigay sa akin ng lakas upang baguhin ang aking buhay.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
9. I am motivated to stay healthy so I can be with my family again. ( <i>Ako ay ginaganahang manatiling malusog upang makasama ko muli ang aking pamilya.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)
10. I want to become a better role model for my family. ( <i>Gusto kong maging mas mahusay na huwaran para sa aking pamilya.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)
<b>Education Motivation</b>	<b>Very Motivated (%)</b>	<b>Motivated (%)</b>	<b>Unmotivated (%)</b>	<b>Very Unmotivated (%)</b>
11. I am interested in joining ALS or formal education programs here. ( <i>Ako ay interesado na sumali sa ALS o mga pormal na programa ng edukasyon dito.</i> )	15 (75%)	5 (25%)	0 (0%)	0 (0%)
12. I am motivated to learn new knowledge that I missed before. ( <i>Ako ay ginaganahang matuto ng mga bagong kaalaman na hindi ko natutunan noon.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
13. I want to complete or continue my studies while inside. ( <i>Gusto kong tapusin o ipagpatuloy ang aking pag-aaral habang nasa loob.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
14. I believe education can give me a new opportunity outside. ( <i>Naniniwala ako na ang edukasyon ay maaaring magbigay sa akin ng bagong oportunidad sa labas.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
15. I feel motivated when I learn something new in training sessions. ( <i>Ako ay ginaganahan kapag may natutunan akong bago sa mga sesyon ng pagsasanay.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)

<b>Income Motivation</b>	<b>Very Motivated (%)</b>	<b>Motivated (%)</b>	<b>Unmotivated (%)</b>	<b>Very Unmotivated (%)</b>
16. I am motivated to join livelihood programs (TESDA, handicrafts, carpentry). ( <i>Ako ay ginaganahang sumali sa mga programa sa kabuhayan (TESDA, handicrafts, carpentry).</i> )	12 (60%)	8 (40%)	0 (0%)	0 (0%)
17. I feel encouraged when I earn income from my work inside. ( <i>Ako ay nasisiyahan kapag kumikita ako mula sa aking trabaho sa loob.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
18. I want to use the skills I learn here to earn money after release. ( <i>Gusto kong gamitin ang mga kasanayang natutunan ko dito upang kumita ng pera pagkatapos ng paglaya.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
19. I join activities that teach me how to support myself in the future. ( <i>Sumasali ako sa mga aktibidad na nagtuturo sa akin kung paano suportahan ang aking sarili sa hinaharap.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
20. Having livelihood training makes me hopeful about my future. ( <i>Ang pagkakaroon ng pagsasanay sa kabuhayan ay nagbibigay sa akin ng pag-asawa tungkol sa aking kinabukasan.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
<b>Spiritual Motivation</b>	<b>Very Motivated (%)</b>	<b>Motivated (%)</b>	<b>Unmotivated (%)</b>	<b>Very Unmotivated (%)</b>
21. I find strength in prayer and spiritual activities. ( <i>Ako ay nakakahanap ng lakas sa panalangin at mga espiritwal na aktibidad.</i> )	14 (70%)	15 (30%)	0 (0%)	0 (0%)
22. My faith gives me motivation to face life inside the facility. ( <i>Ang aking pananampalataya ay nagbibigay sa akin ng motibasyon upang harapin ang buhay sa loob ng pasilidad.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
23. Religious gatherings help me remain hopeful. ( <i>Ang mga pagtitipon ng relihiyon ay tumutulong sa akin na manatiling umaasa.</i> )	17 (85%)	3 (15%)	0 (0%)	0 (0%)
24. I believe God is giving me a second chance to change. ( <i>Naniniwala ako na binibigyan ako ng Diyos ng pangalawang pagkakataon upang magbago.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
25. My spiritual life motivates me to avoid conflicts inside. ( <i>Ang aking espiritwal na buhay ay nagbibigay sa akin ng motibasyon upang iwasan ang mga alitan sa loob.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)

