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Abstract

This study aimed to assess the effectiveness of the Kabataan Iwas Droga Movement in reducing substance addiction among NCST-IIRT Graduate students in Dasmariñas, Cavite. The study sought to (1) assess participants' affective and behavioral states before and after the KID movement program, (2) quantify the important differences, and (3) discover the program that empowered children. Experimental quantitative and phenomenological qualitative methods were used. The KID Movement program was completed by 100 participants in this study. The researcher employed purposive sampling to choose 5 study participants and one NCST-IIRT field teacher. Data analysis used frequencies, percentages, standard deviation, and P-value. Thematic analysis was qualitative. KID Movement Program empowers adolescents in affective and behavioral psychological conditions. In qualitative, Realization, Self-Actualization, Inspiration, Relationship, and Empathy were the main topics. Good institution governance and teacher involvement affect participants' psychological state before joining the KID movement program. KID Movement focuses on youth empowerment and uses various methods of intervention to address different aspects of psychology, such as interpersonal and intrapersonal aspects (focus group discussion and testimonials), spiritual aspects, and drug education.

Keywords: Kabataan Iwas Droga, Affective, Behavioral, Empowerment

Introduction

The Philippines has the highest abuse rate for methamphetamine hydrochloride, or shabu, in East Asia, according to the United Nations World Drug Report in 2012. The United Nation's World Drug report was cited by the US Department of State in its 2012 International Drug Control Strategy Report, which is posted on the website of the US Embassy in Manila. The state department also disclosed that 2.1 percent of Filipinos aged. 16 to 64 were using shabu, and domestic consumption of methamphetamine and marijuana continued to be the main drug threats in the Philippines (Esplanada, 2012).

Drug abuse prevention education is something that the Filipinos must be on alert about. They have heard and seen in the news quite a lot of incidents from neighboring countries which are drug related highlighting drug smuggling and drug mules. This is something that they need to control, not only for the reputation and international relations of the country, but also for the safety of the Filipino citizens who are directly and indirectly affected by these incidents (Reyes, 2015).

The need for substance abuse prevention is clear. Yet many in the prevention field continue to face challenges as they advocate for prevention's benefits. After decades of research, much evidence-based strategies have been proven effective. Communities are now recognizing that investments in prevention are cost-effective. New understanding of prevention is leading to collaboration across systems, a collaboration which is mindful of how interventions impact outcomes not only in the substance abuse field, but also the fields of healthcare, mental health violence prevention and academic achievement (Beck, 2013).

In 2005, a Church ministry program was adopted from the advocacy of KILL DROGA or Kilos Laya Laban sa Droga Movement. A registered Non-Government Organization under Philippine Drug Enforcement Agency, the implementing agency of the Dangerous Drugs Board, Office of the President, Republic of the Philippines. It is a Drug Awareness Education and Information Campaign against the ill effects of drugs, alcohol and tobacco. Giving the opportunity to conduct a lot of seminars with a series of evangelistic concerts for Public and Private Schools, Colleges & Universities, Barangay Sanguniang Kabataan, including some Companies within the City of Dasmaringas, Cavite, which existed for almost five years (COG Website, 2015).

In this regard, the researchers have formulated a study to analyze the inclusion of KID program and with this, identifying such importance will have a definite role to play in preventing and bringing awareness to new generations which can influence the youth what lies beyond and with this, when delivered as intended, clearly delay use of substances and quite possibly reduce the associated problems through a critical period of development when substance use tends to escalate which will be also a helpful in a way to help those who are struggling to fight and eliminating substance abuse in their lives.

Objectives of the Study

Generally, this study aimed to determine how the Kabataan Iwas Droga Movement, as an intervention program, is effective on preventing substance abuse on a selected program of NCST-IIIRT in Dasmariñas City, Cavite.

Specifically, this study sought to answer the following question.

1. What is the psychological condition of the participants before engaging into the Kabataan Iwas Droga movement program? (a) affect and (b) behavior
2. What is the psychological condition of the participants after engaging into the Kabataan Iwas Droga Movement Program? (a) affect and (b) behavior
3. What is the significant difference on the affect and behavior of students before and after engaging into the Kabataan Iwas Droga movement program?
4. How did the program empowered the youth through the following: (a) Drug education (b) Testimonials (c) Spiritual approach (d) Focus Group Discussion

Relevant Studies or Review of Related Studies

Educational Model of Addiction and Recovery Implications

This model was formulated by Tom Horvath, Ph.D., ABPP, Kaushik Misra, Ph.D., Amy K. Epner, Ph.D., and Galen Morgan Cooper, Ph.D. in 1995. According to the educational model, the lack of accurate information about the dangers of addictive substances and activities causes addiction. Because people do not fully understand these dangers, they make poor and uninformed decisions. This leads to the subsequent development of an addiction. Recovery consists of gaining complete and accurate information. The model assumes that once people have accurate information it will lead them to make rational decisions and healthier choices. In the Kabataan Iwas Droga Movement, the main goal was to inform participants about the danger and consequences of substance abuse anchored upon following this theory.

