

Aging Behind Bars: A Narrative of Challenges, Coping Mechanisms and Resilience Among Elder Persons Deprived of Liberty

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ABSTRACT

This study was conducted to determine the narratives of challenges, coping mechanism and resilience among elder person deprived of liberty. Living inside prison confinement as an elder considered as double jeopardy in a sense that the elder person lives inside the most chaotic and unsuitable place which is, prison, at the same time fighting the challenges of aging. The pieces of evidence gathered between January and April this year, from Ramon Magsaysay Memorial Colleges- Marbel Inc. This narrative explores the challenges faced by an elderly individual deprived of their liberty. It delves into the coping mechanisms they employ to navigate this challenges situation and highlights their resilience in the face of adversity. The narrative sheds light on the emotional, psychological, and social impacts of confinement on elder person deprived of liberty, while also offering a glimpse into their inner strength and resourcefulness. Through this exploration, the narrative aims to raise awareness about the importance of upholding the rights and well-being of elders, even in situations where their freedom is restricted. Thus, The research emphasizes the narratives of elder people deprived of liberty in their challenges, coping mechanisms, and resilience inside prison confinement as they faced the imprisonment at an elder stage, which is considered the most crucial, and further discusses the underlying factors that are beneficial to their coping strategies inside prison, which will give effective feedback to prison facilities in recognizing the challenges and providing support systems, especially for elder people as they fight for the challenges inside prison and face aging as they live inside.

Keywords: Person's Deprived of Liberty, Challenges, Coping Mechanism, Resilience, Confinement, Aging¹

1. PURPOSE OF THE STUDY

Rationale

Imprisonment is the way of rehabilitation and to incarcerate the offender who violated the standard norms of the society. The study of exploration in the narratives of challenges, coping mechanisms, and resilience of the elderly persons deprived of liberty in South Cotabato, Provincial Jail will provide a comprehensive analysis about what are the most common problems they encountered while serving

sentences and how they overcome those challenges.. In addition, According to Echavez's, (2016) there were 210 elderly people deprived of liberty (aged 60 and over) in South Cotabato City Jail. According to the report, elderly offenders at South Cotabato City Jail confront a variety of challenges, including health issues, social isolation, victimization, and a lack of specialized services.

In addition, the report, elderly offenders at South Cotabato City Jail confront a variety of hurdles, including: health issues, social isolation, victimization, and a lack of specialized services. Furthermore, acquiring a thorough understanding of these problems can contribute to the improvement of prison jail management. Additionally, recognize the certain challenges, coping mechanisms and resilience of elder inmates while they are serving sentences. Moreover, the importance of this study was to address the challenges, coping mechanisms and resilience based on their experiences and point of view.

Elder person deprived of liberty are the most vulnerable to pressure and both harsh conditions which affect physical and psychological status. Moreover, the severe challenges of elder person deprived of liberty encountered within prison affect all person deprived of liberty mentally and physically differently. The loss of communication with family and friends outside the prison may be a significant source of despair for some elder person deprived of liberty There is also the issue of degradation—a lack of personal choice with-in the confines of the prison (Barolo, 2019).

Despite the challenges elder people deprived of liberty experience inside prison, it is odd to think that they give up existing, some elder prisoners continue in living their lives as if nothing happens. Furthermore, in the Philippines according to the research conducted, 65% of elder prisoners considered social support as an effective coping strategy. In addition there were also 55% of elder inmates who express their emotions by letting it out is a useful coping strategy (Delos Santos et al., 2019).

Furthermore, elder people deprived of liberty capacity to cope and withstand the challenges inside prison prevails. They look optimistic and develop a sense of resilience, about the prospect of freedom and re-entry into a free world. Perceptibly, the family serves as a model for their liberation ideals. Their families are also the reason they must deal with the challenges of prison life. there are programs that could help boost their sense of resiliency which includes; doing morning prayers, bathing, cleaning their surroundings, eating, and resting. This is intertwined with other responsibilities, such as Bible reading and selling commodities (Portuguez, 2021).

This study were focused on the qualitative narrative of challenges coping mechanism, and their sense of resiliency on how they overcome that certain challenges inside prison. It motivates the researcher to know their narratives in- terms of their life inside the prison since South Cotabato Provincial Jail is considered as one of the toughest jail in the world. And the researcher wants to capture their narratives in terms of their life experience inside the prison. Moreover, to give importance to humanity despite being deprived of their liberty. This study was conducted on specific time frame of the academic year 2024- 2025 to provide facts and unbiased result of the study.

Research Questions

This study aimed to explore the challenges, coping mechanisms and resiliency of elder inmates deprived of liberty.

Specifically, it sought to answer the following statements:

1. What are the challenges being encountered by the elderly persons deprived of liberty inside the prison?
2. What are the effects of challenges in an elderly persons deprived of liberty?
3. How did elderly people deprived of liberty cope with the challenges that they've encountered?
4. What are the motivations of the elderly persons deprived of liberty to be more resilient inside the prison?

Theoretical Lens

In this part, it presents the explanation of variables, concepts, and theory that was related to the study.

Qualitative narrative refers to one of the research approaches, moreover, it is a strategy of conducting research that focuses on people and group stories. Moreover, it is a method of comprehending how people make meaning of their experiences while establishing their identities. Furthermore, the concept behind narrative study is that stories are not merely objective descriptions of events but rather interpretations of those events molded by individual and cultural perspectives.

Supported by the theory of Riessman (2018), qualitative Narrative analysis is another essential theory for qualitative narrative research. This is a set of techniques used by researchers to examine and understand people's narratives. The plot, characters, setting, and themes of a story can all be identified via narrative analysis. It can also be used to investigate the manner in which the story unfolds, such as the use of language, symbolism, and metaphor.

Challenges may refer to difficulties encountered by a being who lives on the planet. It is a fundamental part of life where we face a lot of challenges as we grow up. Moreover, challenges may also be associated with something that putsus into a test in which we gain knowledge and adapt to certain circumstances that happen in society.

Supported with the theory of Sanford (1962), according to him, conquering challenges is an essential part of developing oneself and growing. However, it does not follow from the process that the person will never fail. furthermore, it does not follow from the process that the person will never fail. He claims that obstacles can be internal or external, as well as physical, cognitive, emotional, or social. The challenges should be appropriate and pertinent to the person's abilities and stage of development.

Significance of the Study

This study aimed to determine what are the challenges encountered by the elder inmates deprived of liberty inside the prison and what are the effects of these challenges on the elder person deprived of liberty. How did the elderly deprived of liberty cope with the challenges that they've encountered, and lastly, what is the motivation of the elderly deprived of liberty to be more resilient inside the prison.

The result of the study would help and benefit the jail administrator, correctional nurse, wardens, elder

prisoner, jail guards, future researcher and researcher

Jail Administrators. This study would be a valuable insight to jail administrators upon understanding the lives inside the penal institution of elderly prisoners. Moreover, the results of this study would be a beneficial factor to them in terms of planning and executing appropriate action towards elderly people deprived of liberty in their status inside penal institutions.

Jail Nurses. This study would give valuable insight towards correctional nurses inside prison, in a sense that it would give extra knowledge and learning based on the result of this study in regard to performing their duty. Moreover, it serves as significant factor on performing their duty based on age of an inmate. Through this research it would give them different factors that they could apply in performing their duty towards governing elder inmates.

Wardens. This study would give significant impact to them in terms of executing and handling inmates inside penal institutions. In addition, it would give them an appropriate learning and understanding that elder prisoners are different to younger inmates inside prison. The results would increase their knowledge in terms of implementation of rules inside penal institutions.

Jail Guards. The result of the study will give significant impact to jail guards in terms of executing their task as desk officers on duty, through that it will give them knowledge on how to manage and handle elderly people's complaints and give aid and comfort to the elderly inmates.

Person Deprived of Liberty. This study will be valuable to them since they are the respondents of this study. Moreover, it will give them knowledge and understanding in regard to this research which discusses their narratives in- terms of challenges and its effect on them, their coping mechanisms and sense of resilience.

Researchers. This study will assist a researcher in broadening his horizon by providing information and ways in dealing with a variety of challenges. This study will act as a learning experience for the researcher as he seeks a solution to the problem. Furthermore, it has the potential to develop and expand his capacities and thinking abilities.

Future Researchers. This study will aid them in their future research on the narratives of challenges, coping mechanisms and resiliency faced by elderly person deprived of liberty. This study will also serve as their foundation for their research projects, providing them with data to use in developing questions for their studies.

Delimitations and Limitations

This study was conducted to understand the narratives of challenges, coping mechanisms and resiliency faced by elderly people deprived of liberty. Moreover, to know what are the challenges being encountered by the elderly inmates deprived of liberty inside the prison and what are the effects of challenges in the elderly deprived of liberty. Furthermore, How did an elderly person deprived of liberty cope with the challenges that they've encountered and lastly, What is the motivation of elder PDL to be more resilient inside the prison?

This study used descriptive qualitative narrative research design was used in this study to relate the

Complementary methods for Research in Education by Clandinin and Connelly (1990). This method is used to understand the personal experiences of individual participants.

The participants of this study were chosen from selected group of aged person deprived of liberty in South Cotabato City Jail. The participants are chosen through the pre-determined criteria which is the researcher will use to identify and select the participants.

Definition of Terms

This section presents the clear definition of the key and important terms in the study. The following terms were defined conceptually and operationally for the better understanding of this paper. Conceptual definition is the universal meaning of words or groups of words in which many people understand. On the other hand, operational definition is the meaning of the terms as it is used in this study.

Aging. Conceptually, Oxford dictionary (2023), defined this term as the process of becoming older. a process of growing old and gradual loss of physiological functions necessary for life and reproduction over time. Operationally, this refers to a definition, focusing on the period since birth. People commonly quantify it in terms of years.

Challenges. Conceptually, Cambridge Dictionary (2023), defined this term as a situation being faced or something that needs great mental or physical effort in order to be done successfully and therefore tests a person's ability. Operationally, This refers to the diverse obstacles or difficulties faced by individuals or organizations when they strive to achieve a certain objective or goal. Often, the effective resolution of these issues requires the use of problem- solving abilities, creative thinking, and steadfast perseverance.

Coping Mechanism. Conceptually, Collins Dictionary (2023), defined this term as an adaptation to environmental stress that is based on conscious or unconscious choice and that enhances control over behavior or gives psychological comfort. Operationally, This refers to the patterns and behaviors we fall back on to try to deal with unusually stressful situations, and refers also to strategy on adapting to something new.

Penal Institution. Conceptually, Merriam Webster (2023), a building where people are kept as punishment for a crime or a prison. Operationally, it defined this term as a place for confinement for those persons who committed a crime and serving their sentence. Moreover, this refers to establishments where people are kept in because of the crime they commit.

Person Deprived of Liberty (PDL). Conceptually, Merriam Webster (2023), defines this term as a person who has been deprived of their freedom and is being held in custody or restriction without their consent. especially: a defendant or inmate. Operationally, This refers to a person who has been arrested, held in lawful custody, detained, or imprisoned in the execution of a lawful sentence and is taking freedom, or this may refer to a person who is vulnerable to human rights abuses because of taking freedom.

Resilience. Conceptually, Oxford Dictionary (2023), defines this term as toughness is the ability to tolerate or recover back promptly from challenges. also, flexible; the ability of an obstacle or item to regain its original form. Operationally, This refers to withstanding the challenges or difficulties experienced by a person and adapting successfully to the emerging challenges in life especially

through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

Organization of the Study

The first chapter of the study describes the problem and why it is important to perform the thesis research. This enables the researcher to address the issues that have arisen. The justification that exposes the true problem, the thesis objectives, and the literature that concludes why the study is needed are all included in this chapter. When writing Chapter 1, it was anticipated that the research questions will answer the problems stated in the rationale. This chapter also serves as a resource for future researchers, parents, criminology students, penal institutions, future research, researchers in dealing with issues.

Chapter two is the thesis study's backbone; it is here that we can see the benefits, the problems, and the linked literature that explains why we were undertaking the study. This chapter was crucial in determining the true problem of the research study, as well as compensating for the respondents' responses to the literature and related studies. Furthermore, it specifies the problem that must be addressed during the course of the thesis research. This will also support the respondents' claims and make reading the entire chapter of the study more valid.

The synergy of the thesis study in Chapter three provides energy on where to begin and what tools must be used to complete the investigation. This is where researchers can look at the study's methods, such as how the researcher completed it and the techniques used to make the thesis more realistic. The research design is one of the most important tools that can be seen in this chapter, as it will show the reader what design is being used to make the study look less futile. The study's sequence is more obvious in this chapter; it provides promises of ethical consideration and trustworthiness, implying that the respondents will not be given the benefit of the doubt.

The outcomes of the study's problems are presented in Chapter four, which refers to what will be the expectation and reality after reviewing the results derived from each respondent's responses. The study's findings are the most important portion of the chapter since they show whether the thesis is successful or not. The results, on the other hand, will reveal how the researcher supported the issues raised in the study, they will also reveal the absence of proof in some of the research studies indicated in Chapter two. The tools mentioned in each chapter will compensate for the tools utilized throughout the chapter. When the data is validated, it is clear that the respondents answered the study questions. This chapter will determine the study's effectiveness.

In chapter five interprets results, crucial for broadening reader and researcher viewpoints. It highlights practical implications for penal institutions in handling elder challenges. Additionally, it suggests future research to address study limitations and expand scope. The chapter ultimately provides a comprehensive discussion and conclusion, offering solutions to the challenges, coping mechanisms, and resilience of elderly individuals deprived of liberty.

