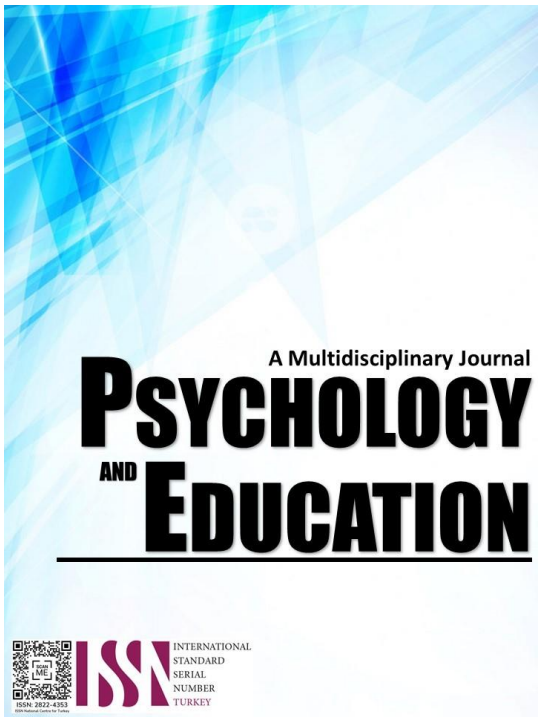
COMMUNAL GARDENING: INPUT FOR SOCIOECONOMIC IMPROVEMENT OF 4P'S FAMILY



PSYCHOLOGY AND EDUCATION: A MULTIDISCIPLINARY JOURNAL

2023
Volume: 11
Pages: 743-747
Document ID: 2023PEMJ1006
DOI: 10.5281/zenodo.8216234
Manuscript Accepted: 2023-31-7

Psych Educ, 2023, **11**: 743-747, Document ID:2023 PEMJ1006, doi:10.5281/zenodo.8216234, ISSN 2822-4353

Research Article

Communal Gardening: Input for Socioeconomic Improvement of 4P's Family

Ma. Criselle Anne J. Baguio*, Ruby B. Brion
For affiliations and correspondence, see the last page.

Abstract

The purpose of studying communal gardening as an input for socioeconomic improvement of 4P's family is to explore how this approach can help to address food insecurity, generate income, promote social cohesion, and improve overall well-being among this vulnerable population. The investigation covered the following: the Perceived Communal Gardening Related Variables as to Objectives, Health and Nutrition, Hunger Eradication, Food Security, and Attitude. Contribution of Communal Gardening for Socioeconomic Improvement as to Food, Health, Environment, Income and Family Relationship. A total of 85 parents, who are beneficiaries of the 4P's program, were chosen from 10 distinct barangays within the school's catchment area. These parents actively took part in the survey during the academic year 2022-2023. The results demonstrated a notable and positive association between the socioeconomic advancement of 4P's families and communal gardening related variables. In light of the findings, Even after the parents have graduated from the 4P's program as beneficiaries, they can still engage in communal gardening within their own backyard, drawing on the knowledge and skills acquired during their participation in the program. This activity can have significant benefits for their family, and it can be passed down through generations to contribute to their socioeconomic improvement. Despite the challenges of poverty, communal gardening can provide valuable support to sustain their needs. In summary, parents can play an active role in communal gardening, which can contribute to their daily lives by providing them with access to fresh produce, new skills, social connections, educational opportunities, and even income-generating activities.

Keywords: *4p's family, communal gardening, socioeconomic improvement*

Introduction

The Philippines faces the issue of widespread poverty, which is partly attributed to the extremely low productivity within the agriculture sector. This situation often drives people to migrate from rural areas to urban centers. Agriculture plays a vital role in providing essential resources, particularly food, within our country. However, the agricultural sector currently stands as the most impoverished sector in the nation. To support the 4Ps program, the agriculture sector assists by distributing seeds, fertilizers, and technology resources. Additionally, it encourages program beneficiaries to participate in various farming activities, such as communal gardening, backyard gardening, backyard animal raising, and other income-generating endeavors.

In addition to fulfilling other program requirements such as sending their children to school, attending monthly Family Development Sessions (FDS), providing pre and post-natal care for mothers, ensuring regular check-ups for children aged 0 to 5 years, and deworming for children aged 0 to 14 years, beneficiaries of the 4Ps program are also expected to maintain a backyard or communal garden. This gardening aspect is a significant conditionality of the program that beneficiaries must comply with.