The Spirituality of Addiction & Recovery Approach

For the past decades, the Bio-Psycho-Social-Spiritual (BPSS) model is widely- used, given the lack of certainty about what causes addiction, controversies emerge. People often debate the best and most effective approach to addiction treatment and recovery. The BPPS model of addiction accepts there are multiple causes and multiple solutions to addiction. Our position is that there is no

one best approach. Given the infinite range of human diversity, it seems clear that each person must determine his or her own unique recipe for a successful recovery. Originally, this model was simply the Bio-Psycho-Social Model. Later, spirituality was added. This is because spirituality emphasizes the highest capacity of human beings: to create meaning and purpose in life. Naturally, this capacity is beneficial in addiction recovery. The disconnection causes a failure to live in harmony with the universal laws or principles. These specific universal laws and principles may vary according to different faiths and religions. Nevertheless, the model views disconnection from a spiritual anchor as a cause of addiction. It follows that recovery would involve reestablishing this spiritual connection.

Methodology

The study utilized a mixed method design, wherein the researchers used experimental quantitative and a qualitative method. Experimental designs are said to be the approach for obtaining information about causal relationships (Robson, 1993), allowing researchers to assess the correlation (relationship) between one variable and another. A principal factor of such designs is that one element is manipulated by the researcher to see whether it has any impact upon another (Tierney, 2008) and Phenomenological qualitative, in which the nature of data gathered is about lived experiences of a concept or a phenomenon (Van Manen , 2004). The data regarding the phenomenon requires that the person interpret the action or experience for the researcher and the researcher must interpret the explanation provided by the person.

In this study, total enumeration was used for the quantitative design. A total of 100 members of the whole population participated. The researchers had no total control in the selection of the participants since the Kabataan Iwas Droga Movement program advocates and the administrator of NCST-IIIRT in Dasmarinas Cavite was the one who selected each batch of participants in one session. For the qualitative design, Purposive sampling technique was used by the researchers, there were five selected participants for the study and one field instructor working at the NCST-IIIRT in Dasmarinas Cavite. Purposive sampling technique is a form of non-probability sampling in which decisions concerning the individuals to be included in the sample are taken by the researcher, based upon a variety of criteria which may include specialist knowledge of the research issue, or capacity and willingness to participate in the research (Oliver, 2006). The researcher used a purposive sampling technique to choose appropriate participants for the qualitative part of the study.

The primary source of data came from 100 selected students of the KID Movement Program from NCST-IIIRT in Dasmarinas, Cavite. Initial data came from existing research, dissertations, journals and other published books that are related to the study.

The researcher have formulated few problems to start their topic and take time to read as many literature regarding to their study until they have finalized it into one topic with supporting literature and presented it to the adviser and decide whether to approve the problem or not and then help the researchers to justify their topic and advised on certain matters how to conduct their study. The researcher took time to think about how they would be able to come up and conduct their study. After formulating the questions and objectives that the researchers have made, they should be able to visualize how their study would run and come up with the possible results regarding the objectives. The researchers identified the population of their participants and produced information sheets and consent documents for their study. With this, a verbal consent was given to the researchers and that they

should take part and be advocates of the Kabataan Iwas Droga Movement. After this, the researchers have to present the informed consent to the participants during the available time of the participants the researchers will explain, justify the scope of research, they will be informed about the potential risk and cost of the study, and assuring the participants about that withdrawal in the participation of the study is possible anytime. The researcher would give respect and time for the participant to decide and should be able to assess the participants' understanding about the study and obtain an appropriate signed consent.

In conducting the research, the researchers used a pre-test questionnaire to determine the affective and behavioral psychological condition of all 1000 participants of KID Movement before taking up the program and a post-test questionnaire a week after the program and the program takes only at least 4 hours in just one session for each batch of participants, for the quantitative part of the study. After that the researchers collected, organized, encoded and compiled all the raw data for the quantitative and submitted it to the statistician for statistical analysis and then processed the results for its final discussions.