2. REVIEW OF RELATED LITERATURE AND STUDIES

This chapter explores the literature and studies which encompass relevant information to this study. This review of literature and studies provide an understanding on the large discussion on challenges being encountered by the elderly inmates deprived of liberty inside the prison and what are the effects of these challenges on the elderly. How did the elderly deprived of liberty cope with the challenges that they've encountered, and lastly, what is the motivation of the elder PDL to be more resilient inside the prison.

Challenges Faced by Elder Person Deprived of Liberty

Individuals aged 60 and over who are incarcerated due to criminal offenses face unique difficulties associated with aging, including a heightened risk of mental health conditions and cognitive decline (Peixoto et al., 2022). In New Bilibid Prison, Philippines, aging contributes to emotional difficulties for inmates, which subsequently impedes their ability to form positive relationships with fellow prisoners (De Guzman, 2020). In addition, Garrido et al. (2020) highlight that in the U.S., where older individuals make up ten percent of the prison population, healthcare and symptom management are major concerns. Furthermore, the diminished support system from their love once brought stress towards them, which resulted in age-related health issues (Wolfe, 2018).

The challenges with daily living of older people who are incarcerated experiences can affect both their physical and mental health. Daily living task

become harder for older people, which can have an effect on their quality of life. Physically and mentally. Daily living activities (ADLs) are fundamental self-care procedures. Furthermore, it covers activities of daily living such as dressing, using the restroom and maintaining continence, bathing, eating, moving around, and getting in and out of beds and chairs. Compared to younger people, older inmates are significantly more likely to indicate the need for assistance with daily tasks or activities of daily living (ADL) because they are more likely to have multiple chronic conditions (Aday et. Al., 2019).

Inmates 55 years of age or older showed that more female inmates reported that they were currently taking prescription drugs because of mental health issues. pertaining to that assertion. The older population faces numerous health challenges, such as glaucoma, diabetes, and arthritis due Age-related health issues (Lane et. Al., 2020). Furthermore, According to the National Institute of Corrections, there were 400% more prisoners in 2016 than there were in 1993 between that year and 2023. prison policies may need to be modified to accommodate older inmates who may have health problems like dementia, mobility issues, and sensory impairments. (Friedman, 2023).

Lastly, According Barolo (2019), she states that, the issues that convicts face are challenges in adjusting to their new surroundings. Prison life, impotence, devotion to unwritten regulations, bearing the agony for the sake of others For the sake of the family, staying out of trouble, taking advantage of the weak, and they are forgotten victims. It is possible that the participants had difficulties accessing these issues endure throughout their time in prison. These

challenges have an impact on their psychological and social well-being, both favorably and adversely. Similarly, challenges have an impact on the behavior of participants both directly and indirectly.

Effects of Challenges to Elder Person Deprived of Liberty

Prisons in Kuala Lumpur, Malaysia, increasing number of elderly inmates. It becomes more challenging for older prisoners due to cognitively impaired prisoners, who have a significant impact on their bathing, dressing, eating, going to the toilet, and other needs. Furthermore, because of guilt, despair, betrayal, and abandonment by their family, older prisoners are predisposed to mental health issues such as depression, they are more likely to become ill as a result of poor hygiene due to mobility issues, and the most common is a lack of medical screening and inappropriate medications. . It is a fact that older adults in prisons are most vulnerable to dementia and other health related sickness due to aging (Singh, 2019).

According to the Philippines' Bureau of Jail and Management and Penology, If a person commits a crime, his or her age does not excuse or exempt him or her from criminal liability. Furthermore, at least 3043 people aged 60 and up were detained in the Philippines on November 18, 2018. Inmates faced numerous challenges due to overcrowding, which had a direct impact on them, such as poor ventilation as a result of the growing population (Borja et.al., 2020).

Furthermore, The provincial government of Cebu City had a capacity of 1600 inmates in Barangay Kalunasan. This study included nine elderly people who had been deprived of their liberty. The oldest is 77, and the youngest is 60. They claim that serving time in prison while also dealing with the challenges of being an older adult may be considered double jeopardy due to a lack of family visits and their family being away from them. To add with, psychological structures emphasize the family as the primary source of feelings and loneliness and imprisonment as challenges, it states that environmental challenges such as the presence of stairs and extreme temperatures inside the prison have an effect on the performance of daily activities (Portuguez, 2021).

According to Barolo (2019), sablayan prison and penal farm in the Philippines. The author states that the effect of challenges on the lives of an elderly inmate can be helpful or harmful. She states inmates think about self- destruction, they feel hopeless, and depression is a common problem. they also questioned their sense of self worth and personal value. and finally, based on barolo's interview with the elder inmates, some of the extreme cases considered suicide.

The health of older prisoners is one of the biggest challenges they face. Additionally, as a result of those challenges the population of the American prison system is rapidly growing. Diseases, co-occurring disorders, and mental health cognition are all affected by this. Due to their old age, they face mobility issues. Additionally, as people age, mental health issues like anxiety, fear, and the desire for death and suicide most frequently affect them (Skarupski et. al., 2018). In Thailand, recent concerns involving COVID-19 inside prisons have caused numerous challenges to elder convicts. This results in greater isolation, unsocial contact, and being cut off from the outside world. Families are included. Furthermore, during COVID 19, prison overpopulation, prejudice, and insufficient medical care, particularly mental health, pose major challenges. Some former elder inmates interviewed mentioned events in which prisoners with mental disorders faced substantial risk of abuse, ill-treatment, and prejudice from both prison staff and fellow inmates (Mogwe, 2022).

The physical environment of most prisons can be admittedly oppressive for many elderly prisoners (e.g., poor lighting and ventilation, being housed too far away from dining rooms, outdoor areas, and toilet facilities, sleeping in bunk beds, limited recreational or work opportunities). Perhaps the old prisoner's emotional and psychological coping and adaptation needs have been overlooked even more. This effect, which includes grief and depression, might manifest itself even more strongly, as in the late-life offender's early shift into the prison subculture or the long-term offender's pre-release dread (Martinho., 2021).

According to a study conducted by Turner (2018) prisoner palliative care refers to when an elderly person is incarcerated, they face double jeopardy. This means that being deprived of liberty causes additional suffering in terms of health and well-being. related to aging and through surveys. It shows significant indication of physical frailty as well as various healthcare needs which impacts elder prisoner in terms of restrict mobility and rise in worry and dread.

Coping Mechanism of Elder Person Deprived of Liberty

In Malaysian Journal Nursing Here are several positive coping strategies utilized: by the older adult prisoners. There are thirty-nine or 65% of respondents consider social support an effective coping strategy. 55% of inmates feel that expressing their emotions by letting them out is useful in their coping. They reorganized the way they looked at the situation, and it was not so devastating (De los Santos et. al., 2019), In relation to that, In Philippines According to Portuguez (2021), in his research about Laya ug Sugakod (freedom and survival) holistic coping of older people behind bars: A phenomenological study. Based on the results, Based on their assertions. Their family, which waits outside behind the prison wall, has become a coping strategy for them to survive inside.

Furthermore, Inmates can use avoidance as a way to cope. They go about their lives as if nothing had happened. they avoid thinking about their current circumstance and do nothing to distract themselves from it. Last but not least, in this study, the ability to make good relationships with his environment is the most typical adaptive coping mechanism technique of the elder person deprived of liberty (Delos Santos, 2019). In addition, Avoiding trouble by cooperating with staff and staying out of the mix is the best coping strategy. Furthermore, they oversee prison as a positive opportunity to access services, stop using drugs, rest, and heal (Smoyer et. al., 2019).

Motivations of elder Person Deprived of Liberty to be more Resilient Inside the Prison.

Elder person need resilience to get over the impacts of adversity or risk, and it not only helps us bounce back, but it can also help us take advantage of challenging conditions. Furthermore, mental health problems are common among senior convicts. A Swiss epidemiological survey found that 27% of offenders in the detention center had mental health problems, and a Chinese survey found that 38% of offenders in the detention center had at least one mental health problem, primarily anxiety, depression, or obsessive-compulsive disorder. Psychological resilience is a systematic and dynamic adaptive procedure that can inspire individuals to actively deal with adversity or stress in order to achieve

effective adaptation and development, which can substantially benefit elderly inmates (Huang et.al., 2020)

In Philippines, Laya ug Sugakod (freedom and survival): holistic coping of older people behind bars: A phenomenological study Based on the questions elder inmates answer, according to the questions elder inmates answered, their usual daily routine to boost their sense of resilience includes saying morning prayers, bathing, cleaning their surroundings, eating, and sleeping. This is intertwined with numerous responsibilities, such as Bible reading and selling commodities. Furthermore, the family is the model for their ambitions; it is their source of motivation for freedom. Furthermore, their families are the reason they must deal with the challenges of prison life (Portuguez, 2021) The Role of Social Support and Resilience in Prison Inmates: A Literature Study, focuses on a quantitative research design with an emphasis on social support and resilience. The crucial point is that resilience plays a major part in prison life and can be influenced by a variety of components, including environmental support, spirituality, self-esteem, and self-acceptance. Resilience and social support are variables that maintain inmates' mental health while they are incarcerated, and resilience can moderate the relationship between social support and mental health (Sari, 2022).

Synthesis

Elderly people deprived of liberty are vulnerable to abuse and maltreatment. Due to their old age it is very hard to adjust inside prison confinement much more if you are an elderly prisoner, it is considered double jeopardy to an elderly incarcerated person deprived of liberty for they are serving their sentence and at the same time they encounter numerous challenges for their age. In addition, as a result of their old age, elderly prisoners suffer a number of challenges, including as a high chance of contracting mental illnesses like depression, psychosis, and bipolar disorder, as well as cognitive decline associated with age. As a result of being incarcerated, aging affects the inmate's emotions, which impairs interactions with other criminals and makes it difficult to form meaningful relationships with other inmates. It also includes sufficient healthcare and symptom management. Furthermore, a lack of diagnostic skills may result in inadequate nutrition.

In addition, due to aging, elderly people deprived of liberty face numerous challenges inside penal institutions, it includes physical and mental challenges and the most rampant of them is mental health problems, such as bipolar issues and depression which greatly affect their daily life. Moreover, challenges are a hindrance in their interactions towards other inmates and creates obstacles in achieving positive relationships with other inmates. But, some elderly people deprived of liberty continue to live as if nothing happened which resulted in their coping mechanism inside prison, they engage themselves into recreational activities such as bathing, joining religious activity.

Furthermore, their family, who waits outside behind the prison wall, has become a coping mechanism for them and serves as an inspiration to survive inside. Furthermore, they avoid thinking about their current situation and do nothing to divert their attention away from it. The ability to form positive relationships with their surroundings is the most common adaptive coping mechanism technique of older adult prisoners in the sense that they bond with their co-inmates and add extracurricular activities inside jail to pass the time.

The best coping approach is to avoid trouble by cooperating with staff and remaining out of the conflict. Furthermore, they perceive incarceration as a positive opportunity to gain access to resources, discontinue drug use, rest, and recuperate. Furthermore, if you are classified as a colonist, you will be granted benefits inside the prison, such as healthcare, a good behavior grant, and a time allowance. The most important benefit is that their family can use health care inside jail facilities, which can aid them financially because they can save money. there are certain programs inside penal institutions that could help pass the time of a geriatric offender, such as playing sports, doing extra-curricular activities and sometimes doing business inside penal institution which could greatly help them in terms of their finances inside jail.

Therefore, aging is considered a phenomenon that cannot be stopped, it is innate in every human being, as an elderly person deprived of liberty. Aging is the biggest problem that they face inside the four corners of bars, which can affect their well-being, health and mostly their status inside. Despite being an elder deprived of liberty, they must be treated with respect and give humane act to them and value them as a human being. In addition, penal institutions must improve their programs for elderly people deprived of liberty because they are the ones who are on the verge of maltreatment and abuse. This study serves as an inspiration to all people who want to give up their life for nothing, and let an elderly person deprived of liberty serve an inspiration to them, that being deprived of liberty does not mean ending life once because of being deprived of their rights.

3. METHODOLOGY

This chapter discusses the methods of research used during the course of study. It includes the research design employed in the narrative of challenges, coping mechanisms and resilience among elderly people deprived of liberty.. Furthermore, it discusses the overall design of the study: the participants, the sources of data, data gathering procedure, analysis, and ethical considerations in the conduct of this study.

Research Design

This study used qualitative research seeks in-depth understanding of behavior and expiriences through 'how' and 'why', emphasizing meaning and perspective (Tenny et al., 2022) Moreover, Qualitative Narrative analysis is a qualitative research method that focuses on figuring out the impact and context of people's experiences. It is also a constructive research method, recognizing that people create their own narratives about their experiences in life (Polkinghorne., 2018), the researcher used qualitative narrative analysis so that it could capture the experience of an elderly person deprived of liberty inside prison based on challenges, their coping mechanisms and what are their motivations in order to be resilient inside prison. Moreover, when doing Qualitative narrative analysis research is an approach where it focuses on the narrative of people and their experience on their current lives or situation. Commonality of such lived experiences within a particular group. The goal of this design is to arrive at a description of nature with a particular phenomenon.

Role of the Researcher

This study allowed the researcher who was an education student to enhance his skills and suffice his knowledge. The role of the researcher was to document the study for the readers (documenter) and also to enable them to understand (enabler) what the narrative of challenges, coping mechanisms and resilience among elderly people deprived of liberty. Mostly, it focuses on the challenges and their effect on elders deprived of liberty, their coping mechanisms towards the challenges they encounter, and their motivation or ability to be resilient inside prison. Furthermore, the researcher's participation in seeking to reach the study participant's ideas, feelings, and experiences is required, as this is a difficult undertaking that entails asking individuals to talk about topics that are potentially extremely personal to them. Another primary role of the researcher was to safeguard participants' data such as information and answers, mechanisms for safeguarding participants must be properly communicated to them and authorized by a competent research ethical review board before the study may begin. Lastly, it is a must role of the researcher to seek advice from an experienced and reliable qualitative researcher before embarking on and publishing the study.