By implementing this conditionality, the 4Ps program aims to improve the health and nutrition of each household beneficiary. It ensures that they have access to nutritious food by encouraging the cultivation of vegetables and fruits in their own yards instead of relying solely on purchasing them. Additionally, beneficiaries have the option to sell their fresh produce, generating income for their families. Apart from the nutritional and income-related benefits, backyard or communal gardening also contributes to alleviating food shortages in the country. During the Family Development Sessions (FDS), beneficiaries receive education on basic gardening techniques and other essential technologies that can enhance the growth of their harvests, enabling them to provide sufficient food for their families.

The social advantages of gardening encompassed various aspects such as forming new connections, establishing and nurturing friendships, and having a common interest that facilitates bonding with others. Community gardening serves as an educational journey that aims to transform people's thinking and behavior, enabling them to achieve economic and social well-being through self-sufficiency. Gardening aligns with several initiatives of the Cooperative Extension System, particularly the focus on enhancing nutrition, diet, and health. This article elucidates the role of Extension in enhancing the quality of life and socioeconomic well-being of individuals, families, and communities through the practice of community

gardening.

Research Objectives

The objective of this study is to investigate the impact of communal gardening on the socioeconomic development of families benefiting from the 4P's program. It aims to explore how communal gardening influences their daily lives and the dynamics within their families, as well as their acquired knowledge in gardening.

Methodology

Research design

A descriptive correlational designed was used in this study in which in which the researcher is primarily interested in describing relationships among variables, without seeking to establish a causal connection.

Sampling and Ethical Consideration

Purposive sampling, alternatively referred to as judgmental, selective, or subjective sampling, is a type of non-probability sampling technique in which researchers exercise their own discretion in selecting individuals from the population to participate in their surveys.The respondents in this study consisted of 85 parents from 10 barangay of Calauag Quezon who are beneficiaries of the 4P's program . The parents were selected as respondents using a purposive sampling technique, wherein the researcher deliberately chose individuals based on specific criteria. This sampling procedure ensured that each member of the population had an equal opportunity to be included in the study.

Research Instruments

In order to gather information regarding the role of communal gardening in the socioeconomic improvement of 4P's families, the researcher employed a self-made questionnaire. The questionnaire was designed to collect responses and comments from the respondents. The research instrument consist of three parts. Part I is the demographic profile of the respondents, Part II is the communal gardening related variables. Part III is the Contribution of Communal Gardening for Socioeconomic Improvement of 4p's Family. Part II and III Include likert scale of Highly Manifested, Manifested, Slightly Manifested, and Not Manifested.

Research Procedure

The title of this study was influenced by the researcher's firsthand observations as a social science teacher working with families who are beneficiaries of the 4P's program.The questionnaire related to the Socioeconomic Improvement of 4P's Families through Communal Gardening. The subsequent step involves creating a custom questionnaire consisting of three parts underwent validation by four experts in the field, including a Head Teacher and Master Teachers. The researcher carefully considered the comments and suggestions provided by the validators during the validation process.Prior to data collection, the researcher obtained permission from the Office of the School Principal to conduct the survey and administer the questionnaires to the intended respondents. After receiving approval, the researcher proceeded to distribute the survey instruments to the parents using a checklist. The data was then collected through the questionnaire.The parents were selected as participants in this study because they play a crucial role in practicing communal gardening for the betterment of their families as beneficiaries of the 4P's program. To gather data, questionnaires were provided to the parents during the distribution of cards, and additional information was obtained through home visits. During these visits, the researcher personally observed the communal gardening activities as well as the backyard gardens of the 4P's families. The study aimed to explore how engaging in gardening can contribute to the socioeconomic improvement of these families.

Results and Discussion

Table 1. *Summary table on the Communal Gardening Related Variables*

Statements	*Mean*	*Std. Deviation*	*Verbal Interpretation*
Perceived Communal Gardening as to Objectives	3.39	0.81	Manifested
Perceived Communal Gardening as to Promote Health and Nutrition	3.42	0.79	Manifested
Perceived Communal Gardening as to Food Security	3.50	0.78	Highly Manifested
Perceived Communal Gardening as to Hunger Eradication	3.46	0.84	Manifested
Perceived Communal Gardening as to Attitude	3.48	0.76	Manifested
Over-all	3.45	0.80	Manifested

Table 1 shows that the Communal Gardening Related Variables received an overall average rating of 3.45.

This indicates that, on average, respondents perceived these variables positively in relation to some aspect of communal gardening.Among the specific variables, "Perceived Communal Gardening as to Food Security" received the highest mean rating of 3.50. This indicates that the respondents viewed communal gardening as having a positive impact on food security. This could imply that they believe communal gardening helps provide a more secure and reliable source of food.

On the other hand, "Perceived Communal Gardening as to Objectives" received the lowest mean rating of 3.39. This show the respondents had a relatively lower perception of communal gardening's effectiveness in achieving its objectives. This could imply that they believe communal gardening may not be as successful in meeting its intended goals or that there is room for improvement in terms of achieving the objectives set for communal gardening initiatives.