Since the study utilized a mixed method design research, the researchers developed an interview guide that was validated by a registered psychometrician. The researchers spent around 10 to 15 minutes of interview on each 50 selected participants a week after the program, and one field instructor working at the NCST-IIRT in Dasmarinas Cavite for further information about the program of schools. An audio-recorder was used to gather the exact information from the participants. This approach helped the researchers to further analyze and understand the recorded information. Taking down notes and focus attention during the conversation was also implied in collecting information that helped to support the analysis of the study, answered questionnaires were strictly confidential as their names were not necessary to indicate in the paper and they were informed that the result of the study is for the development of the program that can helped other youth in the future.

Beforehand, the participants were informed by the researchers that the actual interview was recorded. The purpose was to capture the exact words of their statements and can be used for the result of the study through thematic analysis. The researchers confirmed to the participants that the recorded interview would only be used for the purpose of research.

Participants of the Study

The participants of the study were one hundred (100) students from NCST-IIRT in Dasmarinas Cavite who were around 18-25 years old and whether they were using or not using any illegal substances. The participants were also selected regardless of their gender. The participants should also take the program from the very beginning until the end. From that, the researchers also selected five participants from the total population for the qualitative interview. Since the program's purpose was to prevent substance abuse before it may actually happen or happened again, in case that there were some of the participants who had taken drugs before, any of the participants in the total population could be selected in the interview and also, one field instructor working at the selected NCST-IIRT in Dasmarinas Cavite were interviewed for further information.

Data to be Gathered

The researchers utilized a pre-test and post-test entitled Kabataan Iwas Droga Movement Affective and Behavioral Evaluation Test to determine the psychological condition of the participants before and after the program, the instrument has two parts which each of its part measures the affective and behavioral part of the psychological condition. The instrument is a self-made test which was answerable by yes or no, modified from several tests gathered from different sources. Which were validated by three different professionals.

The instrument measures the affective level and behavior level of each participant before and after the intervention program, the results of the test were compared to know the difference between the pre-program participants and post-program participants, it consist 40 item questions in the affective part and 30 item questions in behavior part for the total of 70 items.

Since almost all of the questions in the Kabataan Iwas Droga Movement Affective and Behavioral Evaluation Test were negative questions. The higher the overall score that falls in the answer "Yes", the higher it falls in the negative level of the affective and behavioral psychological condition. The number of scores in the result for psychological condition individually increases when the answer falls in answer "No" for each of every question. The data that the researchers gathered in those tests were used further in determining the result of the study. It also helped the researchers to find some participants who are in actual use of illegal substances to interview for the qualitative part of the study. There was also an interview with one field instructor working at the NCST-IIIRT for additional information about the different programs and teaching values in the school. In this research, the level of affect was divided into four category levels and the level of behavior was divided into three category levels.

Affective Level

Low affective level, participants in this level has low self-confidence where they could not do their usual work without the help of other individuals, they only had few goals and plans and no motivational beliefs, and they tend to live their current life without any inspirations for what they were doing and work or study only for financial purposes or because they needed to.

Moderate affective level, participants in this level has an average self-confidence where they could often do their work without depending to others normally, has common numbers and kinds of goals and plans for their lives, and few motivational beliefs they tend to live their current life following a path where they could make a better life in the future for themselves and their family.

High affective level, participants in this level are confident in their own capabilities and could do most of the work independently without consulting to others, with a several goals and plans for their own lives and their families, inspired to do most of their works, they tend to had an average motivational beliefs with a mind set for their own future progress.

Very high affective level, participants in this level are exceptionally confident in their own capabilities where could work independently and tend to be had a potential leadership skills, has a several numbers and kinds of goals and plans for their own lives and their families and has a several motivational beliefs where they had a mindset inspired to do the best they could in every single task.

Behavioral Level

Negative behavioral level, where participants had negative responses into its environment, had actions or habits that were less than acceptable in the common, and often refused to follow the rules and regulation of the institution they were in.

Average behavioral level, where participants were neither inclined in both good or bad actions and habits and is considerably acceptable in common.

Positive behavioral level, participants in this level have positive responses into its environment where they tend to help a person without any consequences. They also had actions or habits that were considerably impressive or better than normal.

The researchers used Cronbach's Alpha and covariance matrix method for the Kabataan Iwas Droga Movement affective and behavior test reliability. Developed by Lee Cronbach in 1951 to provide a measure of the internal consistency of a test or scale; it is expressed as a number between 0 and 1 where internal consistency describes the extent to which all the items in a test measure the same concept or construct and hence it is connected to the inter-relatedness of the items within the test (Tavakol and Dennick, 2011).