Research Participants

As narrative analysis approached to figure out the impact based on lived experiences of individuals, Tracy et.al., (2020) 5-7 people are sufficient for qualitative research, depending on a variety of circumstances such as the research topic, research strategy, and available resources. Who are able to talk about the personal experience they have the time in real-life experiences under review and (2) the participants must be prisoners inside south cotabato city jail. It includes criteria to be needed in the study. Moreover, the participant of this research is 5-7 elder prisoner in South Cotabato Provincial Jail. In this case the participants were chosen by their classified age, (1) age 60 above. According to Aday & Krabill, (Nd). They define elder prisoner as aged of 50-60 and above due to some individuals are considered old because of excessive chronic condition. Moreover, (2) the participants must be prisoners inside south cotabato city jail. (3) the participants are willing to participate in this study to share their narratives. (4) the elder prisoner is not transferred to south cotabato city jail (5) the participants must be imprisoned for 5 upto 10 years or above. (6) elder prisoner must be at minimum and medium security. For this reason, elder persons deprived of liberty had experienced challenges inside prison and their effect to them and how they cope to that challenges they encounter and lastly what are their motivations to be more resilient inside penal institution, willing and able to talk about it were sought for the purpose of this study and that is included in the said criteria that deals based on the definition presented.

Locale of the Study

This study would be conducted within the South Cotabato Provincial Jail.

The participants of the study were intentionally chosen based on age for more than 60 years old and

above. According to ABS- CBN news (2021), The South Cotabato Provincial Jail (SCPJ) is a correctional institution maintained by the government in Koronadal City, South Cotabato, Philippines. With a capacity of 600 prisoners, it is the province's largest jail. However, the facility is overcrowded as of 2023, with over 2,000 inmates incarcerated there.

Moreover, the researcher chose South Cotabato Provincial Jail as the locale of the study because according to Valar, (2023), South Cotabato Provincial Jail is considered as one of the most toughest prison in the world, hence, in line with this research, it is the most suitable local of the study since it is considered as one of the toughest prison in the world and it could capture the research variables that needs to be fulfilled which includes, their challenges, coping mechanism and their sense of resilience inside prison facility.

According to the Philippine News Agency (2017), the South Cotabato Provincial Jail (SCPJ) was built in 1978. the SCPJ was constructed to house 400 offenders but has now become overcrowded, with over 2,000 inmates incarcerated there as of 2023.

lastly, The situation of elderly inmates in the South Cotabato Provincial Jail (SCPJ) is a source of concern because the facility is overcrowded and in poor condition. The Philippine Commission on Human Rights (CHR) issued a report in 2020 concluding that the SCPJ violated the human rights of its convicts, notably older inmates. According to the CHR investigation, the facility was overcrowded, inmates did not have adequate access to food and water, and the institution was plagued with bugs. Furthermore, the SCPJ has a separate dormitory for older offenders, but it is overcrowded as well. The elderly convicts are especially exposed to the jail's inadequate circumstances because they are more likely to have health issues and be less mobile.



Figure 1. Koronadal City, South Cotabato

Research Instrument

The study used a semi structured-interview guide in the exploration of the narratives of challenges, coping mechanisms and resilience among elderly persons deprived of liberty. The semi structured-interview guide questionnaire is the tool used by the interviewer as a guide during the key informant interview. According to Adeoye-Olantunde and Olenik (2021), semi-structured interviews are the most effective method of data collection when a researcher seeks to understand the participant's unique perspective rather than a broad understanding of a topic. Additionally, semi-structured interviews provide you the opportunity to explore any relevant ideas that may arise while the interview is still going on while still allowing you to concentrate on the subject of interest. Qualitative researchers frequently utilize semi-structured interviews as a way to collect new data and gauge participants' opinions on a certain topic.

Data Collection

The data and information was collected through the use of key informant interviews. An interview which consisted of three or more questions mainly formulated to ask the challenges of elder inmates person deprived of liberty and their effects on them, what are their coping mechanism on the challenges they encounter. First, the researcher prepared a letter such as Permission Letter for the Instructor, Informed consent for the participants, Participants Agreement Form, Consent Form penal institution.. Second, the researcher asked permission to his instructor to conduct an interview to his selected participants and to ask an approval on it. Third, when the letter was approved by the instructor, the researcher printed it and hold a photocopy served as his reference. Fourth, the researcher give a letter informed consent where it will inform the participant that the researcher will conduct an interview and information about the narratives of challenges, their coping mechanism and their motivation to be resilient inside prison. It was followed by the Participants Agreement Form which comprised the participants and researchers agreement for the conduct of the interview and transcription of the data collected then, the researcher lend Consent Form to penal institution and the to the student which contains the agreement between the researcher and the student and adviser indicating that they are allowing their students to participate in the study. After that, the researcher starts to conduct a virtual interview with his participants and the researcher will take a picture, and a recorded interview that serves as his guide. Lastly, the researcher will analyze the data that has been gathered

Analysis of the Data

Descriptive Qualitative Narrative Research Design was used in this study to relate the Complementary methods for Research in Education by Clandinin and Connelly (1990). This method is used to understand the personal experiences of individual participants.

After the interview, the data gathered were transcribed. All the transcribed interviews were presented to the participants for them to validate. Clandinin and Connelly, concentrate on specific aspects of qualitative research. Prioritize the individual's experience and the private area. Personal experience,

according to Clandinin and Connelly, is best understood through storytelling since "experience is the stories people live" (Clandinin & Connelly, 2000).

Methods by Clandinin and Connelly were utilized in exploring the perceptions and personal stories of the way participants experience the world. Narrative researchers collect stories from individuals retelling their life experiences to a certain topic. Participants must meet a form of requirement that fits the purpose, problem, and objective of the study. Participants and researchers collaborate through the research process to ensure the story told and the story align. After collecting the narrative data, researchers organize it systematically. This involves transcribing interviews, coding, and categorizing the data. There will be a field study, to have a panel of experts in the profession of the study review the research protocol and interview questions to ensure they align to the purpose statement and research questions. This revealed the narratives of challenges, coping mechanism and their motivation to be resilient inside the prison. The emergent themes were the basis for discussion and recommendation of the study. Referrals of emergent themes to participants were also done to validate the data.

Trustworthiness

An informative interview with the participants was conducted at a mutually convenient time. Face-to-face interviews were conducted with the interviewer and the selected participants. To ensure safety, consider and follow the safety health protocols. Each interview took place in a face-to-face setting. This method was chosen to facilitate open communication, rapport-building, and a deeper understanding of the participants' perspectives.

The interview was conducted according to the interview procedure. The interview began with an introduction to the interview mechanics, with a focus on the ethical issues highlighted in this study, as well as the interview methods and duration. The following was presented to the identified participants: Informed Consent Form, Participant's Agreement Form, Parents Consent Form, and the Interview Protocol for the Participants.

Before the interview, the elements and substance of the interview questionnaire was addressed. During the actual interview, the researcher asked for detailed accounts of their narrative of challenges and Its effect on them and what are the coping mechanisms of elderly people deprived of liberty inside penal institutions and what are their motivation to be resilient inside prison. Moreover, The researcher kept track of the exit interview data, which includes the precise date, the start and finish times, and the respondents' names. This was done to track the duration of the interview with the respondents.

Ethical Considerations

Ethical challenges might arise in each phase of the research process in the study. The study involves collecting and sharing data narrative of challenges and Its effect on them and what are the coping mechanisms of elderly people deprived of liberty inside penal institutions and what are their motivation to be resilient inside prison. First, it is important to get permission for participation from the penal institution and from the adviser. Before the conduct of the actual

gathering of data, the researcher explained to the participants the purpose of the study. Included in the permission is a clear explanation of what the study entails, the potential risks, and confirmation of anonymity. It also makes clear to the participants that they can choose to discontinue their participation at any time without penalty. The researcher then explained that the signed form needed to be returned in order for the student to participate in the interviews. After the research participants are selected, the researcher meets each participant individually. Furthermore, it was made clear to the participants that the purpose of this study was not to evaluate their doings of anything. The nature of the interview questions only provides a focus for participants to share their narrative of challenges and Its effect on them and what are the coping mechanisms of elderly people deprived of liberty inside penal institutions and what are their motivation to be resilient inside prison.

4. RESULTS

This chapter presents the themes that were drawn from the analysis of the responses during the conduct of the Semi-structured interviews (SI). In the process of identifying the themes, the researcher transcribed the audio version of the interview. From the transcript of the interviews, significant statements were extracted. These were utilized in the response to the title of the research in which "Aging behind bars: Narrative of challenges coping mechanism and resilience among elder person deprived of liberty". Since there were several significant statements in the study because of the reliable and participants, caution was done to ensure that the statements were relevant to the studied phenomenon. The organization of the discussion in this Chapter is based on the themes which significantly answered the research questions.

Below are the participants and their short background why they are fit, indisputable and reliable participants for this research;

Alpha is an elder person deprived with liberty and he was incarcerated for 5 years. However, alpha experienced time pressure and in ability to connect to his family because of the fact that he was incarcerated for a long time and still serving his sentence. Alpha states that, “te ang kwan diri time pressure e” which indicates that being incarcerated makes them feel that while living inside jail they feel hopeless, moreover, he also states that his life is worth dying for since he is living inside prison facility.

Bravo is an 63 elder person deprived of liberty and he was incarcerated to 5 years. However, bravo experienced prison adjustment and time pressure while serving his sentence.

Charlie is an elder person deprived of liberty and he was incarcerated for 12 years inside prison. However, charlie experienced prison adjustment and he feels being run out of time due to long term of serving his sentence and still counting.

Delta is an elder person deprived of liberty and he Is 70 years old and incarcerated for 5 years. However, delta experienced being sick inside jail while serving his sentence which gave him a hard challenges while continuing his sentence.

Echo, is an elder person deprived of liberty aged 60 years old. And incarcerated for 7 years. Echo experienced being away with his family and conflict in adjustment in term of living inside inside prison facility.

Foxtrot, is an elder person deprived of liberty deprived of liberty and incarcerated for 5 years. Foxtrot experienced conflict on other person inside prison facility in which he states that “uban diha ma sulod

lang ng mga bugal bugalon” moreover, some person deprived of liberty is prideful.

Golf, is an elder person deprived of liberty and incarcerated for 7 years. Golf experienced challenges in terms of attitude of other inmates in which he states that, “ma damo gid ako na encounter sa pamatasan bala sa mga ka upod ko” which indicates challenges in terms of relationship towards other inmates.

A: What are the challenges being encountered by the elderly person deprived of liberty inside the prison?

Table 1: Presents the challenges of elder person deprived of liberty inside prison facility.

Clustered themes	Formulated meanings
1.1 Losing Track of Time	<ul style="list-style-type: none"> ● Pressured by time ● Lost interest in time of life due to aging ● Challenges of time and adjustment inside jail ● Wasted so much time since being imprisoned at a young age
1.2 Broken Relationship	<ul style="list-style-type: none"> ● deteriorating family relationship ● Being Far away from family ● Challenges of connecting to family due to being imprisoned
1.3 A Hostile Environment	<ul style="list-style-type: none"> ● Difficulty in living inside the jail or being imprisoned ● Difficulty in adjustment on being inside the jail ● Chaotic and dangerous environment within the prison cell;
1.4 Troublesome Personality	<ul style="list-style-type: none"> ● Having cellmates that are bully ● Having cellmates that are bully and boastful ● Having cellmates who are difficult to deal with

Losing Track of Time

Losing track of time can be an extreme challenge for older persons, particularly those whose freedom of movement is limited. Time disorientation significantly impacts older individuals with limited mobility, causing anxiety and isolation, especially in confined or frail states. According to Turner et al. (2018) Since 2003, the proportion of inmates over 60 has nearly tripled, making up over 16% of the total prison population. The elderly prison population is distinct from the other prisoners. Due to their aging, fragility, and poor physical and mental health, many of them have complex health and social care needs. Each passing day feels like a squandered opportunity. In addition, the structure and layout of many prisons make them unsuitable for individuals with ill health, particularly those with mobility impairments. They said;

“ahhh so very boring e Ti kay worth dying for na ang edad ta ari pata sa prisohan (P2 45-46l alpha)

(very boring too the point that my life here inside prison is worth dying for due to aging)

“Limitado ang amon nga oras ang ang amon pag inupdanay Syempre ma budlay man gid mag adjust.. Sa diri sa mga ka upod mo na indi mo dati nakasalamuha” (P7l 9-13l bravo)

"Our time together is limited... It will always be difficult to adjust, especially with those you haven't met before") “ sabagay a, diri sa akon diri gid na ubos ang akon Pag ka batan'on sa laya.Kay syempre may edad naman ko.Diri Gid na ubos ang akon pagka batan'on sa laya wala naman ta ma himo kay priso naman ko sir , agwanta nalang ko ” (P6l66-69l charlie)(For me, being imprisoned inside jail since I was an adult up until now has been an elder prisoner. I can't do anything about it. I just have to endure it all along.)

Both alpha, bravo and charlie had same experienced inside prison in terms of losing track of time. moreover, this feeling greatly affects their function inside community. This narratives in terms of their challenges greatly affects their well being inside prison facility. Moreover while serving their sentence, elderly inmates or others deprived of liberty may feel as if they have traveled back in time. In addition, elder inmates typically have a shorter life expectancy compared to younger ones. Second, productivity loss: prison routines can be monotonous and lack significant activity. If there are no programs suited to their age group, elderly prisoners may feel useless. Finally, sensory deprivation can affect a person's concept of time by limiting their exposure to the outside world and sensory stimuli (Shoemaker, M. B., & Soderlund, M. 2020).

