

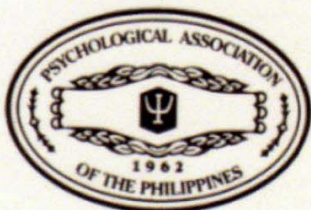
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Jesus Alfonso D. Datu, Allan B. I. Bernardo, and Ronnel B. King
Section Editors



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Construct Validation of Ryff's Psychological Well-being Scale: Evidence From Filipino Teachers in the Philippines

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Research on psychological well-being has given attention to employees in various industries but research involving teachers particularly in non-Western contexts remains scarce. Using both within- and between-network validation approaches, this study attends to gaps in literature through the examination of the psychometric properties of 42-item Ryff's Psychological Well-being Scale – a theory-derived scale which taps six core dimensions of psychological well-being: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self- acceptance. Through confirmatory factor analysis, data from 237 Filipino teachers provide support for the a priori six-factor model although a number of items obtained poor factor loadings. Between-network analysis suggests that these dimensions are linked to job performance. Findings are discussed in relation to the development of potential research agenda using the scale in the Philippine context.

Keywords: psychological well-being, job performance, confirmatory factor analysis

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Positive Psychology Research in the Philippines: An Introduction

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Over the past two decades, advances in positive psychology has resulted in an exponential increase in the number of studies concentrating on the dispositional, interpersonal, and socio-contextual factors which can optimize adaptive psychological and well-being outcomes. However, most of these investigations have focused on expanding the science of positive traits, states, and institutions in Western cultural contexts. The generalizability and applicability of these Western models have to be scrutinized and reconsidered when they are transported to different cultural settings. There is also a need to come up with emic studies that closely reflect the lived experience of peoples across cultures.

In recent years, there has been a burgeoning interest in cross-cultural studies that include samples from non-Western cultures including the Philippines (see Church et al., 2014; Kuppens, Realo, & Diener, 2008; McGrath, 2015). There has been some noticeable increase in positive psychology research in Asian cultural contexts (see Caleon, King, et al., 2017; Caleon, Wui, et al., 2017; Duan, Ho, Tang, Li, & Zhang, 2014; Kumano, 2018; Low, King, & Caleon, 2016) including the Philippines (see King & Datu, 2017; Mesurado, Richaud, & Mateo, 2016; Rosopa, Datu, Robertson, & Atkinson, 2016). Given the critical role that sociocultural factors play in shaping well-being and optimal functioning (Steel, Taras, Uggerslev, & Bosco, 2018; Tov & Diener, 2009), it is important to investigate how positive psychological factors can serve as either antecedents or consequences of optimal psychological functioning in specific cultural contexts.

Financial Stress and Well-being of Filipino Students: The Moderating Role of External Locus-of-hope

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One of the core principles of positive psychology is that character strengths buffer the effects of adverse experiences on well-being. This study investigated whether external locus-of-hope (LOH) moderates the effects of financial stress on Filipino students' well-being. Students from various universities answered questionnaires that included scales for financial stress, internal and external LOH, and satisfaction with life; all the relevant scales had good psychometric properties with the current sample. As expected, life satisfaction was negatively predicted by financial stress and positively predicted by three LOH dimensions. More importantly, external-family LOH moderated the relationship between financial stress and life satisfaction; there was no negative relationship between financial stress and life satisfaction among students with high external-family LOH. But the results also suggest that financial stress moderates the relationship between external-spiritual LOH and life satisfaction; external-spiritual LOH's positive relationship with life satisfaction is found only among those who experience low financial stress.