Statistical Analysis

The researchers also used the mean score of the results. To indicate the average overall results that was needed in the study to be analyzed and verbally interpreted, also the frequency of score on the result, the standard deviation, the P-value and its percentage.

Data Analysis

Methodological triangulation was used for the data analysis. It checks out the consistency of findings generated by different data collection methods. This is commonly used in qualitative and quantitative data in a study and these elucidate complementary aspects of the same phenomenon. Often the points where these data diverge are of great interest to the qualitative researcher and provide the most insights (Denzin, 1978 and Patton, 1999). The data was given to three experts who were, Mr. Renato Agdalpen, Ms. Alyssa Kae Alegre, and Mrs. Edwina Roderos of the field of Philosophy and Psychology. To validate the results which gave more confidence to the result of the study. By combining multiple methods, and empirical materials, researchers can hope to overcome the weakness or intrinsic biases and the problems that come from single method, single-observer and single-theory studies.

Psychological condition before and after the program

Primarily, the intention of the program is to reduce the possible different variables that may lead them to take the wrong path of substance abuse, thus in the name of the program itself has the word “Iwas”, means to avoid or prevent the situation before it might actually happen. The researcher believes that the root of this prevention should start in empowering the psychological condition of each individual, therefore the researchers tried to collect the data to identify the affective and behavior that could measure the difference in the psychological condition of the participants before and after the program through a pre-test and post-test evaluation.

Table 1. Differences in the score of the participant’s psychological condition before the Kabataan Iwas Droga Movement

Psychological Condition (Before)	Mean	Standard Deviation	Remarks
Affective	18.52	4.56	High Affective
Behavioral	9.92	4.14	Good Behavioral

Table 1 shows the both affective and behavioral psychological condition results for pre- test evaluation and in table 2 shows the post-test evaluation gathered within 100 selected National College of Science and Technology-Institute of Industrial Research and Technology student of KID Movement in Dasmariñas, Cavite. Since the instrument Kabataan Iwas Droga Movement Affective and Behavioral Evaluation Test questions mostly consist of bad habits, decisions and works that have been done or felt that could be done by the participants in the future. The higher the overall score that falls in the answer “Yes”, the higher it falls in the negative level of the affective and behavioral psychological condition. The number of scores in the result for psychological conditions individually increases when the answer falls in answer “No” for each of every participant.

The overall affective level of the participants in the pre-test result with the mean score of 18.52 is high affective where participants in this level are confident in their own capabilities, with goals and plans for their own lives and their families and has average motivational beliefs. The participants in this study tend to create a better or good evaluation about themselves to protect them in some social discrimination. According to John Locke, people are of equal value and treat each other as they would want to be treated and according to Jean Jacques Rousseau, humans in the state of nature are naturally good and bad habits are the product of corrupting civilization (Agdalpen et al. 2011).

The results suggest a good affective evaluation before the program with no scores lied down in a low affective level, participants in this level has low self-confidence, has few goals and plans and no motivational beliefs and a majority of a high affective level where participants in this level are confident in their own capabilities, with a several goals and plans for their own lives and their families and has average motivational beliefs. On the other hand in the behavioral part, where

its mean score is 9.92, with a range of 0 to 19 and a standard deviation of 4.148. The overall behavioral level of the participants in the pre-test results with the mean score of 9.92 is inclined in the good behavioral level, where participants in this level have positive responses into its environment and have actions or habits that are acceptable in the common.

Since the participants involved in the Kabataan Iwas Droga Movement, are composing of students in a vocational school of NCST-IIRT, which strictly practices discipline, respect, nationality and good moral among the students, participants which were the students of the school were also expected to have a good reputation on their level of affect and their behavior. With both good starting evaluations in the participants in affective and behavioral psychological conditions, it would be harder to think that the program could do a big difference for further improvement within a four hours intervention, however the result in the post-test shows that there was at least a difference in numbers of scores.

Table 2. Differences in the score of the participant’s psychological condition after the Kabataan Iwas Droga Movement

Psychological Condition (After)	Mean	Standard Deviation	Remarks
Affective	15.34	4.45	High Affective
Behavioral	7.90	4.83	Good Behavioral

On Table 2, it represents the result of the post-test evaluation for affective and behavioral psychological condition, in the affective part where it has a mean score of 15.34, range of 7 to 26 and a standard deviation of 4.45. The overall affective level in the post-test results with a mean score of 15.34 lower than the pre-test results that also falls in high affective . Since the scores decreased, the programs’ purpose to empower the participants in the affective psychological condition succeeded a little bit. The value of mean gradually reduce in the affective part from 18.52 to 15.34, given that there were a very least difference between the two results, Kabataan Iwas Droga thus created a good result in the implementation of the program, the first results from the pre-test shows that the affective level of the participants was in the High Level. Indicating that the participants had a good evaluation in the affective field even before the program was implemented, there is no surprise whether the results on the program falls in small quantity of improvement. The program also can create a good effect by making motivation, improving self judgment and creating good intention about their plans since affective mostly includes those factors (State Universities Website, 2015) and with that the program could succeed in making an attempt in preventing substance abuse or even developed self-control.