Broken Relationships

Prison life severely impacts relationships for persons deprived of liberty (PDLs), causing widespread distress. Isolation from family and friends is a primary source of despair, compounded by the loss of autonomy and fear of deterioration. Elderly PDLs face amplified challenges in maintaining social connections due to separation from loved ones. Incarceration can alter a PDL's personality, hindering post-release reconciliation. Broken relationships are a recurring theme among PDL narratives, highlighting the profound pain and hardship caused by imprisonment. The lack of communication with

the outside world is a significant factor, ultimately damaging a PDL's connection to their former life.

“ah ang pag hamon ang relationship sa pamilya mo na dula e” (P2 1421Alpha)

(the challenges in terms of relationships with family had gone.)

“Pero amo man nang kabangdanan nga nag pa pagon sa akon kag ang connection ko sa akon pamilya daw nag aa. Dula man kay sympre Ara ta sa sulod ka rehas nga gina tawag”
(P71 21-221 bravo)

(that is the reason that molds me to be stronger and connection to family was gone because of being imprisoned)

“Umm sa amon na mga senior citizen, kami,Hirapan kami dahil malayo sa pamilya” (P4 149-501 echo)

(Umm, as a senior citizen, it was challenging since you are far from your family.)

Both alpha, bravo and echo believe that being far away from family can result to broken relationship such as being incarcerated. It is considered double jeopardy being incarcerated at the same time having broken relationship toward peers family and friends.

Hostile Environment

A hostile environment for an elder deprived of liberty is a serious issue .Control, and even basic comforts have been taken away. Now double that struggle with the physical and mental limitations that come with aging. Age discrimination is a common source of deprivation of liberty for elderly people in jail, making them more vulnerable to disadvantage, mistreatment, and violence. Furthermore, adjusting to the jail environment affects their well-being, especially if the environment is chaotic. (States Must Protect and Respect the Rights of Older Persons Deprived of Liberty - Penal Reform International, 2022). in addition, bravo, charlie and echo have the same narratives in terms of adjusting inside prison facility, which they states that it is very challenging being incarcerated and deal with the unfamiliar setting that they belong.

“Isa na sya nga pagsubok nga ... a na siling ko gani pinaka Ma bug at Nga na encounter ko sa akon kinabuhi ang pag Istar sa sulod sang rehas” (P7118-201 bravo)

(the biggest challenges that I have encountered in my life is living inside prison bars.)

“sang una magulo,sang una ma gulo, sang, May patayan,bisan pag gwa patay, e hipos lang kami sa sulod sang Selda sir.” (P4 166-691 echo)

(lately prison confinement si very chaotic.There are killings, but, we remain silent inside our cells)

Additionally, Charlie stressed that being incarcerated inside prison facility the moment that he was incarcerated is very hostile and resentful.

“pait gid kaayo sang una, sa bag’o pako Nag sulod diri (P6146-471 Charlie)

(Previously, life was very relentless before I got inside the prison facility.)

Troublesome Personality

Troublesome personality is a challenge inside prison facility especially when inmate is new inside the community. Being incarcerated inside new community greatly impact elder offender, there are things to consider such as, their health status and the exposure to criminal inside prison facility. According (“Interpersonal Hostility in Prison: Explaining Conflict Styles Among Inmates,” 2022) Institutional existence includes situations of hardship and depravity.

Prisoners are frequently forced to live in congested conditions, with constant exposure to threats and other forms of cruelty from fellow inmates. Foxtrot and Golf have the same experience in terms of their narratives when it comes to challenges inside prison facility which is conflict between inmates.

“Ang kwan lang ng (someone’s talking) uban diha nga Musulod lang (laughing) Ng mga bugol bugolon ba” (P8 117-181 Foxtrot)

(Some inmates who just got here are hard-headed.)

“sa akon iban nga na kita nga na batyagan madamo gid Akonga encounter sa pamatasanbala sa mga ka upod ko (P5 131-321 Golf)

(as far as I have seen, I have so much encountered in terms of the attitude of my co inmates)

In addition, Foxtrot stressed that some new inmates inside prison facility is not well mannered in which it greatly affects Foxtrot inside prison facility.

“Kanang lang musulod mugsumugsolod mao nay mga bugalbugalon hambog” (P81661 Foxtrot)

(those inmates who just got inside are hard headed and prideful)

B: What are the effects of challenges being encountered by the elderly person deprived of liberty inside the prison?

Table 2: Presents the effects of challenges of elder person deprived of liberty inside prison facility.

Clustered themes	Formulated meanings
1.1 Regrets And Remorse	<ul style="list-style-type: none"> ● Challenged greatly since the trial happened late in life;
1.2 Unfulfilled Responsibility	<ul style="list-style-type: none"> ● Inability to take responsibility and reconnect in the outside world; ● Neglected my responsibilities to my family, church, and other plans;
1.3 Enlightenment And Realization	<ul style="list-style-type: none"> ● Learned a lesson of keeping away from problematic people ● Gained a lot of realizations about shortcomings and mistakes made in life and what to do to make the community better; ● Learned a lesson to take care of himself in -order not to be harmed;
1.4 Drowning In Fear And Despair	<ul style="list-style-type: none"> ● Anxiety and despair will swallow your whole being knowing that when everything ends, your loved ones will no longer be around; ● Negative feelings build up since the community and family may no longer accept someone who was imprisoned; ● Feeling of depression due to adjustment; ● Everything is so stressful especially when no one remembers to visit you and you don't have livelihood;
1.5 Physical Decline	<ul style="list-style-type: none"> ● Physically weakens due to a humid and hot prison environment;

Regret and Remorse

Regret and remorse can be difficult for elderly, jailed individuals. The incapacity to regulate their everyday routines and surroundings might cause feelings of helplessness and remorse for previous

decisions. Uncertainty about the future, as well as a sense of time lost, can cause anxiety and regret. According to Redondo et al. (2021), for elderly individuals, incarceration represents a significant loss of routine, connection, and an internal state that is probably deteriorating. In addition, for some instances regret and remorse may be caused by living inside prison facility, this includes stress and vulnerability of elder person deprived of liberty since they are fighting inside prison just to survive at the same time fighting as an elder person, which may be considered double jeopardy to them. Furthermore, participants named alpha experienced also regret and remorse while serving sentence inside prison facility, alpha states that;

“sooo,very challenging e te kay sa amo naning edad na Abot pa sa kabuhi ko nga subung sini Na event, so very challenging man sa pagkatao ko e.” (P2 l 53-55l alpha)

(So, very challenging since I’ve got into this event in my life and also it is challenging for my self.)

Unfulfilled Responsibilities

The amount of unfulfilled responsibilities can be an important cause of stress for elder people being incarcerated and have an adverse impact on their mental and emotional health. Missing significant family occasions like weddings and graduations or just regular moments can lead to a feeling of detachment and aggravate the idea that one is failing one's loved ones (Michael, 2017). moreover, unfulfilled responsibilities may hinder connections towards friends, family and peers. Furthermore, Due to restrictions inside prison confinement, there are rules that must be followed, which may reduce the accessibility of communication with family and obligations left outside prison bars. One of the participants, named Alpha, states that he has an unfulfilled responsibility that he left outside prison bars, which alpha points out.

“ang effect ko ti Di kona ma subaybayan ang pamilya ko.Especially sa asawa ko, kabataan ko kag sa apo ko ,Kag isa pa , as a administer of God,” (P2 l64-67l alpha)

(the effect is , I can no longer see my family especially my wife, My children and my grandchildren. And lastly As a administer of God)

“Na pabayaan ko akon pamilya Napabayaan ko akon trabaho. Na pabayaan ko akon mga project Napabayaan ko akon ang akon gid nga ya simbahan man.Church nga gin dala ko” (P2l84-87l alpha)

(I neglected my family, my work, my project and especially the Church I represent)

Enlightenment and Realization

Enlightenment and realization can also be a effect of being incarcerated to elder person Although incarceration can have a profoundly adverse effect on elderly people. Furthermore, in prison settings, access to resources for self- improvement and rehabilitative programs may be limited. Opportunities for education, spiritual counseling, or self-help groups are provided through various jail programs.

According to (Villman, 2023). furthermore, participants named bravo, has positively affects his stay inside prison confinement. He sees, imprisonment as a positive response towards that things that he done outside prison confinement which resulted for him to be put inside confinement facility. He also states that there are contributing learning process which greatly affects him to avoid conflict inside prison facility, for the better and for his family.

“pero para sa akon ang epekto sang pag tinir ko diri . Damosya Sang contributing learning process Ti syempre May mga hitabo abi nga medyo naka lipatan didto sa gwa Sang diri ako nga pagnagatubo, nagataas ang akon Himatnon Madumduman koba atong mga ka kulangan Anong bagay ang e adjust kona .ano tung tama nga himo'on kona Para sa ika lambo sang pamilya kag komunidad” (P71 27-331 bravo)

(For me, the effect of staying inside a prison facility has a lot of Contributing to the to the learning process, such As diverting attention And focuson life inside a prison facility, which increases Your Self-understanding of what is lacking in you and what are the things that need to be adjusted and done for the sake of My family and the community)On the other hand, golf and alpha had a similar response to the effects that they'd experienced inside prison facilities. They both relate that avoiding people and taking care of themselves leads to good enlightenment and realization upon serving their sentence. Alpha and Golf states that;

“may l eksyon sa ngaa tungod sa akon kaso So ang Leksyon sakon nga na hatag ya is. Dako kaayo nga challengeKay nag keep distance to other people nga gusto mag guba sa imo “(P2175-771 alpha)

(there are learnings for the reason of being imprisoned And lerning towards myself. Also, huge challenge for the Reason that I keep distance to other people who wantsTo destroy you.)

“sa akonbudlay gid di, kay syemopre layo gid ko e kwan Ara, ara man sa kwan gawas kay di man ako ka gwas kwan, sa Kwan sa ano , gin ampingan ko nalang akon sarili Para lang di ako ma dalasa , syempre.” (P51 80-831 golf)

(for me , it is difficult. Because, I am inside prison facility. I need to take care of my self for the reason of not being Hurt by someone who wishes to hurt me)

Drowning in Fear and Despair

Drowning in fear and despair of Incarceration is more than just a constraint for elderly people. Their entire environment is abruptly and frequently devastated.The individuals imprisoned in solitary have suffered grave consequences as a result of this isolation. It is widely known that solitary confinement causes prisoners to suffer from extreme anxiety, panic attacks, paranoia, despair, depression,and the emergence and aggravation of further mental health issues(RMHTU Disciplinary Report May 2022, n.d.). moreover, according to one participant named bravo, being incarcerated inside prison facility greatly affects his well-being, it develop sense of despair, mental health issues and fear after being released outside prison facility, in which no one will accept you for the record that you have committed an offense.

Negtibo nga epekto sakon.. .kung kulang ang imo nga faith.Kulang ang imo pagpati sa imo kaugalingon, nga ma sarangan mo ang Mga trials kay ti syempre mag tubo ang mga losses mo ba, tubo tung mga anxiety ma tubo to ang pag alang alang mogid Angka Hadlokmonga basi pag gwa mo wala kana sang mga ka ingod ” (P7158-621 bravo)

(The negative effect of being imprisoned is that if you lack faith in yourself, you cannot surpass the trails, which may lead to being depressed and anxious. it will increase the risk of being anxious and the fear of returning to the community once you are free.)

”sa akon abi pag a.. sa bag.o pako . usually. Nag agi ko sang epression..” (P71 79-801 bravo)

(for me, I’m new inside prison facility, I experienced depression)

In addition to that, Bravo also emphasizes that being incarcerated may result in the loss of contact with your family or even your community.

Furthermore, people in the community may judge you for the reason of being imprisoned, and they will give negative feedback by looking at your record. Bravo also states that being incarcerated may result in you not being accepted by your family, or they may keep you away from them for the things that you have done.

“ mga negative Basi pag abot mo sa community Way na sang mag baton sa imo Bisan pamilya mo indi na mag.. palapit sa imo, mag closer sa imo kayti May ara nata tatak rehas.”

(P71 65-681 bravo)

(For the negative side, I fear for the reason of not being Accepted By the community, and even your family would not Come Closer to you for the reason thatI have past Being imprisoned)

On the other hand, Charlie had quite different point of view inside prison facility, which greatly affects him. according to Simes et al. (2022), for an elderly person, incarceration is more than just a loss of freedom; it is a associative factor of stressors that can have an adverse influence on their physical and mental well-being. Additionally, elders frequently rely on social engagement for mental well-being. Inmates who have barely any contact with their families and friends may feel isolated and stressed. Furthermore, Money was a significant factor with regard to survival inside prison facilities, which Charlie mostly needed. Charlie states that livelihood programs through which Charlie can earn money may ease the stress that he has experienced.

“a diri parti diri nga panahon, stress gid number One Stress gid labi na wala kay dalaw para sa akon , wala koy dalaw, Tapos, way kwarta. Istress gid” (P61106-1091 charlie)

(for this phenomenon, stress is number one, for the reason of not having visited.)

Physically Declined

Physically declined is one of the challenges of elderly people deprived of liberty face a multitude of challenges that contribute to physical decline. The combination of high humidity and poorly maintained prison environments can have a significant negative impact on their health. Elders often have a reduced ability to regulate their body temperature. High humidity can make it harder to sweat and cool down, increasing the risk of dehydration and heat stress (Osilla et al., 2023). Furthermore, participant named Echo experienced being physically weak due to extreme heat that he experienced inside prison facility. This may result to multiple challenges such as poor prison environment. Echo states that;

“a... pakiramdam ko. Daw naga hina man kami dahil Sa Lalo lalong na ma init sir,” P4141-421
Echo

(i feel getting weak for the reason of so humid inside prison facility)

C. How did elderly people deprived of liberty cope with the challenges that they've encountered?

Table 3: Presents how elderly people deprived of liberty cope with the challenges that they've encountered inside prison facility.

