

# RESILIENCE AMIDST ADVERSITY: THE MANY FACES OF RESILIENCE IN FILIPINOS

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**Abstract:** Filipinos are known survivors of circumstances, a strong fighter in desperate situations. We manage to survive from disappointments, we emerge more strongly and determined to face the odds that come. One of the most outstanding characteristics of Filipinos is resilience. Although Canoy (as cited by Casal, 2019) calls it as “superhuman patience” which for many, is an undertone, it is because there is no other choice but to be patient. This is the reason why Filipinos are confident in doing things especially in making big decisions that entail his own future and family.

Filipino spirit is an indomitable spirit, the spirit of resilience, most of all, spirit of triumph. A strong foundation for resilience is family. Since it is the basic unit of society, full attention and love is focused on it, all-out love to the point of sacrificing own lives to provide for the needs and wants.

Reflective Analysis was the method used in conducting this research. It is used to provide opportunity to critically examine experiences of respondents and connect it to learning objectives of the activity. It is made up of four levels that encourages critical thinking. These levels are Objective, Reflective, Interpretive and Decisional.

This study aims to find out reason for the resilience of Filipinos despite all the tragedies they have experienced.

It aims to answer the following:

1. What Filipino experiences relate to resilience;
2. How can reflective analysis be related to the development of resilience in Filipinos;
3. How can Filipinos enliven the spirit of resiliency among themselves; and
4. What theoretical underpinnings makeup resilience in Filipinos?

**Keywords:** Pandemic, Rationalization, Reflective Analysis, Resilience, Ring of Fire, Superhuman Patience.

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## 1. INTRODUCTION

Filipinos are known to be survivors of numerous circumstances and a strong fighter during desperate situations. We always manage to survive from several untoward incidences, not only that, we emerge more strongly and are even more determined to face whatever odds may come. In the country's long history of several disasters and calamities, Filipinos always emerged to have positive attitude despite what had happened, the triumph of the Filipino spirit springs out from the numerous hardships which has made us numb, until eventually what is left of us is the firm belief that we can make it, we can do it, we will beat the odds.

A well-known characteristic of Filipinos is optimism, we always look at the brighter side of the situation, wearing a smile is something that is natural for us to do even in times of difficulty. As a matter of fact, in the 41<sup>st</sup> Annual Survey Conducted by Gallup International in 2017, we ranked third among the happiest individuals in the world, along with Fiji (1<sup>st</sup>) and Colombia (2<sup>nd</sup>) (as cited by CNN Philippines, 2018).

Perhaps one of the most outstanding characteristics of Filipinos is resilience. Although Canoy (as cited by Casal, 2019) calls this trait as “superhuman patience” which for many, is an undertone, it is because according to him, since our country is a soft state, a country in the third world, we do not have any other choice but to become patient and to wait, long enough for blessings and manna from heaven to come. We do not have any other choice but to settle for what is left, for some extra things that are not to be used anymore, for some things that has been used and can still be re-used again. In whatever form and situation this, I suppose is still patience, and being patient is a very good attitude, not only in how we look at things but also on how we think of these many things.

Filipino persistence, as what others say, also means flexibility, we Filipinos can easily adjust in whatever situation we may come to experience, it is after all, the best attribute of resilience. It is easy for us to experience hardship for we are used to experiencing it in any form and in any circumstance. Another outstanding attribute of resilience is acceptance, it is easy for us to accept whatever our situation may be since we cannot do anything about it, aside from that, having the hope that someday, everything will be in place or in order is our constant outlook in life. From the idea of easily accepting our fate sprung our confidence. We never lose hope that one day we will be able to overcome all odds that we experience today, so that someday as we look back, it will just be like a nightmare that we can talk about and learn lessons from. This may have been the reason why many Filipinos are confident in doing at things most especially in making big decisions, decisions that entail the future of his own or of the family.