It also shows that the behavioral part has a mean score of 7.90, where the overall behavioral level with a means score of 7.90 lower than the pre-test results, also falls in the good

behavioral level where participants in this level has participants has positive responses into its environment and has an actions or habits that was acceptable in the common. In the behavior part, the difference in the value of mean between the pre-test and the post results range from 9.92 to 7.90, just like in the affective where the difference was not relatively large, the result of the program in the behavioral has still a good performance.

Thus there was a good result in the program in both terms of psychological condition, meaning that the effectiveness of the program holistic empowerment by reducing the value of negative affect and negative behavior to participants is evident in the intervention. Psychological condition was the root factor in making decisions, and behind of it were both affective and behavioral aspects, a participant has a free-will to do anything and it also includes the usage of illegal substances, thus the program has no control to those chosen decisions after the intervention, its purpose is to create a foundation to support them not to take a wrong path. With the results in the statistical view, the numbers show that the program succeeded in that part of empowerment even though the differences were not that huge.

Table 3. Wilcoxon Signed Rank Test and Hypothesis

Psychological Condition (After)	Wilcoxon Signed Rank	P-Value	Remarks
Affective	- 4.384	.000	Reject Ho
Behavioral	- 3.168	.002	Reject Ho

In Wilcoxon Signed Rank test for affective part, the value -4.484 shows that there was a significant difference between in the affective before the program and after the program and for the behavioral part, the value in Wilcoxon Signed Rank test -3.168 also indicates that there were a significant difference in the behavioral level of the participants before and after the program. The null hypothesis was rejected, indicating that there is a significant difference between the psychological before and after the program.

Elements affecting psychological condition of the participants before engaging into the Kabataan Iwas Droga movement program

Good governance of the institution. The first factor that provides character development is the good governance of NCST-IIRT promoting their heart (Values Formation), soul (Environmental Concern and Protection), mind (Theoretical Foundation) and body (Practical Skills) that create holistic education programs.

NCST aims to become the institute for nation building, where student excellence is not an extraordinary achievement but a daily way of life. NCST, in response to the commercial and industrial sectors' need of highly professional and skilled manpower, provides advanced technology and industry-based education, and sets standard of proficiency and competency compatible to the demands of industry, enduring positive work values, competitiveness and quality among its graduates and to contribute to the national development by providing functional and relevant education thereby producing quality and responsible graduates with a strong foundation in character, faith, and love of country. Our graduates will become the change agents who will make a difference for this nation. We will produce professionals, leaders, entrepreneurs or skilled workforce who will become assets to the society and productive citizens of our country.

Teachers' Involvement. One of the instructors that proves that the education of NCST- IIRT implements a high quality education was Teacher Mar, one of the inspired educators at NCST-IIRT that a high spirited individual believes that he can make a difference in every student's lives. One of the reasons why Teacher Mar becomes a passionate educator of NCST is the will of every student to accomplish their goals and eagerness to learn. One thing only reminds of his excellent work was what if every Filipino will have a job that can support their family's needs and there will be no drug addiction, crimes, and other factors that may happen if people were educated and can make their life productive.

The Participants in the Interview

Five participants willingly participated in the study where they were interviewed about their experiences toward the program. To be able to understand the results and discussions presented in this chapter.

All five participants with their pseudo names Rody, Maria, Rina, TJ, JB are students of NCST-IIIRT with age ranging to 18 – 22 both came from different cities such as Quezon Province, Lucban Quezon and Rizal, all of the five participants undergone in a six month electronic training program partnered by TESDA and NCST-IIIRT, at the same time as part of the program in the school they were undergone in the program of Church of God, the Kabataan Iwas Droga Movement.

Participant 1 “Mary” was born in Tanay, Rizal on April 25, 1993. She was the eldest among her siblings. She enjoys hanging out with friends most of the time and loves to sing. Mary is currently enrolled in an electronic training program in NSCT for six months that was partnered with Tesda with a dream of becoming a doctor.