Clustered themes	Formulated meanings
1.1 Looking Up	<ul style="list-style-type: none"> Develop peace of mind and have trust in the Lord and in the government; Worshipping God Involvement in church activities
1.2 Facing Reality	<ul style="list-style-type: none"> Accepting and facing that fact of being imprisoned
1.3 Keeping At Peace	<ul style="list-style-type: none"> Avoiding things that may cause chaos. Avoiding and ignoring people to avoid conflict;
1.4 Collaborate And Participate	<ul style="list-style-type: none"> Involvement in programs and activities inside prison
1.5 Gaining Support And Subsidy	<ul style="list-style-type: none"> Financial assistance of the government through pension Supported and visited by family members Needs are supported for free by family and the government;
1.6 Loving Thyself	<ul style="list-style-type: none"> Keep on maintaining a healthy physical body; Eating and having enough rest; <p>Prioritizing self-preservation for family.</p>

1.7 Immersing In Tasks	<ul style="list-style-type: none">• Doing chores for other inmates to suffice needs;• Doing laundry for other inmates to buy own needs like soap;
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Looking Up

The status of an elderly person confined to a prison and deprived of their freedom had an impact on their quality of life. However, their coping strategy is just as important to help them deal with the challenges that they would face while incarcerated. Moreover, according to the Phenomenological Study of Persons Deprived of Liberty Suspected to Be Suffering From Depression: The Psychophysiology Coping Mechanism (2018), Individuals react to experiences differently from one another. Some adjust by altering how they see events and situations, like rebuilding one's cognitive abilities and seeing the bright side of prison life. In addition, alpha states that looking up is one of the coping mechanism he does while serving his sentence inside prison confinement. Alpha states that;

“soo, have a peace of mind and always trust into the lord And also trust to our government.” P2197-981 alpha

(So, have a peace of mind and trust into the lord and Have trust to our government)

In addition, both alpha and bravo had the same coping mechanism while serving their sentence. They both engage themselves into church activities and worshipping God inside prison facility. Alpha and bravo states that;

“strategy nako di sa akon as a pastor Is worshipping God..” P21120-1211 alpha

(As a pastor, my strategy inside prison is by worshipping God)

“Tungod kay may naka yaya sakon sa church A. (audible sound) mag intra sa choir. Nag upod ko didto. Nag intra sa mga project diri. Nag upod ko didto kag daw na Enjoy koman kag na amat amat. Ko baton ang kwan.. ang mga.” P7182-851 bravo

(I've been invited to church and join the choir, and I engage in projects inside prison facilities, which I enjoy. And gradually accept what I am now.)

Facing Reality

Facing reality is one of the coping mechanism of elder person deprived of liberty is facing its reality inside prison confinement while serving their sentence. Moreover, PDLs deal with situations by accepting them. In addition, PDLs who were accepted can feel more at ease knowing that may cause one to act without hesitation in other situations. Acceptance triggers PDLs to adapt inside the jail. PDLs have attempted to fit in within the prison by adjusting to their new surroundings. (“The

Phenomenological Study of Persons Deprived of Liberty Suspected to Be Suffering From Depression: The Psychophysiology Coping Mechanism,” 2018). alpha states that;

“Gina pilit ko nga ma atubang na sa.. amo to nga. ma baton ba. Kay kung indi ko ma baton ang mga Nag agi sang akon kinabuhì daw di Koman mapatawad akon kaugalingon amo nang isa ka bagay nga Una una ang pag baton kogid sang akon nga ka kulangan. Isa na sya nga pagsubok nga a na siling ko gani pina”

P7114-161 Bravo

(I force myself to face the fact that in order to accept it. If I wouldn't force myself to accept it. I couldn't forgive myself. First is to accept the challenges that I encountered)

Keeping at peace

Keeping at peace is considered as one of the coping mechanism of elder person deprived of liberty on the other hand physical vulnerability: elderly inmates often have weaker bodies that are more vulnerable than younger ones. Avoiding conflict lessens the possibility of physical accidents. The most popular adaptive coping techniques used by the older adult prisoner in this study were the capacity to avoid conflict and to build positive contacts with his new surroundings (view of geriatric depression and coping strategies of penalized older adults | The Malaysian Journal Of Nursing (n.d.). charlie and foxtrot had the same coping mechanism which is keeping at peace. They tend to avoid other people inside prison confinement in-order for them to preserve themselves. They state that;

“Tungod kay nag likaw pud ko sa mga ano dira mga contrabando nila Di ko mu kwan ana bawal ... Muna akon kas sang edad nako wala nako nag kwan ana mga contrabando nila diri .wa koy paki alam nila dira” P6180-831 charlie

(for that, I avoid getting involve to contrabands. I avoid that, which is illegal. And for my age I did not involve myself to contraband's I don't care about that)

“hindi man ko mag tagad sailaha. Mulakaw lang ko Daw wala lay problema ba...
Lakaw lang ko” P8139-401 foxtrot

(I don't indulge myself in them I just walked out as if I had no problem at all.)

Collaborate and Participate

Collaborative and participatory programs within prisons can be effective coping mechanisms, promoting social connection, purpose, and well-being. This can foster a sense of hope and alleviate the stress that an elderly person may be experiencing. Moreover, according to the research of Baldonado et al. (2022), based on their results, it demonstrate a tremendous realization for the respondents' participation in physical activities and prison programs, particularly games, sports, and recreational programs. Additionally, respondents are motivated to participate. Physical activities and programs help individuals

relax, ease stress, anxiety, and depression, repair their health, and become fit. Furthermore, One of the participants, Charlie, is active in terms of engaging himself in the programs of prison confinement and somewhat making it his stress reliever. Charlie states that;

“project project pud mi diri ginagmay Unya, unya kung naay mga programa. Apil pud ko gina pa apil pud koMunang na wala wala pud ang mga stress nako ginagmay.” P61127-129l charlie

(If there are programs inside prison facilities, I indulge myself in joining such projects. At the same time, joining activities eases stress.

Gaining Support and Subsidy

Gaining support and subsidy for elderly people being incarcerated the cost of basic necessities and healthcare might be expensive. Gaining access to government assistance and subsidies can be an essential coping approach, boosting well-being and decreasing stress. Inline with that , Republic Act No. 11916, known as "An Act Increasing the Social Pension of Indigent Senior Citizens and Appropriating Funds," mandates a 100% increase in the monthly pension of elderly people raising it from Php500 to Php1,000, with funding secured through Republic Act No. 11975 (Department of social welfare and development [DSWD], 2024). furthermore, through this bill, it helped a lot in terms of expenses and basic necessities of an elder person. According to charlie, government subsidy can help him survive inside prison facility. Charlie states that;

“kung sa akon lang amo ning akon pension , Mao lang nang maka survive sakon. Kay tag 6000 manang amon Amo ang ka bulan”

P61142-143lcharlie

(six thousand pension really helps me survive inside prison facility)

Furthermore, In terms of the support given by relatives of elder person being incarcerated. Delta and Golf have the same coping mechanism which really helps them combats the challenges they encountered inside prison facility. According to the research conducted by Leah Wang (2021) maintaining strong family relationships can be an effective coping technique, providing emotional support, instilling a sense of purpose, and facilitating reintegration upon release. furthermore, Visitation, mail, phone, and other kinds of contact between jailed persons and their families benefit everyone, including greater health, reduced recidivism, and improved academic performance. Delta and Golf states that;

“ Suportado , ah consume sa for example ng maka bisita sila tas may lhatag sila saimo” P3168, 83-84l delta

(being supported, for example being visited and they give you necessities)

“pero diri sa sulod syempre Pamilya ta ga kwan plus, and dako diri nga kwan, libre gid kaayo Ang kwan ,pert i ka dako ang financial nga pag kaon , pagusto kalang” P51107-109l golf

(Family plus the necessities inside jail are free, such as food, which has a big effect on us.)

Loving thyself

Loving thyself is essential for elderly individuals dealing with their demise of freedom, the world can feel displeasing and overwhelming. However, fostering self-compassion, which is a sort of self-love, might serve as an effective coping strategy. Furthermore, According to the research of Portuguez (2021), A phenomenological study on the holistic functioning of elderly persons in prison (Laya ug Sugakod, meaning "freedom and survival"). Their typical daily regimen involves performing their morning prayers, bathing, and cleaning the surroundings. This could help them cope with the atmosphere inside the prison facility. Echo and Foxtrot have the same coping mechanism in- order to combat those challenges inside prison facility which is to took care of themselves. They state that;

“amon na naramdaman di, ang amon na ano Kaon lang , para di ka mang hina “ P4l62-63lecho

(in-order for us not to get weak, we just eat and eat) “wala man ng kwan lang kaon tulog lang”
P8l61lfoxtrot

(we just, eat and sleep)

in addition, Golf sees self preservation as a way of loving himself for the sake of his family. Moreover, regardless of his age, he thought of taking good of himself as his coping mechanism in-order for him to be prepared once his sentence is done and he continue to live outside prison confinement for his family. Golf states that;

“priority gid nakon, sir, amo nang bantayan nakon . Bisan ng. Although taas na
ang edad ko amo nang kinahanglan kogid Makig upod naman
sa akon pamilya”. P5l36-38lgolf

(Despite my age, my main priority is taking good care of myself for the sake of my family when I am released from jail.)

Immersing In task

Prisons can help elderly offenders cope more effectively by providing a variety of interesting responsibilities that respond to their specific needs and interests. Engaging in meaningful activities can dramatically improve their mental and emotional well-being, promote a sense of purpos. Furthermore, elderly offenders frequently have spare time, and responsibilities allow them to utilize it positively. Furthermore, this allows them to earn money and utilize it as compensation to buy whatever they want from the prison facilities (Loeb & Steffensmeier, 2018). in addition, Echo, one the participants states that doing task inside prison confinement helps a lot in-order to survive inside. In which, he engage himself in-order to be rewarded from the task that he do. Echo states that;

“ako sir sa tuod , tuod lang mag pito nako k a tuig. Ang pig ko ku ako mag igib tubig , may pang bakal lang kape Kung minsan may mag pa laba, malaba ko paramay pang bakal man Kape, sud’an amo lang yan sir, ang ano ko, para ma kaya” P4l88-91lecho

(since I hav e lived inside a prison

facility for the past seven years. Things I do most

are accept laundry , and theygive me compensation afterwards, which I use to buy necessities such as coffee, food,and other necessities).

Furthermore, echo states that;

“opo sir, maraming pasalamat ko sa kanila na , kung may Mag pa laba , may kwarta man gid ko pero, gamay lang, di bale na Basta may pang bakal sabon, pang bakal nang downy sir, sa bayo”P4195-97lecho

(I am so thankful to my co-inmates who give me a task, such as doing laundry , and then they will give me Money to buy necessities I need, such as soap.)

D. What are the motivations of the elderly person deprived of liberty to be more resilient inside the prison?

Table 4: Presents What are the motivations of the elderly person deprived of liberty to be more resilient inside the prison.

Clustered themes	Formulated meanings
1.1 Economic Motives	<ul style="list-style-type: none"> ● There is a program that provides financial assistance; ● Being engaged in livelihood projects and gradually earn money in the process; ● Being given a 6000 amount as benefit from the government pension; Being able to enjoy the Government
	financial assistance inside prison
1.2 The Power Of Faith	<ul style="list-style-type: none"> ● Departing from life by being in service with God; ● Being baptized and get involved in the church ministry; ● Prayer and faith in God ● Talking and meditating about God; ● Strengthening one's faith in God;

1.3 Longing For Loved Ones	<ul style="list-style-type: none"> ● Family visits regularly and manifest the feeling of care and love;
1.4 Finding A Purpose	<ul style="list-style-type: none"> ● Facilitated activity for the benefit of the inmates;
1.5 Filling Relationship Gaps	<ul style="list-style-type: none"> ● Being given the opportunity to establish a good relationship with others;
1.6 Handle The Truth	<ul style="list-style-type: none"> ● Being able to accept what really happened;
1.7 Trusting The Process	<ul style="list-style-type: none"> ● Moving on with life and be patient with the justice system and the decision of the judge;
1.8 Diverting Attention	<ul style="list-style-type: none"> ● Extra-curricular activities inside prison ● Involvement in extra curricular activities and health assistance in prison ● Doing extra curricular activities such as doing choirs.
1.9 Yearning For Freedom	<ul style="list-style-type: none"> ● Having the Eagerness to be free for the sake of family
2.0 Love For Oneself	<ul style="list-style-type: none"> ● Self preservation and avoidance of conflict

Economic Motives

Economic motives to elder person being incarcerated in the Philippines can participate in a variety of programs, though qualification may vary depending on the program being undertaken. Furthermore, Twelve senior inmates of the Odiongan District Jail received assistance in recent months from the Department of Social Welfare and Development (DSWD) in Mimaropa, in cooperation with the Municipal Social Welfare and Development Office. Hygiene packages containing soap, shampoo, alcohol, toothbrushes, and deodorant were distributed to the 12 senior prisoners. Additionally, they received P6,000 as a social pension for the first half of the year (News, 2024). moreover, Alpha, Bravo and Charlie have the same narratives in terms of their resilience with regards to pension received inside prison facility. They state that;

“sa senior citizen may program kami Gina tagaan kami diri Sang amo nga mga allowance as a senior citizens” (P21101-1031 alpha)

(there is a senior citizen program inside prison facility which gave us allowances in-order for us to buy what ever we need)

“sa pagkaka roon. My ara nga gina plaster sila Parehas abi sinang kwan. Inang ummm, senior citizen nga pension”

(P71162-1631 bravo)

(there is this program for senior citizen, which is pension.)