Future Motivation	Very Motivated (%)	Motivated (%)	Unmotivated (%)	Very Unmotivated (%)
26. I am motivated to join programs that prepare me for re-entry into society. ( <i>Ako ay ginaganahang na sumali sa mga programa na naghahanda sa akin para sa muling pagpasok sa lipunan.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)
27. I want to build good habits that will help me after my release. ( <i>Gusto kong bumuo ng magagandang ugali na makakatulong sa akin pagkatapos ng aking paglaya.</i> )	15 (75%)	5 (25%)	0 (0%)	0 (0%)
28. I am motivated to avoid committing mistakes again in the future. ( <i>Ako ay ganadong iwasan ang muling paggawa ng mga pagkakamali sa hinaharap.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
29. I believe the time I spend here can prepare me for a new beginning. ( <i>Naniniwala ako na ang oras na ginugugol ko dito ay maaaring maghanda sa akin para sa isang bagong simula.</i> )	16 (80%)	4 (20%)	0 (0%)	0 (0%)
30. My motivation comes from the hope of living a better life outside. ( <i>Ang aking motibasyon ay nagmumula sa pag-asa na mamuhay ng mas magandang buhay sa labas.</i> )	18 (90%)	2 (10%)	0 (0%)	0 (0%)

Thematically, the narratives of the PDL women were analyzed by theme and thematic analysis were drawn.

#### **Intrinsic Motivation:** Personal Growth and Self-Development

The narratives highlight that the women's motivation is driven by an internal desire for self-improvement and transformation. Participants expressed a commitment to building personal qualities such as discipline, patience, and resilience, reflecting a proactive approach toward self-regulation and emotional growth. Reflection on past mistakes and the aspiration to turn these experiences into lessons for the future indicate a strong orientation toward learning and personal accountability. Moreover, the acquisition of new skills is seen as a pathway to enhance self-efficacy and strength, suggesting that intrinsic motivation is closely tied to empowerment and future readiness. Collectively, these narratives demonstrate that internal factors—such as self-reflection, personal agency, and the pursuit of competence—play a central role in motivating positive behavioral and cognitive change among PDL women.

#### **Family Motivation.** Family as a Source of Purpose

The narratives reveal that the women's motivation to engage in positive behaviors and personal growth is deeply rooted in their familial relationships. Reunification with family and the aspiration to provide or care for loved ones emerged as central motivators. Participants expressed that thoughts of their children or other family members inspired resilience and endurance while in confinement. The desire to maintain health, cultivate better habits, and serve as positive role models reflects a forward-looking orientation grounded in family connections. Collectively, these narratives highlight the family's role as a critical emotional anchor and a driving force for self-improvement, suggesting that interventions for PDL women may be more effective when they incorporate family-oriented goals and support systems.

## Income Motivation. Economic Empowerment and Future Preparedness

The narratives indicate that the women's motivation is strongly linked to income generation and the development of livelihood skills. Participation in training programs, including TESDA courses and handicraft activities, fosters both practical skills and a sense of hope for financial independence upon release, as livelihood training has been shown to equip persons deprived of liberty (PDLs) with income-generating competencies that support sustainable livelihoods and post-release reintegration. Such programs not only provide practical skill sets but also contribute to empowerment by enhancing self-confidence and economic agency among incarcerated individuals. Furthermore, participants recognize the importance of acquiring marketable skills to secure employment or entrepreneurial opportunities after reintegration, reflecting long-term goal orientation and future planning that aligns with broader rehabilitation objectives. Collectively, these narratives suggest that income-related motivation serves not only as a means of economic self-sufficiency but also as a source of optimism, empowerment, and preparation for life beyond incarceration (Mendoza, 2025)

## Spiritual Motivation: Faith and Spiritual Resilience

The narratives highlight that spirituality and religious practices serve as a core source of motivation and emotional strength for women deprived of liberty. Prayer, faith, and participation in religious gatherings were identified as mechanisms that help women maintain hope, cope with the challenges of confinement, and navigate interpersonal conflicts. Research indicates that engagement in spiritual practices can foster psychological resilience, emotional regulation, and a sense of meaning among incarcerated individuals, contributing to better coping with the stresses of imprisonment and supporting adjustment to incarceration and future reintegration contexts. Moreover, belief in divine guidance and perceptions of second chances have been associated with transformative intentions and prosocial behavioral change within correctional settings. Collectively, these insights underscore the centrality of faith as a sustaining force that fosters hope, self-discipline, and the internal drive for personal reform among women deprived of liberty (Moyo ( 2025); Jang (2022); Boyer (2013).