Participant 2 “Rody” is a 20 years old man and a pure native from Lucban Quezon. He is the 5th child among his seven siblings and is currently studying at ncst in his second semester. Rody also loves to play basketball, and likes playing guitar. He also dreamed of becoming a pastor someday.

Participant 3 “Rina” is born on September 9, 1996 and resides at Quezon province for almost 10 years then moves into Cavite. She loves watching tv and reading books. She is an only child and is an outgoing person.

Participant 4 “Tj” is from Atimonan, Quezon who is a family oriented person. He is 22 years old and is dedicated to playing basketball. He also dreams to be a successful teacher someday that can provide for his family's needs believing that God has a purpose for everything.

Participant 5 “Jb” is quite a business oriented man. He is currently residing in Silang, Cavite and the last born of his family. He is 24 years old and still wants to explore the world. Like the other participants, he is also under the training program in NCST with the same course.

Themes on how the program empowered the youth through Drug Education

Realization. In this study it was proven that realization is the reason how youth can be empowered through drug education. Realization can stir up visions and a highly balanced outlook of life, a sober approach to every event and factor in life. One of the key factors that the participants develop through drug education was self-awareness At Rody's case it shows that he was even more aware that he will not take any kinds of substance that can destroy his body which he learned from KID that provides informative and formal drug education. He also indicated that through this, it allows him to be aware about the cause and effect of taking drugs, implication on its behaviour, and decides not to engaged in any situation that can lead him to use substances as Rody stated “*Lalo po akong naging aware na hindi gumamit ng drugs kahit nasa alak pa hindi na po ako di ko na sinubukang maginom o manigarilyo o kung ano man, Healthy lifestyle po!*”. The participant also

gives significance to their health that they do not have the right to destroy their body because this was a gift from higher power. This evident also shows that preparation for these battle against substance use and abuse should be widely spread in these generation for them to know what is the danger side of this increasing dilemma, however it is very difficult for someone to find its way out if he was totally aware of consequences and yet cannot escape which therefore concludes that self-awareness is significant in preventing substance use and abuse. By developing self-awareness the participant can gain control in a certain situations. It also facilitates the capacity to learn from one's mistakes, accept criticism, and listen to and understand the experiences of others. In line with this it can also increase the knowledge of the participants At Maria's case she increased her knowledge and was told that there are different kinds of drugs and why does people take drugs and the consequence of using it she expresses in her words that "*nadagdagan yung knowledge..... marame pa lang ano ibig sabihin yung salitang droga para sa mga tao.... .knowledge din kung bakit nag dodroga o kung ano yung pinakamatinding epekto ng droga sa katawan ng tao*". Regarding with this matter the fact that many people will use this substance out of curiosity will be lessened, because it will increase the knowledge of everyone and let them identify what will be the outcome on each every action that they are going to take.

Themes on how the program empowered the youth through Testimony

Self- actualization. In this study it was proven that self-actualization is one of the reasons how youth can be empowered through testimony.

In Mary's case she learned from testimony that even though a person was already addicted to drugs, still there are many ways to change or to avoid the use of drugs and also release themselves form bad habits. She expresses in her own words "*yung nag testimony samen nun na naging addicted sya sa droga ,tapos in the way na yon na may mga tao pala na pede pa pa lang mabago pedeng pang maagapan ang mga nangyare sa kanila*". In line with these people who distinguished the essence of life which eventually make them happy as they learn to value the life that was given to them. There is always room for change and acceptance of those individuals allowing themselves to be set free from substance addiction.

Self-actualization can take many forms, depending on the individual. These variations may include the quest for knowledge, understanding, peace, meaning in life, or beauty. People feel this gentle but persistent tug to maximize their potential only after they have satisfied their basic deficiency cravings. Man is basically good, not evil, he has the capacity to be an efficient, healthy and happy person. But he must nurture the capacity with awareness, honesty, and introspection and maintain his freedom: to freely respond to internal and external events (values), to be himself at all costs.

The knowledge that man has this capacity motivates him to realize it. It also obliges him to actively work toward self-realization. We cannot not respond to the call that a value makes on us. This whole discussion shows the importance of studying Values and Ethics. We are obliged to discover the range of our possible moral behavior. If we are capable of being healthy and happy, then we are obliged to work toward that goal

Inspiration. In this study it was proven that Inspiration is one of the reason how youth can be empowered through testimony. In Rica's case she saw that through testimony from her batch

mates, they realized and got inspired by the testimony to take themselves away from drug use. She said "*parang na ano nya nadadala nya yung mga kabatch ko yung magbago di para gayahin sya kundi para kay Lord, kase sya nagawa syang baguhinni Lord pano pa kaya yung mga kabatch ko parang sya yung nag testimonya na kayang gawin sa kin to ni Lord*". With this, people will eventually be inspired by true stories of one's life that have changed hundreds of people who are in the midst of trials and how it can be avoided. It changes their view of point and see the significance of their life and make it even more worthy to live on with having things in mind that these people have encouraged them to set things right and what can be done to prevent the same scenarios. It also gives encouragement that there is a hope and can live a life to the fullest believing that if someone can change his/her life she can do it too.