Keywords: financial stress, locus-of-hope, hope theory, well-being, life satisfaction, university students

Interdependent Happiness is Associated With Higher Levels of Behavioral and Emotional Engagement Among Filipino University Students

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In collectivist societies, individuals are likely to espouse a socially-oriented construal of happiness. Yet previous studies on the consequences of happiness and well-being have mostly concentrated on examining how a personal construal of happiness optimized positive academic and psychological outcomes. This research explored the association of interdependent happiness with the behavioral as well as the emotional domains of academic engagement and disaffection among 220 Filipino university students enrolled in a private university through a cross-sectional investigation. Results of the hierarchical regression analyses demonstrated that interdependent happiness positively predicted behavioral and emotional engagement even after controlling for demographic variables (i.e., age and gender). Interdependent happiness did not predict both behavioral and emotional disaffection. Furthermore, the effect sizes between interdependent happiness and engagement domains ranged from 'relatively small' to 'typical'. The theoretical and practical implications of the findings are discussed.

Keywords: academic engagement, disaffection, interdependent happiness

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Life Satisfaction Predicts Positive Workplace Outcomes Among Filipino Guidance Counselors

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The study tested the broaden-and-build theory of positive emotions (Fredrickson, 1998; 2003) in the field of counseling practice. The researchers hypothesized that counselors' life satisfaction would predict outcomes relevant in practice: counseling self-efficacy, emotional awareness, and flow state. Participants ($n = 137$) completed measures of counseling self-efficacy, flow state, life satisfaction, and emotional awareness. Age, gender, civil status, and degree earned were identified as covariates and their effects were controlled in the regression analyses. Findings revealed that life satisfaction positively predicted flow state and emotional awareness. Counselors who expressed greater satisfaction with their lives seem to see the counseling experience as rewarding and are more attuned to their emotions. This finding is consistent with the key postulate of broaden-and-build theory on the beneficial consequences of positive affect on psychological resources.

Keywords: life satisfaction, emotional awareness, flow state, counseling self-efficacy, Filipino counselors

One of the primary contributions of literature on positive psychology is providing strong evidence for the link between happiness and success (Lyubomirsky, King, & Diener, 2005). Happy individuals evaluate their life as satisfying, report an overall sense of well-being, and are oriented towards personal growth and goal attainment.

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Career and Talent Development Self-Efficacy of Filipino Students: The Role of Self-Compassion and Hope

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The recent reforms in the Philippine educational system aim to develop lifelong learners who are competent in their chosen career and capable of contributing to society. Career and talent development self-efficacy is an enabling resource that could facilitate the realization of these goals. The present study examines a model of career and talent development self-efficacy predicted by self-compassion through hope in a sample of Filipino college students ($N = 620$). Results of structural equation modeling revealed that the model has good fit to the data, and that self-compassion has a significant indirect effect on career and talent development self-efficacy through hope. These findings highlight the importance of developing students' personal resources in order to maximize their skills and abilities in developing their talents and being successful in their chosen career.

Keywords: career and talent development self-efficacy, self-compassion, hope

Recent reforms in the Philippine educational system (i.e., Enhanced Basic Education Act of 2013, the implementation of the K to 12 Program) aim to prepare students for lifelong learning, enhance

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Sanctification of Adolescence: A Qualitative Analysis of Thriving Among Filipino Youth With Religious Sparks

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Developmental systems theories have linked religiosity and spirituality with positive youth development (PYD), particularly “thriving”. Thriving involves the identification of one’s deepest interest or passion in life (termed as “spark”) and being nurtured by an environment that supports, encourages, and develops this spark. Considering the need to understand the underlying mechanisms and processes of thriving in culturally, geographically, and racially diverse contexts of religion and spirituality, this study delved into the transcendental experiences of Filipino adolescents. Using the strategies and techniques of interpretative phenomenological analysis (IPA), the researcher interviewed 11 male Filipino Roman Catholics, aged 15 to 20 years old, who were able to identify a religious spark and are active members of a social group that supports their sparks. Results revealed five overarching themes: (a) perception of the nature of spark; (b) family and social groups as providers of guidance and support; (c) religious spark as source of positive experiences; (d) religious spark as source of negative experiences; and (e) compromises and adjustments amidst constancy of spark. Transcendence together with unconditional familial acceptance and appreciation have been found to be very crucial and salient in facilitating thriving. Theoretical and practical implications in promoting PYD are discussed.

Keywords: adolescent thriving, interpretative phenomenological analysis, positive youth development, religion and spirituality