“wala man mi gi separate pero naa miy a kwan diri Kanang gin tawag nga 6000 ang amu’ang mga Benepisyo diri sa governo pang senior citizen ba PENSIO(P6193-961 charlie)

(we are not being separated for other. But, we have this senior citizen pension which amount to six thousand pesos)

Although, they may have different narratives yet, they have the same narratives in-terms of pension and allowances inside prison facility. In addition Bravo added that, livelihood projects inside prison facility helped bravo to be more resilient inside prison facility. Bravo states that;

“mga livelyhood nga project. NagaPabulig sila trabaho bisan nga piso piso lang atleast may ara kita nga ma tipon ngaa..dira lang amo lang nang kalipay nga maka bulig” (P71 134-1361 bravo)

(there is a livelihood program here inside the prison facility which greatly helped us, even though it cost not small amount of money. As long as it helped us a little bit)

The Power of Faith

A feeling of meaning and purpose in life can be acquired through convictions about religion, particularly while dealing with the loss of freedom and an unraveled sense of self. According to the study by Kaplan (2023), a significant number of elderly, deprived individuals state that their faith is the primary source of support for dealing with their physical health issues and anxieties in life. Moreover, individuals who employ religious coping strategies had a lower likelihood of experiencing anxiety and sadness than non-users. Furthermore, Alpha, Charlie, Foxtrot and Gold have the same narratives in terms of their

resilience towards living inside prison facility. Moreover, this includes engaging themselves, towards God. They states that;

“te diri lang kami e tungod to motivate ourselves Nga atleast as soon as possible kung ma dula kaman You are serving God.” P21133-1351alpha

(we just need to motivate ourselves, for the reason that if we gonna die atleast we are serving God)

.”ampo lang sa diyos, ampo lang sa diyos. Amo lang gyud, pangamuyo amo lang na, pangamuyo”
(P6l 188-189l charlie)

(always have faith and pray to God)

“mao lang na ang kuan ning...parte sa ginoo (talking and prison bars opens)” P8l79l foxtrot

(all I have is God)

“sa programa amo ning ma himong number 1 ang pag tuon Or pag ka tuo naton sa diyos amo na sya”
P5l201-202l golf

(all of the programs by the government, having faith in God is the most relevant)

Furthermore, they all have the same thoughts in terms of their narratives with regard to the power of faith. Which helped them stay resilient inside the prison facility. However, Bravo has a different statement but nearly the same as the previous participants had mentioned. Bravo states that;

“May mga bagay man nga pwede intrahan.Pareho sang ara ka sa simbahan. Aaa. Ga pati ka sa imo pag a binunyagan. Ga pati kapa nga ang na Guba nga dignidad sa imo kinabuhi ma ayos pa”
(P7l45-48l bravo)

(there are programs that are suitable for us, elders. Such as church, which I believe that there is still renewal of faith towards him)

Bravo, mentioned that he engage himself with church activities in-order to get closer to God. With that, bravo can stay resilient inside prison facility.

Longing for love ones

Longing for loved ones may be a great source of resilience for elders who have been deprived of liberty, helping to improve their morale as they face the challenges that they experience inside the prison institution. Furthermore, according to Barolo, m. (2019), in his study for the Challenges And Coping Mechanisms Of Persons Deprived Of Liberty Of Sablayan Prison And Penal Farm In The Philippines. Based on the results, their preparations for their family after incarceration demonstrate that family is important for them. Their willingness to fulfill their shortcomings and make up for lost time are indicators that they changed. Alpha one of the participants implies that his family is always there for him to visit. Alpha states that;

“ang pamilya ko diri , natural always ari sila sakon. Every Week ara saila ga bisita sakon because Palangga ko sang pamilya ko abi” (P21137-1391 alpha)

(my family is always there for me,they loved me and visited me every week)

Finding a Purpose

Finding meaning is a prevalent coping method for elderly incarcerated people that promotes resilience and well-being. Inmates' coping mechanisms may also include seeking social and emotional support, searching for new meaning, and having the ability to submit to the prison regime while maintaining a sense of autonomy and control over their lives (Gales et al., 2023). moreover, through different programs inside prison facility, they gain emotional support which greatly helped them find purpose and stay resilient inside prison facility. According to bravo, He continues to join programs inside prison facilities for the sake of himself and for the greater good. Bravo states that;

“karon naga pa dayon ako sang mga activity sa... ika Ayo pagid kag ika lambo sa priso.” P71113-1151 bravo

(for now, I engage myself in some activities inside prison facility, for the sake of being good as prisoner)

Filling relationship gaps

Filling relationship gaps is an important coping method for people deprived of liberty (PDLs) to develop resilience within prisons. According to Edison and Haynie's (2023) research on the role of in-prison friendship in reducing perceptions of stress, these findings suggest that being identified as a peer by more group individuals reduces perceptions of stress. whereas having access to larger friendship networks is most important for reducing perceptions of stress among elder women who have been violently victimized during their current imprisonment. Moreover, according to bravo, one of the participants. Establishing good relationship to other inmates serves as one of the motivation for him to stay resilient inside prison facility. Bravo states that;

“ga hatag sang motivation . a maayo nga pag establishar Sang relasyon sa kapwa priso.” (P71120-1211

bravo)

(establishing good relationship towards other inmates give me motivation)

Handle the truth

Handling the truth for the reality of their circumstances can be an effective coping strategy for persons deprived of liberty to remain resilient within prison facilities. Accepting the situation enables PDLs to conserve energy for coping and remain determined to be resilient within prisons. According to Barolo (2019), in his research on the problems and coping methods of those deprived of liberty in Sablayan Prison and Penal Farm in the Philippines. According to the research, the first step in prisoners' cognitive adaptation is to accept punishment in order to survive in prison. Bravo, one of the participants states that, accepting ones guilt and facing the consequences for the violation that he made in one of the key to be resilient inside prison confinement. Bravo states that;

Kun di mona ma admitar kag di mona ma Accept nga amo ng nag agi nga kaso sa imo. te bar down kagid. (P7l 144-145l bravo)

(if you cannot accept the fact that you are being imprisoned, then, you will be vulnerable)

Trusting the Process

Trusting the prison system as a coping method for staying resilient while incarcerated is difficult to comprehend. Believing that the system will work (resulting in rehabilitation or release) may alleviate the emotional stress and frustration associated with incarceration. Maschi and Morgen's (2021) study on trauma and resilience found that older individuals survive by developing awareness and self-acceptance. Assuming responsibility for their crimes. Supportive emotional counseling and engagement with family and friends are examples of coping mechanisms. (social); and church and prayer (spiritual), to name a few. according to one of the participants. Charlie states that, in order to stay motivated and be resilient, Charlie accepts the fact of being incarcerated and believes in the justice system of our government. Charlie states that;

.” a diri concentrate kalang diri sa . a. aton gina Tawag nga pangabuhi. Nga surprise ka gobyerno Kag na tawag nga...nga ongoing pa ang kaso Hulat lang gid ta sang. Ga hulat lang gyud ko sang gina tawag nga (bell rings) desisyon sa judge kung anong desisyon ka judge.” P6l 168-172l charlie

(inside prison facility, you must wait for the trail and decision of the judge and just focus on living inside prison facility.)

Diverting attention

Diverting attention such as engaging to extracurricular activities can be an effective coping technique for elderly PDLs by diverting attention away from the challenges of confinement and boosting resilience. The most helpful activities will be designed according to the interests and skills of elderly PDLs. Educational courses, arts and crafts programs, fitness groups, religious events, and even board game clubs are all possible options. According to Avieli's (2021) study on "A sense of purpose: Older prisoners' experiences of successful aging behind bars," experiences of obtaining new knowledge and topics of interest lead to feelings of joy, renewal, and satisfaction. This includes extracurricular activities such as working out, cooking, cleaning, and reading the newspaper. The participants states that;

“aw, kompleto diri, naay zumba diri sir, oo naay zumba Diri. Kada lunes zumba , may, bayang magiliw, After bayang magiliw, zumba man” P6l234-236l charlie

(inside prison facility, there are activities such as flag Ceremony every Monday and zumba activity inside)

“ang programa, una una, exercise gid , pagkatapos kungMedyo nag hihinay ka, e hingi ka sa admin ng bulong Amo lang na ang , makmao lang na ang kuan ning...parte sa ginoo (talking and prison bars opens) makatulong sa akin” P4l162-164l echo

(there is program for us elders, such as exercise. And when you feel weak, there is a medicine available for infirmary for you to get well)

“ang akon nga motibo nga bilang isa ka tigulang (clears throat) Kung may trabaho ako dira sa kwan , mag lung ag mag kwan, limpyo bala Syempre ang akon nga gin maintain didyo sa banyo bala. Amo na Para maging ma tawhay kaayo. Part naman na sa aton nga health ” P5l146-149l golf

(for me,my motive inside prison facility is to maintain good health such as doing choirs, maintain the cleanliness in-order for me to be relieved.)

In this theme, participants shared their narratives in terms of diverting attention into some ways that they can cope with the challenges and stay motivated to be resilient inside a private confinement. Moreover, Charlie, Echo, and Golf had the same thoughts but different narratives. Furthermore, their narratives in terms of being motivated to be resilient inside prison facilities fall on ways in order to divert their attention, such as cleaning, cooking, working out, or doing some extracurricular activities for which they gain compensation to buy necessities that they need inside prison.

Yearning for freedom

Yearning for freedom is one of the motivations of elder person being incarcerated inside to be resilient. There was a positive association between hope and prisoner rehabilitation. Furthermore, hope for the future, generally associated with eventual release, was connected to improved adjustment and decreased

rates of recidivism. Furthermore, by turning the desire for freedom into a positive outlook on the future, individuals can nurture resilience and develop the skills required for effective reintegration into society (Deprivation of Liberty in the Shadows of the Institution,(n.d.) In addition, one of the participants golf sees yearning for freedom as an effective motivation in-order to stay resilient inside prison facility. For the fact that his family awaits for his release to prison confinement. Golf states that;

“Gusto gid nakon maka gawas, o laya Para makig upod sa pamilya” P5l 63-64l golf

(i want to be free, in-order to be with my family again)

Love for oneself

Self-love can be an effective approach for developing resilience among elderly people experiencing the challenges of prison life. Self-compassion, a key component of self-love, was found to be positively related to resilience in older people. This enables older people to accept their condition without resorting to self-pity or despair. It enables them to concentrate on what they can influence: their thoughts, activities, and general well-being (Allen et al., 2018). in relation to that statement, one of the participant named golf, states that, self-preservation and avoidance of the chaotic environment inside prison facilities, which motivates him to stay resistant. He also emphasizes that self-preservation is a key for him to not be harmed inside prison facilities for the sake of his family. Golf states that;

“akon lang gin taga an sang kwan, ampingan nakon ang sarili ko Para lang (door closes) maka bulig sakon Nga di ako maka himo sang malain.” P5l137-139l golf

(for me, taking good care of myself I s my number one priority, in-order not to be harmed by others)

5. DISCUSSION

This chapter gives an overview of the phenomena, narratives, and implications derived from the study's conclusions.

Narrative of challenges among elder person deprived of liberty

This study was able to draw out narratives of elder person in terms of their challenges inside prison facility, Elderly people in jail have specific challenges that might have a substantial influence on their well-being. First is losing track of time: the elderly are more vulnerable to being pressured in their stay inside prison facility which, may result to challenges in adjusting to the community inside. Second, prison conditions that result in a hostile environment, including overcrowding, inadequate cleanliness, and relationships with other inmates, can worsen these issues. Furthermore, deprivation of liberty and limited contact with family and friends can cause extreme social isolation and depression, which can have a negative influence on mental health. This challenge can be considered a double jeopardy for an elder person deprived of liberty in the sense that they are serving their sentence while striving to survive inside while, at the same time, striving to combat their physical vulnerability as they age. This challenges might be viewed as a double jeopardy for an elderly person deprived of liberty in the sense

that they are serving their sentence while attempting to survive inside while also combating their physical vulnerability as they age. Life-sentenced inmates face the very real threat of dying in prison, which presents issues for healthcare professionals in terms of end-of-life care and contributes to a phenomenon known as 'death anxiety' among life-sentenced convicts. Furthermore, criminal justice officials must use caution while dealing with senior life-sentenced convicts. Policies should be evidence-based to better understand their experiences and needs in jail, yet there is an immense lack of professional research in this area (Elderly Life-sentenced Prisoners: A Forgotten and "invisible" Group - Penal Reform International, 2019).

What are the effects of challenges to elder person deprived of liberty?

Deprivation of liberty for any human is a vital experience. However, for the elderly, the effects can be quite severe. Aside from being physical and social decline mentioned previously, incarceration can elicit a complex range of feelings, including regret, remorse, enlightenment, and, for some, despair and unfulfilled responsibilities. Furthermore, the combination of physical deterioration, social isolation, and the harsh reality of prison life can instill a terrible sense of despair in certain older prisoners. Despair can lead to sadness, anxiety, and suicide idealization (Burnett & Maruna, 2018). moreover, this effects have significant factor as they faced life inside prison confinement. This effects impacts elder prisoner differently than other adult inmates. Furthermore, such despair and unfulfilled responsibilities are the major effects of the challenges they faced in a fact that they are facing challenges towards aging at the same time facing challenges as they live in society inside prison confinement.

Lastly, the University of Bristol study's discovery that elder inmates are twice as likely to feel depression and anxiety as younger offenders is troubling and emphasizes the special issues this group faces in the prison system. physically declined: age-related visual and hearing impairments can further contribute to a sense of isolation, making it difficult for elderly convicts to cope. In addition, regret and remorse is one of the effects of challenges for elder person deprived of liberty, such as considered as burden to them being imprisoned for an circumstances, however, they faced it regardless the result of their imprisonments In addition, regret and remorse is one of the effects of challenges for elder person deprived of liberty, such as considered as burden to them being imprisoned for an circumstances, however, they faced it regardless the result of their imprisonments (Behera et al., 2022).