The Filipino spirit is an indomitable spirit, the spirit of acceptance, the spirit of patience, the spirit of flexibility, the spirit of resilience, most of all, the spirit of triumph. It is in our nature not to give up, it is in our nature to exhaust first all means before submitting to a final fate or destiny, it is in our nature to be confident and believe that all things will come to pass, and that someday, everything will fall into its proper places.

Curiosity might lead us to the question as to why are we so sure and confident that everything will fall into its proper place, it is because of our belief or faith in God or to that One Supreme Being from which we rely so much that we are willing to entrust our destiny that is our future. Sometimes others may think that this is an unbecoming attitude, because it only means that we do not have a concrete plan for our lives. But it is also true when we say that no one knows what lies ahead in the future, no matter how concrete our plans may be, and no matter how carefree are we in thinking of what lies ahead, we still cannot be so sure of what will be the outcome of all our endeavors when we talk of what is to come tomorrow. All we can do is to think and believe that all our endeavors will bear into fruition when the right time comes.

Another important aspect on the development of resilience in Filipinos is the family. As the basic unit of our society here in the Philippines, the family is the main source of strength and inspiration of most of us. We are willing to sacrifice for the sake of our families, for their welfare, for a good life ahead. We are willing to experience hardship, criticism, cruelty, insult, and even to the point of sacrificing our own lives. A lot of Filipinos try their very best to withstand cold, hunger, heavy jobs or several other unbecoming situations and attitudes just to be to bring some good fortune to the family.

In an updated report on the status of Filipino overseas workers prepared by the Philippine Statistics Authority (2019), “those who worked abroad at any time during the period April to September 2018 was estimated at 2.3 million. Overseas Contract Workers (OCWs) with existing work contract comprised 96.2 percent of the total OFWs during the period of April to September, 2018. The rest (3.8%) worked overseas without contract.

There were more females than males which comprises 55.8 percent of the total population. Female OFWs were generally younger than male OFWs, with about half (47.5%) of the female OFWs belonging to the age group of 25 to 34 years. In comparison, male OFWs in this age group is made up 38.9 percent. Male OFWs aged 45 years and older accounted for 21.2 percent of all male OFWs while their female counterparts in this age group is made up 14.5 percent.

Among occupation groups, elementary occupations (37.1%) was the biggest group of OFWs. Other large occupation groups were the service and sales workers (18.8%) and plant and machine operators and assemblers (13.8%). More than half of the female OFWs were in elementary occupations (58.7%). Among the male OFWs, the largest groups were plant and machine operators and assemblers as part of the labor force (27.8%)”.

Almost all of these overseas workers managed to go out of the country because they are confident that good fortune awaits them and their family by working abroad. Why not, if they would be earning four or five times the money they earn here in the Philippines, by the time they go back to our country their family gets everything they need, for some, maybe for their lifetime. Most of these overseas workers have the family as the main reason for working abroad. They work hard in other countries to send their children to school, to spend for the daily necessities of their families, to save more money for business, to buy back a pre-owned house, to buy other properties, to prepare themselves in getting married, to produce properties that their children could someday inherit. There are a thousand and one reasons Filipinos have for working overseas, and nothing or no one can stop them. Not even climate changes, weather disturbances, disease outbreaks, even war. Filipinos are always ready to migrate or to go to whichever place just to ensure a bright future for their family. It is saddening to note however, that not all dreams do come true in other countries. As much as those successful ones, the number of those Filipinos maligned, belittled or even maltreated is also outpouring in number. Some are even abused physically, some are framed up, others are sent to prison for mistakes they did not even do. Everyday, as the number of Filipinos going abroad increases, the number of cases of abuse and violence towards fellowmen also increase. This is something that needs the proper attention of the government and of our lawmakers.

With the current situation in the country and in the world, it is but fitting to bring about these matters at the forefront so that others will certainly know who we really are, including our norms, customs and practices, and how has these affected our outlook, our decisions, including our way of living. By knowing these matters, we will be able to appreciate whatever culture and practices we have and consider it as part of our identity, our heritage as Filipinos, the people born with proud Malayan origin and has a complexion that is die for.

