

Sustainable Parental Resources of Organic Urban Teaching (SPROUT): An Innovation to Upgrade 4Ps Parents' Livelihood Sustainability

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CONTEXT AND RATIONALE

Parental involvement in education has long been recognized as a crucial factor in determining a child's academic success and overall well-being (Hill et al., 2004). In many developing countries, such as the Philippines, government programs like the Pantawid Pamilyang Pilipino Program (4Ps) have been implemented to provide conditional cash transfers to low-income families, with the aim of improving their livelihood sustainability (Adhikari et al., 2017). However, sustainability also entails long-term empowerment and the development of skills for parents to become self-reliant. This action research study introduces the Sustainable Parental Resources of Organic Urban Teaching (SPROUT) innovation as a means to upgrade the livelihood sustainability of 4Ps parents.

SPROUT, founded on the principles of sustainable development and organic urban teaching, aims to provide 4Ps parents with the necessary resources and knowledge to enhance their self-reliance and livelihood opportunities. By incorporating sustainable agriculture practices and urban gardening techniques, SPROUT offers parents the chance to grow their own organic produce, both for personal consumption and potential income generation (FAO, 2013). This approach not only enhances the nutritional status of families but also promotes environmental stewardship and encourages a shift towards healthier and sustainable lifestyle choices.

The empowerment of parents through sustainable practices has yielded positive outcomes in various contexts. A study conducted by Hirai and Fujii (2019) found that engagement in sustainable livelihood activities led to increased self-confidence and a sense of agency among participants. Additionally, Oyelaran-Oyeyinka and Sanni (2020) demonstrated that sustainable livelihood initiatives can contribute to poverty reduction and improved standard of living in rural communities. By adapting and applying these concepts to the urban setting and specifically targeting 4Ps parents, the SPROUT innovation has the potential to significantly uplift the livelihood sustainability of this vulnerable population.

Furthermore, the incorporation of organic urban teaching methodologies aligns with the growing demand for sustainable and eco-friendly practices within the global educational landscape (ITO, 2014). This approach not only equips parents with important agricultural skills but also fosters a sense of pride and cultural heritage. By tapping into traditional and indigenous knowledge systems, SPROUT emphasizes the importance of intergenerational knowledge transfer and community engagement, offering a holistic approach to sustainable parental resources.

The SPROUT innovation holds immense promise as a means to upgrade the livelihood sustainability of 4Ps

parents. By combining sustainable agriculture practices and organic urban teaching methodologies, SPROUT seeks to empower parents, enhance their self-reliance, and contribute to poverty reduction. This action research study will explore the implementation, impact, and potential challenges of the SPROUT intervention, aiming to provide valuable insights for policymakers, educators, and communities seeking innovative approaches to uplift the lives of vulnerable populations.

Innovation, Intervention and Strategy

The Sustainable Parental Resources of Organic Urban Teaching (SPROUT) is an innovation to upgrade 4Ps parents' livelihood sustainability. This will be designed and implemented in collaboration with the target community. This will involve conducting workshops, focus group discussions, and consultations to actively involve the parents in the development and implementation of sustainable practices. The intervention may include organic farming techniques, skill development programs, entrepreneurship training, and community-based cooperatives.

Action Research Questions

The study aims to explore the implementation, impact, and potential challenges of the SPROUT intervention, aiming to provide valuable insights for policymakers, educators, and communities seeking innovative approaches to uplift the lives of vulnerable populations. Specifically, the study aims to answer the following questions:

1. What are the perception and attitudes of 4Ps parents towards the Sprout program as a sustainable resource for organic urban farming?
2. What are the key challenges faced by 4Ps parents in implementing the Sprout program?
3. To what extent does the Sprout program contribute to the improvement of knowledge and skills in organic farming among 4Ps parents?

ACTION RESEARCH METHODS

Participants and/or Other Sources of Data and Information

This will involve 50 4Ps parents of JBT Caing Sr. Memorial Integrated School as respondents. The respondents were selected through a purposive sampling technique, ensuring that respondents from various urban areas are included to capture a diverse range of experiences and challenges. The inclusion criteria was specified that the respondents must be active beneficiaries of the 4Ps program and are parents residing in urban settings.