How elder persons deprived of liberty cope to the challenges inside prison facility?

The study also determined what the coping mechanisms of elders deprived of liberty are inside prison facilities. In detail, they narrate that getting financial subsidies is an essential coping mechanism for them, as they used the money they received to buy necessities inside prison facilities. Moreover, programs and activities in prison play a vital role for elders deprived of liberty. As they engage in different activities, it eases the burden that they feel as they live in prison society. Furthermore, loving thyself is an effective coping mechanism to elder person deprived of liberty, mostly of the participants sees loving thyself as an effective coping mechanism such as preserving themselves inside prison in-order not to be harmed by other inmates.

In addition, elderly people deprived of liberty face a multitude of challenges within the prison system. However, coping with these challenges is not just a matter of comfort; it's essential for their overall well-being and even survival. according to Worthen and Cash (2023) study Stress management. Coping mechanisms that focus on problem-solving and finding meaning in daily routines can motivate elderly prisoners to take care of their physical health by adhering to medication schedules, exercising regularly, and eating nutritious meals.

Lastly, Ways to cope are not a sign of weakness; rather, they are necessary tools for older prisoners to deal with the challenges of incarceration and maintain their health. Equipping inmates with these skills can improve their emotional resilience, physical health, and ability to adjust to prison life with dignity.

Motivations of elder persons deprived of liberty to be resilient inside prison facility.

standing up to the challenges of prison life is important for the elderly who have been deprived of their liberty. We know that they are more vulnerable than those who are younger. As a result, motivations for staying resilient can help an elderly person overcome problems. For example, economic motivations or government assistance in terms of health, mental, and physical well-being. Furthermore, participating in church activities, such as going to church and worshipping God, is thought to be a positive influence in resilience within a prison facility. Furthermore, believing that imprisonment is a reformatory act rather than a burden. moreover, For that, the elderly person deprived of liberty accepts the fact that they have to continue living by facing reality inside prison confinement and lastly, the most effective coping strategy is, the financial assistance given to elder prisoner. Through this, gaining support and subsidy help them in some ways. Such as money to buy necessities which they mostly need.

According to Thompson (2023) about his study on Promoting resilience among older people in prisons: a systematic literature review. It states that . Despite the great hardships they endure, some elderly inmates are able to acquire resilience and keep a good view while in prison. Finding Purpose: Even in prison, elderly people can create meaning and purpose in their lives. yearning for freedom. The notion that circumstances can improve, whether through release or even better living conditions inside the prison, can be a great drive to stay strong. Connection to family and loved ones, as well as the power of faith and maintaining healthy external relationships with family and friends, can provide a much-needed sense of connection and belonging.

Lastly, Social Support Systems: The availability of social support, especially in a confined jail environment, can dramatically boost motivation and resilience. Supportive relationships with other convicts, prison officials, or volunteers can offer encouragement and a sense of belonging.

Implication for Practice

The main aim of this study was to explore and understand the reasons and narratives of elders deprived of liberty about their narratives on challenges, coping mechanisms, and resilience. Criminology is a fascinating field that delves into the complexities of crime, criminals, and the criminal justice system. As

a criminology student, embarking on a journey that can equip you with valuable knowledge and skills applicable to various practices. These implications could serve as a basis to acknowledge the narratives of elders in terms of their experiences inside prison facilities. It will influence and help administrators and correctional facilities assess the problem within the area of their jurisdictions.

Furthermore, providers of knowledge, training, and learning, as well as administrators of prison facilities, can be informed with regard to the narratives of elders. Inside facility, and it can help them assess the current situation of elders deprived of liberty. Significantly, it can help the researcher open his perspective on prison facilities, which mainly focus on the lived experiences of elders inside jail and their status or way of life. Through this, By acknowledging the challenges faced by elderly prisoners, their diverse coping strategies, and their remarkable resilience, we can create a more accurate and nuanced portrayal of their experiences. These narratives can inform policy changes to better address their needs within the prison system, promote the importance of social support and resilience-building strategies, and ultimately foster a more compassionate understanding of this vulnerable population.

In addition, The study of elderly prisoners' methods for coping, challenges, and resilience can help to improve their well-being as well as the jail environment in general. The research findings can be used to build tailored interventions that address the specific issues that older prisoners confront. This could include programs that encourage social connection, resilience, and healthy coping mechanisms. Studying coping methods, obstacles, and resilience in older prisoners can improve their lives, the prison system, and society as a whole.

In conclusion, this study could leverage these insights by developing a staged approach to the challenges and lived experiences of elders deprived of liberty. For instance, future jail administrators and correctional facilities in charge can develop a series of steps to assess the needs and, at the same time, review how the correctional facilities are suitable for aging people.

Implications for Future Researchs

Researchers play an important role in studying the life experiences of elderly inmates. They may offer voice to this vulnerable group, inform constructive reforms within the prison system, and advocate for their well-being by carrying out their work in an ethical and courteous manner. It is critical to recognize the challenges of this research while also acknowledging its potential to improve the lives of elderly prisoners.

This study on understanding the narratives in terms of challenges, coping mechanism and resilience of elder person deprived of liberty was exploratory and interpretative. It also speaks that there is a need for future researchers to recognize and analyze the various challenges, coping mechanism and resilience of elder person deprived of liberty. Hence, the future researcher should raise several opportunities for correctional administrators and can give insights regarding on further review on how to assess the suitable programs for elder person.

Improving Data Collection and Analysis using Oral History Techniques: Using oral history techniques, such as life-course interviews, can give a rich tapestry of the elder prisoner's life experiences, contextualizing the issues they confront in jail. Encouraging individuals to keep reflective journals about

their incarceration experiences may provide significant insights into their coping techniques and emotional states. By taking a deliberate and ethical approach, researchers can gather significant insights into this vulnerable population's lived experiences. These findings can then be used to advocate for a more compassionate jail system, promote well-being, and, eventually, contribute to a more equitable society.

Concluding Remarks

It has been almost a year since the research starts writing this thesis. That journey was fraught with ups and downs, sleepless nights, and unforgettable moments as the researcher attempted to fill in the study gaps. Many students in school, particularly the participants, feel a lot of pressure and stress from doing homework and projects, trying to keep high marks, studying extensively, and other school-related tasks. The narratives of elderly prisoners are a compelling reminder of the human spirit's capacity to overcome adversity. By acknowledging their challenges, their innovative coping mechanisms, and their unwavering resilience, we can promote a more nuanced understanding of this population. This understanding can then be used to advocate for improved prison conditions, support systems that address their specific needs, and ultimately, a more compassionate approach towards elderly individuals deprived of liberty. Their stories, once heard, can pave the way for a more just treatment of all within the prison system. These insights can then be used to advocate for a more compassionate prison system, promote well-being, and ultimately contribute to a more just society. Inside the facility, it can assist them in analyzing the current situation of elderly people who have been deprived of their liberty. Significantly, it can assist the researcher in broadening his perspective on prison facilities, which primarily focus on the lived experiences of elders in jail and their status or way of life. By addressing the problems that older prisoners endure, their many coping mechanisms, and their extraordinary perseverance, we may develop a more authentic and nuanced picture of their lives.

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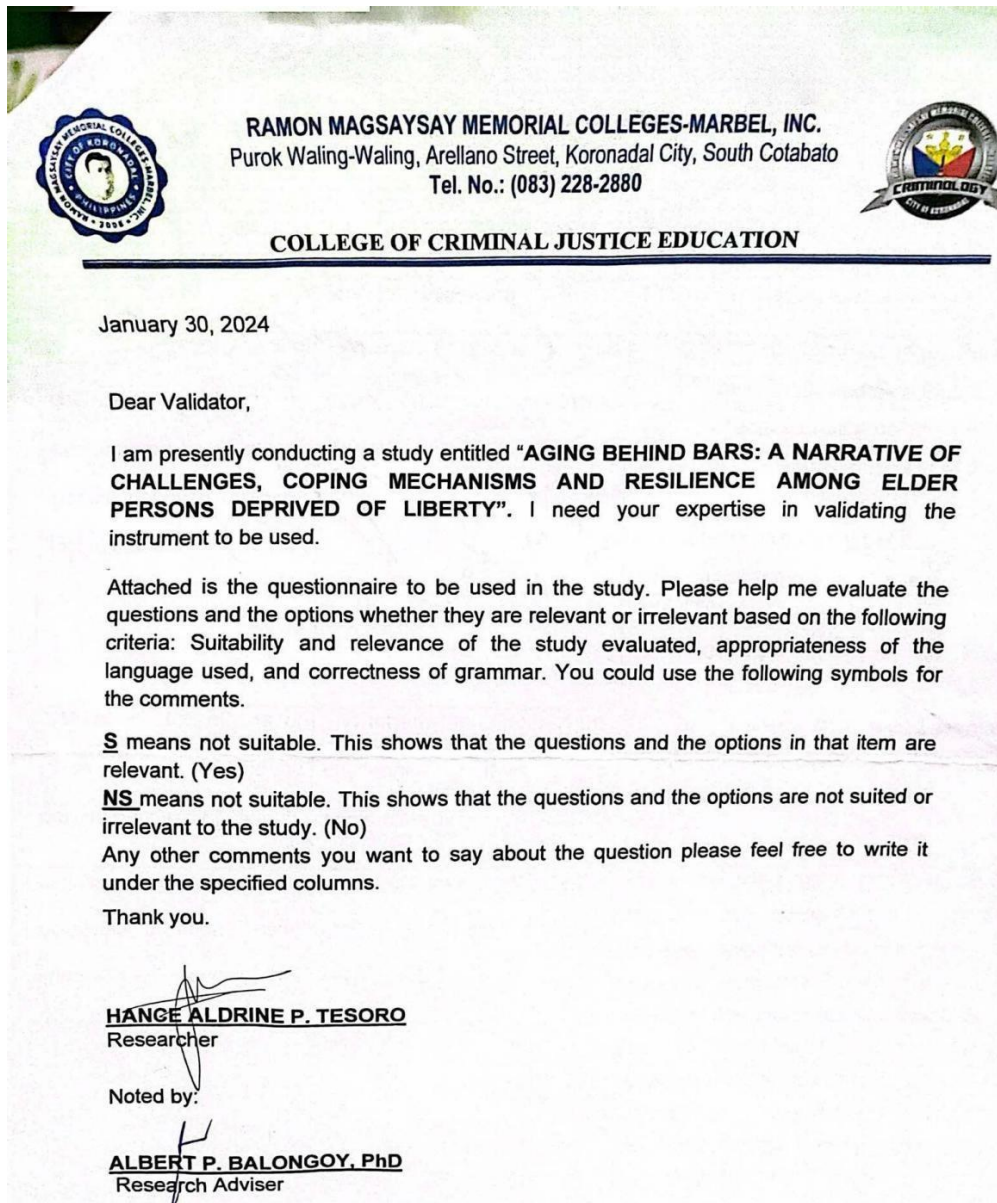
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APPENDIX A VALIDATION LETTER



 **RAMON MAGSAYSAY MEMORIAL COLLEGES-MARBEL, INC.**
Purok Waling-Waling, Arellano Street, Koronadal City, South Cotabato
Tel. No.: (083) 228-2880

 **COLLEGE OF CRIMINAL JUSTICE EDUCATION**

January 30, 2024

Dear Validator,

I am presently conducting a study entitled **"AGING BEHIND BARS: A NARRATIVE OF CHALLENGES, COPING MECHANISMS AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY"**. I need your expertise in validating the instrument to be used.

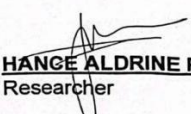
Attached is the questionnaire to be used in the study. Please help me evaluate the questions and the options whether they are relevant or irrelevant based on the following criteria: Suitability and relevance of the study evaluated, appropriateness of the language used, and correctness of grammar. You could use the following symbols for the comments.

S means not suitable. This shows that the questions and the options in that item are relevant. (Yes)

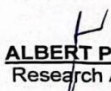
NS means not suitable. This shows that the questions and the options are not suited or irrelevant to the study. (No)

Any other comments you want to say about the question please feel free to write it under the specified columns.


Thank you.


HANCE ALDRINE P. TESORO
Researcher


Noted by:


ALBERT P. BALONGOY, PhD
Research Adviser

APPENDIX B VALIDATORS RATING SHEET



RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT




For the Evaluator. Please check the appropriate box for your rating.


Point Equivalent:

5	-	Excellent
4	-	Very Good
3	-	Good
2	-	Fair
1	-	Poor


Criteria	5	4	3	2	1
1. Clarity of Direction and items. The vocabulary level, language structure and conceptual level of respondents. The test directions and items are written in a clear and understanding manner.		/			
2. Presentation / Organization of items. The items are presented and organized in logical manner.			/		
3. Suitability of items. The manner items appropriately represent the substance of the research. The questions are designed to determine the conditions, knowledge, perceptions and attitudes that are supposed to be measured.		/			
4. Adequateness of items Per Category. The items represent the coverage of the research adequately. The number of questions per area is repetitive enough of all the questions needed for the research.		/			
5. Attainment of the Purpose. The instrument as a whole fulfills the objectives of which was constructed.			/		
6. Each item question requires only specific answer or measures only behavior and no aspect of the questionnaire suggest bias of the researchers.			/		
7. Scale and Evaluation Rating System. Scale adapted is appropriate for the items.		/			


Name and Signature of Evaluator

APPENDIX B.1 VALIDATORS RATING SHEET



RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
 Purok Waling – Waling, Arellano St., Koronadal City (9506)
 Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

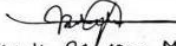


For the Evaluator. Please check the appropriate box for your rating.