## 2. METHODOLOGY

In an article published by Kent State University (2019), *Reflective Analysis* is the method used in the conduct of this research. It is used to provide the opportunity to critically examine certain experiences from the researcher and connect it to the learning objectives of the activity. It is made up of four levels that encourages critical thinking and offers an appropriate guide to examine the involved person's experiences. These levels are *Objective*, *Reflective*, *Interpretive* and *Decisional*.

A. **Objective**- this part of the analysis includes descriptions of the person's concrete experiences, included in this stage are the identified learning objectives. What was done?, Whose with them during the activity?, The place where the activity took place, The purpose of the organizations involved in the activity, and The observations such as the ones learnt, heard, and seen are all necessary to come up with a step-by- step and a critically oriented analysis of the study.

B. **Reflective**- this part of the analysis focuses on the things the involved person felt during the activity. The feelings are concretized by providing examples from the experience. Questions such as: How was the first, second days like, even the first or second month later?, Did the person feel more confused, confident, successful or even challenged?, Is the experience more enjoyable or frustrating?.

C. **Interpretive**- this part focuses on what was learned from the experience. Were these some accomplishments in the learning goals and objectives?, Did the experience changed the perspective or outlook of the person or the way how he thinks and looks at things?. What facts worked, what facts did not?, Were there some services discovered?, Why is the experience important and how does it relate to your work? Can the learned ones be used in other circumstances or situations?

D. **Decisional**- this part tells the person how can knowledge be learned be incorporated in the current state of mind. It is important to ask oneself what decisions were made based upon experience?, Were there any change in opinions, beliefs, or truths?, How has this changes affected career paths, personal life choices, and use of information skills and technology?, How can these new learnings be utilized for future use?

These four levels of inquiry must be understood and answered keenly by the person so that he can effectively use it in his research. There may be times that personal information may not enough to carry on the said task but proper referencing can help much in providing tangible answers to those gray areas.

**THEORETICAL FRAMEWORK:**

The reflective aspect of this method gives us the chance to revisit our previous experiences which became influential to us in arriving to such kinds of decision, situations or even circumstances. Our rich experiences are like jewelry boxes filled with gifts of discernment and guidance that can surely be useful so that we can spend our future more wisely and meaningfully.

Another meaningful idea is that of Elizabeth Kubler Ross' Stages of Grief (1969). This, in as far as the researchers are concerned is also applicable when people experience problems or other serious challenges that might entail change in lifestyle, norms, culture, practice or other important things that we are used to seeing or even thinking. The five stages of grief are as follows:

Stage 1- Denial- it involves avoidance, confusion, elation, shock or even fear.

Stage 2- Anger- it involves feelings such as frustration, irritation and anxiety.

Stage 3- Bargaining- people in this stage tend to struggle to find meaning in all the things that are happening to them, this is also the point wherein we question God for letting us experience such trial. It also involves the feeling that the person involved wants to reach out to others. People at this stage want to tell what their story is, that is why it is important that there are people willing to listen.

Stage 4-Depression- characterized by feelings of getting overwhelmed, helplessness, hostility, and flight.

Stage 5- Acceptance- exploring options, a new plan in place, and moving on.

Though the researchers decided to modify the stages as compared to the original facts and details in each stage or phase, it was intentionally based according to what is seen in most cases found in the Philippines.