This action research places a strong emphasis on sustainability and livelihood improvement, so the respondents will have a genuine interest in enhancing their own and their families' well-being. Additionally, the researchers will consider including respondents from different educational backgrounds, age groups, and family sizes to provide a comprehensive understanding of the challenges and opportunities faced by 4Ps parents.

Data Gathering Methods

This research study employed descriptive type obtained through quantitative research to determine the current livelihood sustainability. The teachers were given survey questionnaires consisting of five questions.

DISCUSSION OF RESULTS AND REFLECTION

Table 1. Perception and Attitudes of 4Ps parents towards the Sprout Program

Perception and Attitudes of 4Ps parents towards the Sprout Program		
Indicators	Weighted Mean	Verbal Interpretation
1. The Sprout program has increased my awareness about urban farming.	4.16	Agree
2. I believe that participating in the Sprout program will improve my family's nutrition.	4.14	Agree
3. The Sprout program has helped me acquire new skills related to gardening and farming.	4.00	Agree
4. I feel more confident in my ability to grow food for my family because of the Sprout program.	4.50	Strongly Agree
5. Participating in the Sprout program has positively impacted my family's budget by reducing our expenses on fruits and vegetables.	4.12	Agree
6. I am satisfied with the support and resources provided by the Sprout program.	4.14	Agree
7. The Sprout program has encouraged me to involve my children in gardening activities.	4.22	Strongly Agree
8. I believe that urban farming can help address food insecurity in our community.	4.40	Strongly Agree
9. The Sprout program has strengthened my sense of connection to nature and the environment.	3.84	Agree
10. I would recommend the Sprout program to other 4PS parents.	4.24	Strongly Agree
Total Weighted Mean	4.18	Agree

Legend: Strongly Disagree (SD)= 1-1.80, Disagree (D)= 1.81-2.60, Neutral (N)= 2.61-3.40, Agree (A)= 3.41-4.20, and Strongly Agree (SA)= 4.21-5.00

The data presented in Table 1 provide insight into the perception and attitudes of 4Ps parents towards the Sprout Program, focusing on various indicators measured through a Likert scale. The overall weighted mean of 4.18 indicates a prevailing positive sentiment among participants towards the program. Specifically, participants generally agreed that the Sprout program has been effective in achieving its objectives and providing valuable benefits.

The data suggest that the Sprout program has been successful in increasing participants' awareness about urban farming, with a weighted mean score of 4.16, indicating agreement among respondents. Moreover, participants expressed belief in the program's potential to improve their family's nutrition, with a weighted mean score of 4.14. This suggests that participants perceive the program as a valuable resource for promoting healthier dietary habits within their households.

Furthermore, the data reveal that the Sprout program has had a tangible impact on participants' skills development, confidence levels, and family budget. Participants reported acquiring new skills related to

gardening and farming (weighted mean of 4.00) and feeling more confident in their ability to grow food for their families (weighted mean of 4.50). Additionally, they acknowledged the program's positive impact on their family budget by reducing expenses on fruits and vegetables (weighted mean of 4.12). These findings collectively reflect the program's effectiveness in empowering participants with practical knowledge and resources to enhance their food security and financial well-being.

Additionally, participants expressed strong agreement with statements related to community engagement and environmental consciousness. They reported being encouraged to involve their children in gardening activities (weighted mean of 4.22), believing in the potential of urban farming to address food insecurity in their community (weighted mean of 4.40), and feeling a strengthened sense of connection to nature and the environment (weighted mean of 3.84). These aspects underscore the broader social and environmental benefits perceived by participants, further highlighting the positive impact of the Sprout Program within the community. Overall, the data suggest that the Sprout Program is well-received among 4Ps parents and is viewed as a valuable initiative for promoting sustainable food practices, enhancing nutrition, and fostering community engagement.