Themes on how the program empowered the youth through Spiritual Approach

Guilt. According to Mary it shows them how higher power gave his life for them and make them guilty of sin and has an impact on their lives that motivates them to repent and surrender to higher power which she stated "*parang narealize nila sa sarili nila na bakit ganto bakit nagiging mali yung mga ginagawa naten*". It was shown on the video clip how Jesus Christ laid his life on us to give us eternal salvation and to be united to God by keeping in repentance and accepting the Lord as personal savior of their life. It has been identified in the past that spiritual approach is one of the key to strengthen drug awareness programs. According to the spiritual model, a disconnection from God or a Higher Power causes addiction. This separation causes people's suffering because they fail to live according to God's will or direction. It was determined that people must completely surrender their life to God in order for them to escape from using substances and make them realize that they have no rights to destroy their body because it was a gift from God. One of the reason why does spiritual approach is so effective because of having a Feeling of responsibility to take action on what the participant experience, respond to the calling of God that showing God's love on his own people that even we keep sinning still god is there and willing forgive us in our sin, and also apologize for misdeeds that the participant shows remorse/ regret in every sinful act that was committed.

It was also shown on spiritual approach that information alone is not powerful enough based on the book by David brooks Social Animal notes that some experts have said people just need to be taught the long term risk of bad behavior. For example 'Smoking can lead to cancer. Adultery destroys families, and lying destroys trust. The assumption was that once the participant was reminded of the foolishness of the behavior the participant would be motivated to stop. Both reason and will are obviously important in making moral decisions and exercising self-control. But it is not clearly seen that this character model has proven very effective means that a spiritual integrated approach will make a significant impact on every participant's lives including holistic concerts, prayers, pastoral counseling that would be added in addition with information provided.

This Focus Group Discussion entails on having a small group session, before it starts it has an activity which includes 3 paper hearts and they were instructed that they will going to write 3 dreams that they want for themselves, their families and their future and after that we facilitator will going build a rapport and start discussing what are the dreams that they have and after that we facilitator were going to get the first paper hearts that they want to give up some of them they give up their dream from themselves, for family, or for future and we facilitator destroyed their first paper

heart dream and stating what if someone destroyed or something destroyed your dreams what are you going to do and after that we are going to get the second dream and as for the other one we will going to destroy it and asked them what if the second dream has already gone? And the facilitator would asked them if they are still willing to give up the last dream and stating John 10:10 the enemy came to still, kill and destroy means that drugs, alcohol and tobacco can destroy your dreams and make them realize the value of life, that life is too short to waste, and give them the challenge to change and living this life to the fullest without substance, making them realize that their dreams are worth fighting for.

Empathy. In this study it was proven that trust is one of the reasons how youth can be empowered through Focus Group Discussion. According to the participants they engaged themselves to the point that they trust each and every one and build deeper relationship by sharing each burdens, showing concern and active listening to each member when Rody states "*Kumbaga nakapaglabas ka ng mga bagay na hindi mo dapat masabi. .nanasabi kolangsainyo.. hindi ko pa nga nasasabi yung iba*". It is being in the shoes of others feeling that the participant can relate everything that they experienced. In connection with this people will continue to experience genuine fellowship and feeling of belongingness as they share their life's stories, burdens and joy that happened to their life. It is also a way to build trust in each other that is a consequence of love that was being deprived of them for many reasons.

Relationship. It was also proven that Relationship is one of the reason how youth can be empowered through Focus Group Discussion. In Tj's case his interpersonal relationship with other strengthen in a way that he can mingle and enable him to communicate freely with others with no exception he indicated that "*natutunan ko pong makasalamuha sa atin makapaglabas pong samang loob at paano makisalamuha sa ibang tao kahit na hindi mo pa kakilala*". We develop confidence to communicate with other people, at first we are very shy but because of having a bond of the same struggle.