With the said methods, it is hoped that the researchers may justify or give acceptable reasons for the development of resilience in Filipinos. Fr. Horacio dela Costa, S.J. provided two important aspects in our peoples' lives in which they are deeply engaged in, this he believes, are some of the reasons why resilience is deeply rooted in Filipinos. As cited in the Opening Message by Luis Antonio Cardinal Tagle, Archbishop of Manila, during the arrival of Pope Francis (January, 2015), he said that "There are two important things that we Filipinos are being known for, our music and our faith or as others say *La Musica en La Fede*. Our melodies make our spirit soar above the tragedies of our lives while our faith makes us start over again after experiencing deadly fires, earthquakes, typhoons and wars". We always manage to rise on top of these circumstances no matter what happens. We are likened to a bamboo which is very flexible that it can withstand several climactic changes in the Philippines such as rain, flooding or even extreme heat. A well-known lyricist, academician and director, Jose Javier Reyes, together with National Artist for Music, Ryan Cayabyab, (2014) provides a meaningful message regarding this in their song composed during the benefit concert for those who became victims of typhoon Yolanda which has left massive devastation in many parts of the Visayas Region. The song entitled "Just Believe" sends a powerful message of hope to those who had been victims of this devastation. The very lines of this beautiful song which says: "Just believe it shall be over, and with the light we shall rise again. Just believe we shall discover more strength than we had then. Just believe there is a reason even for those we can't explain, Just believe". The very essence of this song makes us inspired go on and continue to live, continue fighting the odds and never give up.

The researchers revisited four important experiences in the lives of Filipinos which became instrumental in enhancing and enriching the resilience in them. From natural to man-made causes, all the four circumstances made Filipinos strong and flexible, making them prepared in whatever adversity that came.

These experiences were closely interpreted and were given close association to the development of values such as optimism, being flexible and resilient. After careful analysis of what transpired, the researchers shall conclude on how should these developed values be used by Filipinos in order that life may be more pleasing and worthy for everyone and that no one should be blamed for the failure of the others if in case there maybe some as we take the daily course of our lives. This approach will also make us realize our own mistakes so that we can discover effective ways on how to correct or rectify some errors and promising ourselves never to commit the same mistakes anymore. These ideas can provide us with a realization that life can still be pleasing despite the fact that we have experienced several hardships which has almost crushed us and have left us groaning in pain and in discomfort. It brings us to a realization that life can still be better and more enjoyable to live with if we have overcome these trials which surely made us strong and resilient

whenever certain situations call for it. This also makes us more positive in our hope that there is a brighter future that awaits us, all we need to do is to strive hard and do our best so that we can achieve it.

#### STATEMENT OF THE PROBLEM:

In view of the foregoing study, the researchers proposed the following problem statements:

1. What Filipino experiences relate to resilience;
2. How can reflective analysis be related to the development of resilience in Filipinos;
3. How can Filipinos enliven the spirit of resiliency among themselves; and
4. What theoretical underpinnings makeup resilience in Filipinos?