Table 2. Key Challenges in Implementing SPROUT Program

Key Challenges	Frequency	Percentage
Time Constraints	30	60%
Busy with household chores	15	30%
Don't care at all	5	10%

Table 2 represent the key challenges faced by participants, along with their frequencies and corresponding percentages. The most commonly cited challenge among the participants is time constraints, with 30 individuals reporting this issue. This accounts for 60% of the total responses. Time constraints suggest that participants feel they lack the necessary time to engage in activities related to the program, such as urban farming or gardening initiatives. Another significant challenge mentioned by participants is being busy with household chores, with 15 individuals reporting this issue. This represents 30% of the total responses. Being occupied with household chores indicates that participants may have other responsibilities and commitments that prevent them from fully participating in the program. A smaller percentage of participants, 5 individuals, reported that they don't care at all. This accounts for 10% of the total responses. This response suggests a lack of interest or motivation among these participants towards the program or its objectives. The data highlighted that time constraints and household chores are the primary challenges faced by participants, significantly impacting their ability to engage with the program. Additionally, a small portion of participants express disinterest or apathy towards the program. Understanding these challenges is crucial for program organizers to tailor interventions and support mechanisms to address participants' needs effectively.

Table 3. Improvement of Knowledge and Skills in Organic Farming among 4Ps Parents

Improvement of Knowledge and Skills in Organic Farming among 4Ps Parents		
INDICATORS	Weighted Mean	Verbal Interpretation
1. The Sprout program has increased my awareness about urban farming.	4.40	Strongly Agree
2. I believe that participating in the Sprout program will improve my family's nutrition.	4.40	Strongly Agree

3. The Sprout program has helped me acquire new skills related to gardening and farming.	4.32	Strongly Agree
4. I feel more confident in my ability to grow food for my family because of the Sprout program.	4.44	Strongly Agree
5. Participating in the Sprout program has positively impacted my family's budget by reducing our expenses on fruits and vegetables.	4.44	Strongly Agree
6. I am satisfied with the support and resources provided by the Sprout program.	4.52	Strongly Agree
7. The Sprout program has encouraged me to involve my children in gardening activities.	4.30	Strongly Agree
8. I believe that urban farming can help address food insecurity in our community.	4.40	Strongly Agree
9. The Sprout program has strengthened my sense of connection to nature and the environment.	4.40	Strongly Agree
10. I would recommend the Sprout program to other 4PS parents.	4.40	Strongly Agree
Total Weighted Mean	4.40	Strongly Agree

Legend: Strongly Disagree (SD)= 1-1.80, Disagree (D)= 1.81-2.60, Neutral (N)= 2.61-3.40, Agree (A)= 3.41-4.20, and Strongly Agree (SA)= 4.21-5.00

The data provided (Table 3) indicate a remarkably positive perception and enhancement of knowledge and skills in organic farming among 4Ps parents participating in the Sprout Program. Across all indicators, participants overwhelmingly expressed strong agreement, with a total weighted mean of 4.40, corresponding to "Strongly Agree." This signifies a robust consensus among participants regarding the program's effectiveness and benefits.

The results show that the Sprout program has been highly successful in achieving its educational objectives, with participants reporting significant increases in awareness about urban farming (4.40) and a strong belief that participation in the program will improve their family's nutrition (4.40). Moreover, participants indicated that the program has equipped them with new skills related to gardening and farming (4.32), fostering a sense of confidence in their ability to grow food for their families (4.44).

Beyond individual skill development, the data suggest broader positive impacts on participants' households and communities. Participants reported that participating in the Sprout program has positively impacted their family's budget by reducing expenses on fruits and vegetables (4.44), indicating potential financial benefits associated with adopting organic farming practices. Additionally, the program has encouraged participants to involve their children in gardening activities (4.30), fostering intergenerational engagement and promoting healthy lifestyle habits from a young age.

Furthermore, participants expressed strong agreement with statements related to the program's societal and environmental benefits, including its potential to address food insecurity in the community (4.40) and strengthen their sense of connection to nature and the environment (4.40). The high level of satisfaction with the support and resources provided by the program (4.52) further underscores its effectiveness in meeting participants' needs and fostering a positive learning environment. Overall, the data indicate that the Sprout

Program has been highly impactful in enhancing participants' knowledge and skills in organic farming, as well as promoting positive attitudes towards sustainable food practices and community well-being.