It's important to note that the specific contribution of communal gardening to the socioeconomic improvement of 4Ps families can vary based on local contexts, resources available, and the level of community involvement. It's crucial to consider these factors when designing and implementing communal gardening initiatives to maximize their impact on the socioeconomic well-being of 4Ps families

Table 2. *Summary table on the Contribution of Communal Gardening for Socioeconomic Improvement of 4p's Family.*

Statements	*Mean*	*Std. Deviation*	*Verbal Interpretation*
Perceived Contribution of Communal Gardening as to Food	3.52	0.74	Highly Manifested
Perceived Contribution of Communal Gardening as to Health	3.44	0.76	Manifested
Perceived Contribution of Communal Gardening as to Environment	3.44	0.75	Manifested
Perceived Contribution of Communal Gardening as to Income	3.39	0.83	Manifested
Perceived Contribution of Communal Gardening as to Family Relationship	3.57	0.75	Highly Manifested
Over-all	3.47	0.77	Manifested

Overall Average of 3.47 for Contribution of Communal Gardening for Socioeconomic Improvement of 4Ps Family indicates that the respondents perceived communal gardening to have a positive contribution to the socioeconomic improvement of 4Ps families.The average score suggests that respondents generally acknowledged communal gardening as beneficial for improving the socioeconomic conditions of 4Ps families.

Perceived Contribution of Communal Gardening as to Family Relationship with a Highest Score of 3.57: This highest score suggests that respondents perceived communal gardening to have a significant and positive impact on family relationships. It implies that communal gardening activities may promote stronger bonds, communication, and cooperation among family members. Also indicates that this aspect of communal gardening'scontribution to 4Ps families' lives is highly acknowledged and valued by the respondents.

Perceived Contribution of Communal Gardening as to Income with a Lowest Mean of 3.39 indicates that the respondents perceived communal gardening to have a relatively weaker impact on income generation. It implies that the respondents might perceive communal gardening as less effective in directly improving the income levels of 4Ps families. However, it's important to note that this lower mean score doesn't imply that communal gardening has no impact on income but rather indicates a relatively lower perception in comparison to other aspects.

In summary, communal gardening has a significant and positive contribution to the socioeconomic improvement of 4Ps beneficiaries. It provides them with access to nutritious food, enhances their skills and employ-ability, fosters community engagement, promotes environmental sustainability, and improves mental well-being. By recognizing and supporting the value of communal gardening, we can empower 4Ps beneficiaries on their journey towards a better socioeconomic future.

Table 3. *Test of Correlation Between Communal Gardening Objectives and Socioeconomic Improvement*

Communal Gardening Related Variables	*Socioeconomic Improvement*				
	Food	*Health*	*Environment*	*Income*	*Family relationships*
Objectives	0.525**	0.532**	0.517**	0.529**	0.576**
Promote health and nutrition	0.570**	0.493**	0.529**	0.504**	0.564**
Food security	0.604**	0.565**	0.597**	0.565**	0.626**
Hunger Eradication attitude	0.611**	0.564**	0.543**	0.578**	0.616**
	0.700**	0.636**	0.611**	0.532**	0.629**

The computed correlation between Communal

Gardening Objectives and Socioeconomic Improvement is shown in Table 13. The analysis result at 0.01 two-tailed level of significance revealed that Socioeconomic Improvement has significant positive relationship with Communal Gardening Objectives.

The correlation coefficient of r=0.700 indicates a strong positive relationship between attitude towards communal gardening and using food as a means of socioeconomic improvement. A p-value of ρ=0.01 suggests that this relationship is statistically significant, meaning that it is unlikely to have occurred by chance.This suggests that individuals who have a positive attitude towards communal gardening are more likely to use food produced through this activity as a means of improving their socioeconomic status.

The correlation coefficient of r=0.636 indicates a strong positive relationship between attitude towards communal gardening and using it to improve health as a means of socioeconomic improvement. A p-value of ρ=0.01 suggests that this relationship is statistically significant, meaning that it is unlikely to have occurred by chance. This suggests that individuals who have a positive attitude towards communal gardening are more likely to use it as a means of improving their health and socioeconomic status. This could include using the physical activity involved in gardening as a means of improving fitness and reducing healthcare costs, or using the fresh produce grown in the garden to improve nutrition and reduce healthcare costs.