#### CONCEPTUAL PARADIGM:

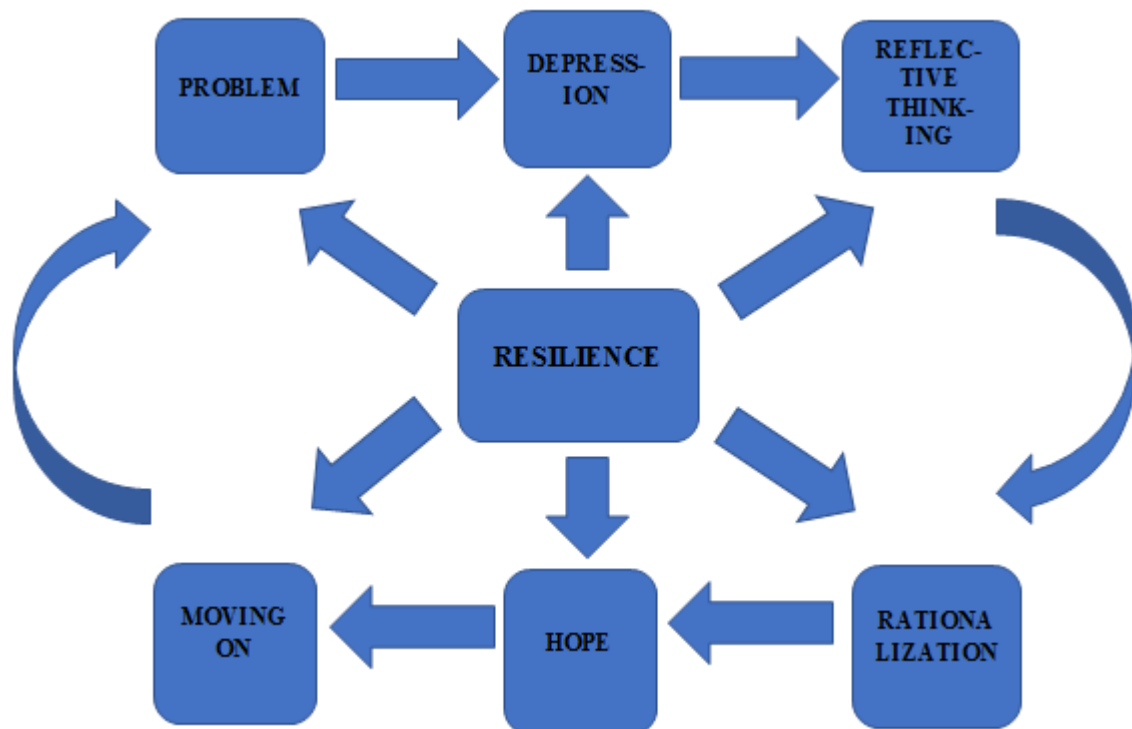


Figure 1. shows the conceptual paradigm of the study. The figure shows the problem as the root cause of the different actions and reactions of people. It is normal for people to get depressed once problems arise, it is a phase that all must pass through and sometimes, to the point of getting depressed. But, managing our problems competently such as using reflective thinking can pull us through toward the next stage which rationalization. It is an action which explains of justifies a certain action under logical reasons. Realizing the situation in what one was able to experience, a person may still be hopeful that a second chance to start over or correct the wrong things done may still be given to him, then gradually, recovery sets in.

In the long history of the different Filipinos coming from different orientation, resilience sets in these repetitive and continuous process of healing and recovery, until we reach a point when we have already mastered the process, and that it is just but normal for us to wallow in our problems and eventually, realize that these have solutions after all, and that all will come to pass. Familiarity with these situations develop in us resilience.

### 3. DISCUSSION OF THE STUDY

One of the most common instances that Filipinos have mastered dealing with are the different calamities brought about by weather. Rains, floods brought about by typhoons, drought brought about by extreme heat and even earthquakes. In a study conducted by the United Nations in 2015, it was found out that the Philippines is fourth in the world among countries most often hit by numerous disasters over the past twenty years (1995- 2015). It was however recorded that



there were over 274 disasters recorded from 1995- 2015, making the country the fourth highest while United States being on top had 472, China is next which had 441 and third is India with 288. The Philippines is also among the top ten countries with highest number of affected people, reaching to over 130 million. Having said so, it was also found out that ninety percent of the major disasters were weather- related events.

Approximately, twenty tropical cyclones visit the Philippine Area of Responsibility every year. In fact, the Philippines is the most exposed country in world to tropical storms (Time Magazine, 2013).

The Philippines, in its geographical location, is found in the Pacific Ring of Fire, in other words, it is also called Circum-Pacific Belt. It is a path along the Pacific Ocean characterized by active volcanoes and frequent earthquakes. It is 40,000 kilometers in length (24, 900 miles) and the boundaries start from the tectonic plates which includes the Pacific, Juan de Fuca, Nazca, including North American and Philippine Plates.

Seventy- five percent of the earth's volcanoes (about 450) are located along the Ring of Fire. Ninety percent, on another note, of the earth's earthquakes occur along this path, including that of the planet's most seismic and dramatic events (National Geographic Encyclopedia, 2019).

With all of these events occurring either simultaneously, randomly and consecutively, there is no doubt that the people in this country have nowhere else to go but to bury themselves in a roller- coaster of emotions such as anger, depression and psychosis, others resort to having suicidal tendencies.