CONCLUSION

1. The data presented in Table 1 provide compelling evidence of the overwhelmingly positive perception and attitudes of 4Ps parents towards the Sprout Program. With an overall weighted mean of 4.18, it is evident that participants view the program favorably, recognizing its effectiveness in achieving objectives and delivering valuable benefits. Specifically, participants acknowledge the program's success in increasing awareness about urban farming, improving family nutrition, and enhancing skills development. These findings affirm the Sprout Program's role as a valuable resource for promoting healthier lifestyles and empowering participants to take control of their food security and financial well-being.
2. In Table 2, it becomes apparent that while the Sprout Program enjoys strong support among participants, it also faces significant challenges, notably time constraints and household responsibilities. With 60% of respondents citing time constraints and 30% mentioning being busy with household chores, it's evident that balancing program participation with existing obligations poses a considerable hurdle. Additionally, a minority of participants express disinterest, highlighting the importance of addressing motivational factors to ensure sustained engagement. Recognizing and addressing these challenges are vital for program organizers to tailor interventions effectively and ensure inclusivity among all participants.
3. Table 3 underscores the remarkable positive perception and knowledge enhancement among 4Ps parents participating in the Sprout Program regarding organic farming. With a total weighted mean of 4.40 across all indicators, participants overwhelmingly agree on the program's effectiveness and benefits. The data highlight not only individual skill development but also broader positive impacts on households and communities, including financial benefits, intergenerational engagement, and a strengthened sense of connection to nature. Moreover, participants express strong agreement with the program's societal and environmental benefits, underscoring its role in promoting sustainable practices and community well-being. In summary, the findings reaffirm the Sprout Program's effectiveness in fostering positive attitudes towards organic farming and contributing to holistic community development.

RECOMMENDATIONS

1. Based on the overwhelmingly positive perception and attitudes of 4Ps parents towards the Sprout Program as evidenced by Table 1, it is recommended that program organizers continue to prioritize and expand upon initiatives that have been successful in increasing awareness about urban farming, improving family nutrition, and enhancing skills development. To further strengthen the program's impact, organizers should consider implementing targeted outreach efforts to engage even more participants from diverse backgrounds. Additionally, continuous evaluation and feedback mechanisms should be established to ensure that the program remains responsive to the evolving needs and preferences of participants, thus, maximizing its effectiveness in promoting healthier lifestyles and empowering families to achieve food security and financial well-being.
2. Recognizing the significant challenges highlighted in Table 2, particularly regarding time constraints, household responsibilities, and participant disinterest, it is recommended that program organizers develop tailored strategies to address these barriers effectively. This may include offering flexible scheduling options, providing resources to support participants in managing their time more

effectively, and implementing motivational interventions to increase engagement and sustain interest over time. Collaborations with local community organizations and stakeholders could also provide additional support and resources to alleviate some of these challenges. By proactively addressing these obstacles, the program can ensure inclusivity and accessibility for all participants, thereby maximizing its reach and impact within the community.

3. In light of the remarkable positive perception and knowledge enhancement highlighted in Table 3, it is recommended that program organizers capitalize on the program's strengths in promoting organic farming practices and fostering holistic community development. Building upon the strong agreement among participants regarding the program's effectiveness and benefits, organizers should consider expanding educational initiatives and practical training opportunities to further enhance participants' skills and knowledge in sustainable agriculture. Additionally, efforts to promote the societal and environmental benefits of the program should be amplified through community outreach and advocacy campaigns, aiming to inspire broader adoption of sustainable practices and foster a culture of environmental stewardship. By leveraging these strengths and continuing to engage participants in meaningful ways, the Sprout Program can continue to make a significant and positive impact on individuals, families, and communities alike.

REFLECTION

Regular reflection sessions with the research team, community members, and other stakeholders will be conducted throughout the research process to assess the effectiveness of the SPROUT intervention. This will allow for adaptive modifications and improvements based on feedback and emerging needs.