The correlation coefficient of r=0.611 indicates a strong positive relationship between attitude towards communal gardening and using it as a means of improving the environment as a means of socioeconomic improvement. A p-value of ρ=0.01 suggests that this relationship is statistically significant, meaning that it is unlikely to have occurred by chance. This could include using communal gardening to reduce food miles and carbon footprint by growing food locally, or using organic gardening methods to reduce the use of harmful chemicals in the environment.

The correlation coefficient of r=0.578 indicates a moderate positive relationship between sustainable development in communal gardening and using it to improve income as a means of socioeconomic improvement. A p-value of ρ=0.01 suggests that this relationship is statistically significant, meaning that it is unlikely to have occurred by chance. This could include using sustainable gardening practices to reduce costs and increase yields, or selling excess produce to generate additional income.

The correlation coefficient of r=0.629 indicates a strong positive relationship between attitude towards communal gardening and using it to improve family relationships as a means of socioeconomic improvement. A p-value of ρ=0.01 suggests that this relationship is statistically significant. Individuals who have a positive attitude towards communal gardening are more likely to use it as a means of improving their family relationships and socioeconomic status. Overall, the findings suggest that a positive attitude towards communal gardening has the potential to play an important role in using it to improve family relationships as a means of socioeconomic improvement, and that this relationship is statistically significant.

Communal gardening plays a crucial role in supporting the socioeconomic well-being of 4Ps beneficiaries. By engaging in communal gardening initiatives, these beneficiaries experience various positive impacts that contribute to their overall improvement.

Conclusion

Based on the study findings, it can be concluded that there is indeed a significant relationship between communal gardening and socioeconomic improvement among the selected members of the 4P's program. As a result, the null hypothesis proposed in the study is sustained or not supported.

Based on the study's results and conclusions, the following recommendations are being proposed: first, Conducting in-depth interviews or focus group discussions with 4P's families engaged in communal gardening can provide deeper insights into their experiences, challenges, and perceived benefits. Second, Conduct a specific evaluation of the economic outcomes of communal gardening for 4P's families. This can include analyzing income generation, cost savings from homegrown produce, access to local markets, and the potential for entrepreneurship or value-added activities. Third, Identify specific areas where 4P's families may need additional support or interventions to maximize the benefits of communal gardening. This could include providing training programs and connecting them with relevant government or non-governmental organizations for additional assistance. Fourth, Encourage collaboration and knowledge-sharing among different stakeholders involved in communal gardening initiatives, including government agencies, NGOs, community organizations, and researchers. Facilitating platforms for exchange, learning, and networking can enhance

the collective understanding of communal gardening's potential and contribute to the development of best practices and effective strategies for supporting 4P's families.

References

Alaimo, Katherine PhD 1, Elizabeth Packnett MPH, Richard A. Miles BS and Daniel J. Kruger PhD,March-April 2008, Fruit and Vegetable Intake among Urban Community Gardeners, Journal of Nutrition Education and Behavior, Volume 40, Issue 2, Pages 94-101

Christine M. Porter(2018)What gardens grow: Outcomes from home and community gardens supported by community-based food justice organizations

Eunice L. Lluz (2022), Economic Impact Of Pantawid PamilyangPilipino Program (4ps) Implementation On The Agricultural Protection In Selected Towns In Northern Samar, Philippines. Journal of Positive School Psychologyhttp://journalppw.com 2022, Vol. 6, No. 8, 10470-10480

Mary L. Ohmer(2009) Community Gardening and Community Development: Individual, Social and Community Benefits of a Community Conservation Program.

Mdiya & Mdoda (2021), Socioeconomic factors affecting home gardens as a livelihood strategy in rural areas of the Eastern Cape province, South Africa Vol. 49 No. 3, 2021:1-15

Koay et al., (2020) Community Gardening: Stress, Well-Being, and Resilience Potentials - PMC (nih.gov)

Inocian, R. B., & Nuneza, L. M., (2015). THE "GULAYAN SA PAARALAN" (SCHOOL VEGETABLE GARDEN) IN RESPONSE TO SUSTAINABLE DEVELOPMENT. European Scientific Journal vol.11, No.8 ISSN: 1857 – 7881 (Print) e - ISSN 1857- 7431.

S. Dilip and Allan Thomas (2017) Constraints Perceived by Students in School Vegetable Gardening, Journal of Extension Education Vol. 29 No. 1, 2017 Pantawid Pamilyang Pilipino Program (4Ps) | DSWD Field Office CAR Official Website

Siewell et al., Building Sustainable Neighborhoods through Community Gardens: Enhancing Residents' Well-being through University Community Engagement Initiative. EJ1092961.pdf (ed.gov)

Affiliations and Corresponding Information

Ma. Criselle Anne J. Baguio
Laguna State Polythecnic University - Philippines

Ruby B. Brion, PhD
Laguna State Polythecnic University - Philippines