In November of 2013, a super typhoon by the name of Yolanda (International Code name Haiyan) left the Visayas region with nothing but rubbles and devastating damage to several infrastructures, businesses and paralyzed electric supply, water and other services necessary to day-to-day living. It was recorded as the strongest typhoon to occur and the second strongest to take place in the Philippines, killing not more than 3, 976 people. It hit most severely the Leyte and Samar regions thereby having the most number of deaths with 10,000 only in the city of Tacloban. The typhoon landed six times in the different places of Visayas, first of which was in Guian, Eastern Samar. Three years after, the Philippines became more resilient particularly in the severely hit Visayas region. In fact, the Eastern Visayas region showed a significant growth of 3.9 percent in the gross regional domestic product as reported by NEDA (National Economic Development Authority as cited by World Vision, 2016). Several other government and non- government organizations joined hands in helping the region to recover from the terror brought about by the typhoon. Another inspiring event that took place in the region was during the visit of Pope Francis in January of 2015. He visited Tacloban City and Palo, Leyte and while having mass, he met several Visayans who were victims of the typhoon. The Pope was moved by the tremendous outpouring of faith and love the people showed Him that despite torrential rain and the trauma brought about by the tragedy, they still managed to wait patiently and follow the whereabouts of the Roman Pontiff.

Perhaps one of the strongest earthquakes that hit the country was in 2013 in Central Visayas specifically in Bohol with a magnitude of 7.2. The epicenter is found West of Sagbayan. It was also felt in the whole Visayas area and extends as far as Masbate island and Cotabato provinces in Southern Mindanao. In an official report from PAGASA (Philippine Atmospheric, Geophysical and Astronomical Services Administration) and NDRRMC (National Disaster Risk Reduction and Management Council) (2013), the cause of the said quake was the movement of the North Bohol Fault. The aftershocks that occurred were about 4.465 and 122 of those were much felt until about December of that same year. Several structures were crushed into pieces leaving nothing but rubbles, one of which was the Church of Our Lady of Light, one of the largest and the oldest in the province. Several months after, the government has rapidly facilitated building of emergency shelters, resumption of water supply, facilitation of hygiene and sanitation all over the affected areas so that people will not be exposed to certain diseases that may thrive in the disaster- stricken areas, food distribution, logistics, and resumption of students' normal activities such attending to classes. The United States funded this operation with more or less 46.8 million US Dollars and is expected to reach almost 350,000 people for over six months (ResearchGate, 2016). These were the first among the many other recovery plans that were given to several provinces in the region, with the cooperation of the local government officials and several other sectors such as the Church. Regular masses are said in chapels if the big churches are not available due to the damage it has gone through. This was done in order to enliven the faith of the people, and to always remind them that there is a God who acknowledges and hears all their sufferings, a God who is willing to accompany them in all those suffering so that slowly, they may be able to recover and go back to their normal way of living. As of today, the people may have been able to bring back their normal way of living, but they will never forget how terrifying such experience was, the lessons learned,

the way how it changed their course of living, how it has altered the beliefs and preferences, most of all, their relationship with others and to the their Divine Creator.

Two days before Christmas, year 2017, a season with which Filipinos are very busy preparing for the occasion, some are also busy buying gifts for their love ones and friends in different stores around the different areas of Davao, a fire engulfed in one of its most visited malls, the NCCC. This was due to a short circuit that took place at the ceiling of the fabric and furniture section. Considering that products located in the area are mostly light materials which are of course flammable, the fire grew big, the authorities spent thirty two long hours before declaring fire out, leaving the place with 38 deaths, most of which were call center agents whose office was located in the said premise. Aside from the short circuit, it was found out that the sprinklers in the area where the fire started (3<sup>rd</sup> floor) were turned off during the time of the incident (De Guzman, 2018). Years after the tragedy, the RN SSI (Research Now Survey Sampling International), after discovering the they failed to ensure the employees' safety, had decided to take care of the victims of the fire by providing them with utmost support aside from the financial aid given by the local government to cover the expenses for hospitalization, funeral and burial of the victims of the tragedy. The SSI has also prepared to release an additional 115,000 USD for the families of the victims. Because of the resilience of their employees, they pledged to assist all those who were victims of the fire including their families to certain point of recovery (Tupas, 2018). As of today, the people may have recovered from such nightmare but certainly they have not forgotten the important lessons they have learned from such incident. Above anything else, the safety and welfare of the employees must always be a primordial duty of the employers, factors which should have always been the main concern of these involved people. "Life still has to go on" according to one of the victims who refused to reveal his identity, "yet what must never be forgotten was the manner on how each life was changed, some for the better, others may still be the same, but hopefully not for the worst".