Reducing substance abuse by eliminating the primary problems of every youth concerning bad habits, unhealthy relationship toward peers, immorality, lack of knowledge about illegal substances and their consequences, negative affect and negative behavior could be very effective, like pulling a grass from its root for total eradication rather than just cutting its leaves. According to the tone of their voice there was a feeling of emptiness that transcend on each other's feelings that the focus group discussion was badly needed to established feeling of affection, purpose and joy to face each challenges that's why some of the participant engaged in substance abuse because they cannot feel the presence of happiness that leads to life changing process. In order to provide this feeling of consistent fellowship, and gathering was substantial and motivates every that there is a hope with the help of each other.

Summary

The study aims to determine how the Kabataan Iwas Droga Movement, as an intervention program, is effective on reducing substance abuse on selected National College of Science and Technology-Institute of Industrial Research and Technology Graduate student of KID Movement in Dasmariñas, Cavite Specifically the study aimed to (1) determine the psychological condition of the participants before engaging into the Kabataan Iwas Droga movement program for both affective and behavior; (2) determine the psychological condition of the participants after engaging into the Kabataan Iwas Droga movement program also for both affective and behavior; (3) measure the significant difference on the affect and behavior of students before and after engaging into the Kabataan Iwas Droga movement program; (4) Identify the program by empowering the youth in terms of drug education, testimonials, spiritual approach and focus group discussion. In this study, the researchers includes 105 total number of participants participated and undergone in the Kabataan Iwas Droga Movement program, where 100 of them took a pre-test before they were engaged in the program and a post-test in a week after they were engaged in the program, on the other hand 5 students were selected as interviewee participants through purposive random sampling. The researchers used mixed method research design, the result was statistically and thematically analyzed. Statistic results were verbally interpreted and themes included in the research were summarized. In this study, it was found out that the themes of the Kabataan Iwas Droga Movement program empowered the youth in terms of drug education were self-awareness, knowledge and realization. However, there were two themes which are self- actualization and inspiration that contribute to how the program empowers the youth through testimony, While guilt was the most prominent behavior occurring in terms of empowering youth through spiritual approach. Lastly through focus group discussion they find themselves continuously growing by having trust and deeper relationships with each other.

Conclusion

Based from the results and analysis of the research, the following conclusion were derived:

In the statistical findings, Kabataan Iwas Droga Movement Program is capable of empowering youth in terms of both affective and behavioral psychological condition. Based on the themes that came from the analysis of the verbatim, all of the five participants has a common response regarding drug education that the key to escape to the dangers of substance is to be prepared on hand and understand what will be the consequence of every action that was taken and providing substantial information that lessened the curiosity of youth not to engaged in using substance and make them realize the importance of life and people who love them the most.

In association with this the reply of the participants through testimony were inspired by the true stories of the person who totally experienced the feeling and the situation that they are in and can have a great impact on each of everyone's perspective that there is still hope and can still change. In reaction regarding spiritual approach is superlative that they learn that the game of life is a choice that higher power gives us the gift of freedom and fear enable us to know what would be our limitation that serves as alarm that were taking a wrong path and guilt will be the key to change the behavior that was occur. Lastly focus group discussion is commencing towards the character development of youth by building trust and enjoying the fellowship that this race is not yours alone.

Kabataan Iwas Droga Movement does not solely focus on preventing substance abuse since the program use different methods of intervention that concerning different aspects in psychology, such as interpersonal and intrapersonal aspect that could be seen in focus group discussion and testimonials, spiritual aspects and education about drugs, youth empowerment is of paramount importance.

Recommendation

In light of finding of the study, the following recommendation was made by the researcher:

The Kabataan Iwas Droga Movement needed a person expert in the field of Psychology to further enhance the program, usually drugs does affect the psychological being of the users, it can cause mental breakdown or even lead to permanent mental damage. Knowledge on different types of materials used to make drugs and how it affects the human body and brain can be more helpful in the improvement of the program. For the facilitator's, enhancing the ability to build up rapport, studying drug education with formal lectures by psychologists, counselors and government agencies and consistent training and more updated information for more efficient results. For the participants, continue attending programs similar to the Kabataan Iwas Droga Movement for further knowledge and enrichment regarding different forms of addiction and drugs. For the local government, implementations of Kabataan Iwas Droga Movement and other programs with similar interventions will also help the out of school youths and their families became aware of drugs and its effects, thus preventing them to take the wrong path of addiction could protect them to destroy their lives, since no one would deny this very fact that youth are the backbone of every nation. For the future researcher, we recommend a case study qualitative research since every individual participant has different experiences, environments, opinions and characteristics that can only be measured and analyzed broader in a multiple case study.

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