## Future Motivation: Hope and Future Orientation

The narratives demonstrate that the women's motivation is strongly oriented toward future reintegration and personal transformation. Participation in re-entry programs and the cultivation of constructive habits reflect proactive planning and a commitment to self-improvement. The women expressed a clear desire to avoid repeating past mistakes, indicating an internalized understanding of the consequences of prior actions and a focus on preventing recidivism. Additionally, viewing their time in the facility as an opportunity to prepare for a "new beginning" underscores a forward-looking mindset grounded in hope and optimism. Collectively, these insights highlight that future-oriented motivation serves as a key driver for behavioral change, personal growth, and social reintegration among women deprived of liberty.

## Correlation Between Level of Satisfaction and Motivation

Table 7 presents the Spearman's rank-order correlation between the level of satisfaction and motivation of the PDL women on the soap-making livelihood program.

**Table 7. Correlation Between PDL Women's Level of Satisfaction and Motivation**

Spearman's rho	Level of Satisfaction	Level of Satisfaction	Level of Motivation
		Correlation Coefficient	.317
	Correlation Coefficient	.317	.174
		.174	.
	N	20	20
Level of Motivation	Correlation Coefficient	.317	1.000
		.174	.
	N	20	20

As can be seen from the table, there was a weak positive correlation between the two variables, but it was not statistically significant,  $r_s(18) = .32$ ,  $p = .17$ ,  $n = 20$  since the p-value is greater than the conventional alpha level of 0.05.

## Limitations

This study has several limitations. First, the sample size was relatively small ( $N = 20$ ), as it included only the available Women Persons Deprived of Liberty (PDLs) who participated in the soap-making livelihood program at the BJMP–Iligan City Jail during the data collection period. Second, the study was conducted in a single correctional facility, which limits the generalizability of the findings to other jail settings or PDL populations. Third, the research instruments were limited to 20 items, which were carefully selected to capture key domains of satisfaction and motivation while considering time constraints, security protocols, and the cognitive and emotional demands placed on PDL respondents; however, a longer instrument might have provided a more nuanced assessment of these constructs. Fourth, the use of self-report measures may have introduced response biases, such as social desirability, particularly given the structured environment of the correctional setting. Finally, despite efforts to ensure methodological rigor, potential researcher and participant biases cannot be entirely eliminated. These limitations should be considered when interpreting the results and in designing future studies involving Women PDLs.

## CONCLUSION AND RECOMMENDATION

The results indicate that the soap-making livelihood program implemented at the BJMP–Iligan City Jail was effective in fostering high levels of satisfaction and motivation among Women Persons Deprived of Liberty (PDLs). The respondents demonstrated strong satisfaction with the program, particularly in relation to skill development, adequacy of resources, and perceived psychosocial and economic benefits. High levels of motivation were likewise evident across intrinsic, family, educational, income, spiritual, and future domains. The observed relationships between satisfaction and several motivation domains highlight the contribution of well-structured livelihood initiatives to rehabilitation outcomes. The absence of significant relationships between satisfaction and intrinsic as well as educational motivation suggests that these aspects may be shaped more by internal dispositions and prior learning experiences than by program-related factors alone. In light of these considerations, it is recommended that the BJMP sustain and further strengthen livelihood programs through continued institutional support, strategic inter-agency collaboration, and the integration of complementary educational and values-oriented components to promote holistic rehabilitation and successful reintegration of Women PDLs into society.

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