*"There will be a twin year (2020) from which will arise a queen (Corona) who will come from the East (China) and who will spread a plague (virus) in the darkness of night, in a country with 7 hills (Italy) and will transform the light of men into dust (death), to destroy and ruin the world, it will then be the end of the world economy as you know it"*

- NOSTRADAMUS -

These were the notable words of one of the most formidable and prominent visionaries of all time. Some have regarded him as a prophet because many of his prophecies happened and have truly made significant change in the normal course of living of people through the years. To name a few of Nostradamus' prophecies which really happened were the Nazi Occupation, the World War II, the rise of Adolf Hitler to power and the assassination of John F. Kennedy. In March of this year a virus more severe than H1N1 was discovered in Wuhan, China that have caused the death of thousands of people and leaving lots of others either seriously infected or as carriers of the disease. The Corona Virus, also know as Covid-19 is an epidemic that had first developed in the busy market district of Wuhan. Report from experts traced the origin of the virus to have come from bats and snakes which are being sold in Wuhan since Chinese people are fond of eating exotic foods. Likened to a flu, the incubation period of this disease ranges to up to fourteen days so a suspected patient should resort to self- quarantine without any single contact to the people or to the outside environment. This is done in order to prevent the spread of the disease. The signs and symptoms of this disease is almost the same to a common flu such as sore throat, body malaise, fever, persistent coughing and difficulty in breathing. The only difference of this from the ordinary Influenza virus is that it spreads rapidly, leaving its victim severely ill. The worst condition a patient could achieve is the development of pneumonia which rapidly damages the lungs and to some extent, causes death. The World Health Organization (WHO) has declared an outbreak of the Corona Virus on January 30 this year, it has then become an international concern. At the start, the epicenter was reported in Wuhan, it lasted for several weeks, even months, until finally, China's health ministry has announced the control of the disease in the whole country. As the epidemic was resolved in China, Italy then followed which now gets the most number of infected people, leaving the country with thousands of death per day. Other European countries also got infected such as Spain (3<sup>rd</sup> among the countries severely hit by the pandemic) (WHO, 2020).

In the Philippines, it was in January 30 when the first case of Corona virus was reported while it was in March 7 when the Department of Health declared the first local transmission. Since then, several other places and nearby provinces started to develop cases of the said disease. As the situation heightens, local officials were given guidelines on how to alert the public of the said epidemic. As the number of positive patients grow in number, more and more ordinary workers have been displaced from work most especially when the President declared the Enhanced Community Quarantine (ECQ) in Luzon. Following this, several other local cities and municipalities declared total lockdown due to increasing number of unexpected cases which have been marked by authorities as hot spots. Schools, public and private offices, establishments, malls, parks and even movie houses were closed in adherence to what the President had ordered. Masses were said online where followers can watch virtually or in local television networks. To date, the country has about 6,500 confirmed Covid- 19 cases, about 600 have recovered and more than 400 died including health workers (DOH, 2020).

Amidst all these things happening simultaneously, the Filipinos never wasted any single chance in making a difference by doing something good to his fellowmen. Our front liners continued to serve our people wholeheartedly despite of the fear that they might also get infected. The health workers continued to take care of their patients with competence and compassion, it breaks their heart to leave their families because more than the obligation, they have a duty to fulfill to their country. The police authorities need to be visible in roads to make sure that there is orderliness and peace in places under lockdown. Despite leaving their families not sure whether they have something to eat or medicines to take, they still report to work because of their dedication. The market vendors, the supermarket attendants, pharmacists, supplier of commodities, bank tellers and several others had to report to work to make sure that all of us will have the necessities that we need. While we stay in the comfort of our own homes, witnessing the developments as it unfolds before our very eyes, these people are out for duty because others are in need. I remember an academician when he said "If there is selfless sacrifice, there is love, and if there is love, wounds can heal no matter how deep or painful it may be". Some experts also talk of the benefits brought about by the pandemic. Less pollution, more quality time with the family, indifferences among family members are ironed out, we became more hygienic, a lot of people became more compassionate and sensitive to the sufferings of others. Had these instances been existent before, then a lot of problems and disappointments would not have happened. Filipinos are known to be strong, fighter in all circumstances, I am pretty sure that we can overcome this situation. With the strong will, determination and our utmost faith in our Creator, we will rise again.

#### 4. SUMMARY OF FINDINGS

After carefully considering the different facts and data presented by the numerous references and with the four tragedies that were discussed in this research, including the several others, it can be better said that Filipinos have mastered the art of survival. It may not be easy though, but it is not impossible. Time is always an essential part of life because it can heal many heartaches, it can soften the hardest of feelings, it can regain back a person's trust, it can make us forget all the pains and most especially, it can make us forgive those people who have wronged us.

The Filipinos have always been prone to accidents, from violence, maltreatment, sometimes they serve as laughing stock, most often a lot of people mock at them, blame them for the bad things happening even if they are innocent, many are framed up, and a lot more become victims of heinous crimes. But, come to think of it, sometimes, these are the consequences of our false actions, of our inability to listen or to understand which is righteous and which is wrong, most often we commit mistakes because we are in dire need of something, some are victims of circumstances.

When all else fails, we must never forget that there is a God who always watch us over. May we always learn to engage in a meaningful communication with our divine Creator. Prayers are very powerful, it lifts up the lowliest spirit, it can pacify one's anger, it can shield us from the most painful circumstances in our lives. This pandemic is a trying moment in our life. Surrendering ourselves completely in His care is our only refuge. May we also learn to go back to God and to completely trust in Him. So that after these things have commenced, we may experience the healing springs of life, in the fullness and abundance of God's time.

#### 5. CONCLUSION

The researchers therefore conclude that we Filipinos are still and after all capable of rising above our inequities, problems, shortcomings, weaknesses, and most of all, incompetence. We can still recover from this situation. The stories that were narrated in this research is a clear proof of the resilience of our people. Resilience runs in our blood. We are not easily crushed by our infirmities but moreover, we always manage to bounce back stronger and more experienced. Our faith



always makes us confident that we can make everything possible, our will says so that we will survive the strongest typhoon, the most devastating earthquake, the deadliest fire or even this very contagious pandemic. We only need to trust those people who are tasked to find the proper solution for these problems.

The family as the basic unit of our society is also the source of our tremendous love and care for our loved ones. May this love transcend to all those people whom we do not know but need very much our care and compassion. May we always be mindful that aside from us and our loved ones, other people are also entitled to the same rights and privileges that we enjoy. Above all else, may our previous experiences including the situation we are experiencing presently bring us closer to each other, and most especially to that one Divine Being who created all things including us.

## 6. RECOMMENDATIONS

After thoroughly discussing the important details written in this research, the researchers hereby recommend the following:

1. Learn to accept mistakes so that it can be rectified immediately.
2. Try to share your problems to others and ask for their opinion, two heads are better than one as the old cliché says.
3. Learn to trust others most especially, in their goodness, man was not created out of evil desires, so it means that each person has this goodness in him.
4. Relax, be flexible, open- minded and always try to laugh out at things because everything will come to pass.
5. Let us strengthen our faith in our God because He alone can save us at these trying times.

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