Point Equivalent:

5	-	Excellent
4	-	Very Good
3	-	Good
2	-	Fair
1	-	Poor

Criteria	5	4	3	2	1
1. Clarity of Direction and items. The vocabulary level, language structure and conceptual level of respondents. The test directions and items are written in a clear and understanding manner.		/			
2. Presentation / Organization of items. The items are presented and organized in logical manner.			/		
3. Suitability of items. The manner items appropriately represent the substance of the research. The questions are designed to determine the conditions, knowledge, perceptions and attitudes that are supposed to be measured.		/			
4. Adequateness of items Per Category. The items represent the coverage of the research adequately. The number of questions per area is repetitive enough of all the questions needed for the research.		/			
5. Attainment of the Purpose. The instrument as a whole fulfills the objectives of which was constructed.	/				
6. Each item question requires only specific answer or measures only behavior and no aspect of the questionnaire suggest bias of the researchers.		/			
7. Scale and Evaluation Rating System. Scale adapted is appropriate for the items.	/				


YAN-YAN K. BALADEZ MSCJ
 Name and Signature of Evaluator

APPENDIX B.2 VALIDATORS RATING SHEET



RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT



For the Evaluator. Please check the appropriate box for your rating.

Point Equivalent:

- 5 - Excellent
- 4 - Very Good
- 3 - Good
- 2 - Fair
- 1 - Poor

Criteria	5	4	3	2	1
1. Clarity of Direction and items. The vocabulary level, language structure and conceptual level of respondents. The test directions and items are written in a clear and understanding manner.		✓			
2. Presentation / Organization of items. The items are presented and organized in logical manner.		✓			
3. Suitability of items. The manner items appropriately represent the substance of the research. The questions are designed to determine the conditions, knowledge, perceptions and attitudes that are supposed to be measured.		✓			
4. Adequateness of items Per Category. The items represent the coverage of the research adequately. The number of questions per area is repetitive enough of all the questions needed for the research.		✓			
5. Attainment of the Purpose. The instrument as a whole fulfills the objectives of which was constructed.		✓			
6. Each item question requires only specific answer or measures only behavior and no aspect of the questionnaire suggest bias of the researchers.		✓			
7. Scale and Evaluation Rating System. Scale adapted is appropriate for the items.		✓			

Raymond S. Genies, RPhin
Name and Signature of Evaluator

INTERVIEW GUIDE

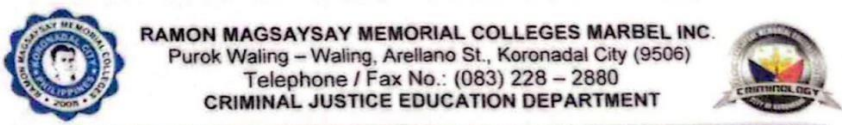
SOP	Stand-in Questions	Probe/Elucidating Question
1. Ano ang mga na agyan mo na pagsubok/ hamon nga na agyan mo bilang isa ka may edad nga na priso	1.1 ano ang mga na agyan mo nga pagsubok/hamon sa sulod prisohan?	<p>1.1.1 Ano ang na agyan mo nga pagsubok/hamon sa sulod prisohan?</p> <p>1.1.2 Bilang isa sa mga may edad na. Ano ang epekto sang ka tigulangon mo sa sulod prisohan?</p> <p>1.1.3 Ano ang epekto sang mga na agyan mo nga pagsubok/hamon sa imo nga edad?</p> <p>1.1.4 Ano ang epekto sang imo edad sa pag atubang mo sa matag adlaw adlaw nga urubrahon?</p>
2. Ano ang epekto sang mga pagsubok/ hamon nga na agyan mo bilang may edad na sa sulod prisohan	2.1 Ano ang epekto sang mga pagsubok/hamon nga na agyan mo?	<p>2.1.1 Ano ang positibo nga epekto sang pagsubok/hamon nga na agyan mo sa sulod prisohan?</p> <p>2.1.2 Ano ang mga negatibo nga epekto sang pagsubok/hamon nga na agyan mo sa sulod prisohan</p>
3. bilang isa ka edaran nga tao nga na priso, ano ang mga stratehiya mo para ma kayanan mo ang mga	3.1 Ano ang mga stratehiya mo para ma labanan ang mga pagsubok/hamon nga na agyan mo?	<p>-3.1.1 Ano ang mga stratehiya mo para maka adapt sa sulod prisohan?</p> <p>3.1.2 Paano naka bulig simo ang mga stratehiya para sa pag atubang sa mga pagsubok/ hamon nga na agyan mo sa sulod prisohan?</p> <p>3.1.3 Ano ang pinaka importante nga stratehiya nga naka bulig simo sa pag atubang</p>

APPENDIX C RESEARCH QUESTIONNAIRE

APPENDIX C.1 RESEARCH QUESTIONNAIRE

3

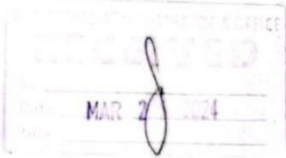
pagsubok/hamon nga na agyan mo sa sulod prisohan?		sa mga pagsubok/ hamon sa sulod prisohan?
4. Bilang isa ka may edad na. Ano ang motibasyon mo nga maging matibay sa sulod prisohan?	4.1Ano ang motibasyon mo para maging matibay ka sa sulod prisohan?	<p>4.1.1 Ano ang mga motibasyon mo nga mag padayon sa kabuhi, bisan budlay para sa imo lalo na nga may edad ka?</p> <p>4.1.2 Ano ang mga nag hatag simo sang ka kusog kag supporta para mag pa dayon kag maging matibay sa sulod prisohan?</p> <p>4.1.3 May mga programa ba ang prisohan para sa imo nga may edad na para mas maging matibay ka sa sulod prisohan?</p>

APPENDIX D**LETTER TO CONDUCT INTERVIEW**

March 26, 2024

REYNALDO S. TAMAYO JR.
Governor, South Cotabato

THRU: **JUAN LANZADERAS JR., MPA**
Provincial Warden, South Cotabato



Sir,

Greetings of peace and unity!

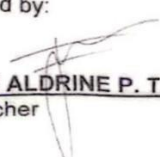
I am a Third-year student taking up **Bachelor of Science in Criminology** and was officially enrolled this Second Semester of School Year 2023-2024 at **Ramon Magsaysay Memorial Colleges- Marbel, Incorporated**. Currently, I am conducting a research study entitled **"AGING BEHIND BARS: NARRATIVE OF CHALLENGES COPING MECHANISM AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY"**

With this, I am gratefully asking for your valuable support to allow me to conduct the said research in provincial jail. Moreover, I would like to ask your approval to allow me gather prisoners personal data and use cellular phones inside the provincial jail as a tool to record audio of the said interview since it is qualitative research. I will assure you that the data to be gathered will be treated confidentially.

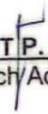
I am looking forward that this humble request will merit from your good office.

Thank you and God bless!

prepared by:


HANCE ALDRINE P. TESORO
Researcher

Approved by:


ALBERT P. BALONGOY, PhD
Research/Adviser

Recd
L.
Re

APPENDIX E**SAMPLE OF INFORMED CONSENT FORM**

RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

**INFORMED CONSENT**

Dear Participants,

I am a third-year student in Ramon Magsaysay Memorial Colleges, Marbel Incorporated pursuing a Bachelor of Science in Criminology. I'm working on a research entitled **"AGING BEHIND BARS: NARRATIVES OF CHALLENGES, COPING MECHANISMS AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY"** and I've chosen you to be one of the subjects. The findings of this study will specifically assist me in gathering data based on the interviewer's prepared research questions.

I want to know your narratives in terms of the challenges, coping mechanisms and resilience inside prison. Moreover, I want to hear your stories and personal experiences inside prison. I want to emphasize that your participation in this study is completely optional, and we will make every attempt to safeguard your identity and keep your information confidential. I'm excited to hear more about the challenges, coping mechanisms and resilience inside prison and have a better understanding of them. Your involvement will be immensely valued.

Sincerely yours,


HANCE ALDRINE P. TESORO
Researcher

APPENDIX F PARTICIPANTS AGREEMENT FORM

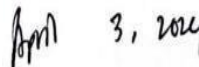
RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

**PARTICIPANTS AGREEMENT FORM**

I hereby declare that I agree, willing, and understand that my participation in this study entitled **"AGING BEHIND BARS: NARRATIVES OF CHALLENGES, COPING MECHANISMS AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY"** is an opportunity to share my challenges, coping mechanisms, and resilience that I encounter inside the prison. To answer the questions. By signing this, I acknowledge and agree that I read and understand the purpose of the study.



Participants signature over printed name




Date

APPENDIX F.1 PARTICIPANTS AGREEMENT FORM

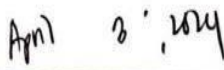
RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
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Participants signature over printed name



Date

APPENDIX F.2 PARTICIPANTS AGREEMENT FORM

RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

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!

Participants signature over printed name

April 31, 2024

Date

APPENDIX F.3 PARTICIPANTS AGREEMENT FORM

RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

**PARTICIPANTS AGREEMENT FORM**


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Participants signature over printed name

April 3, 2024

Date

APPENDIX F.4 PARTICIPANTS AGREEMENT FORM

RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT



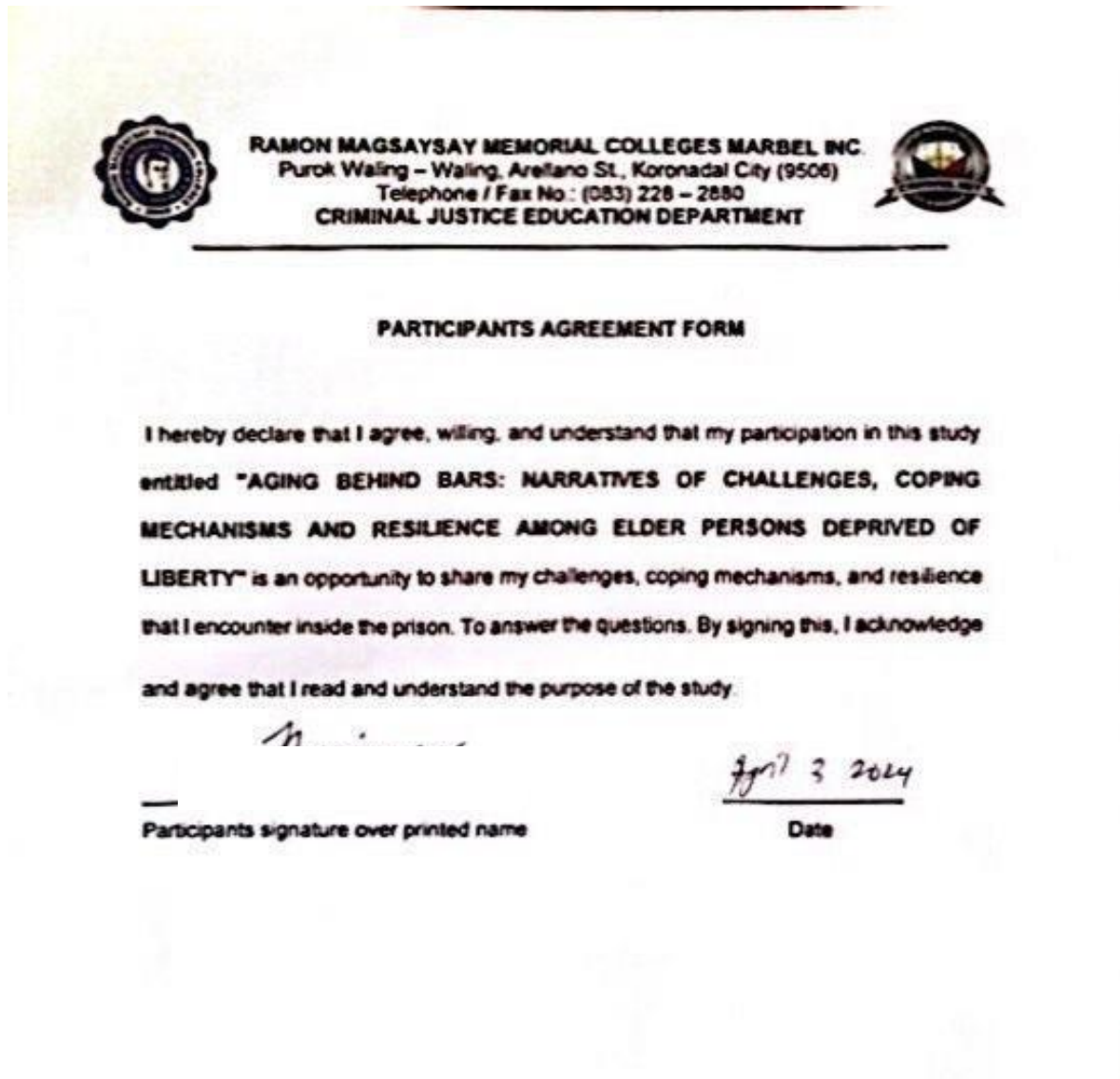
PARTICIPANTS AGREEMENT FORM



I hereby declare that I agree, willing, and understand that my participation in this study entitled **“AGING BEHIND BARS: NARRATIVES OF CHALLENGES, COPING MECHANISMS AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY”** is an opportunity to share my challenges, coping mechanisms, and resilience that I encounter inside the prison. To answer the questions. By signing this, I acknowledge and agree that I read and understand the purpose of the study.

April 3, 2024

Participant's signature over printed name


Date

APPENDIX F.5 PARTICIPANTS AGREEMENT FORM

 **RAMON MAGSAYSAY MEMORIAL COLLEGES MARBEL INC.**
Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
 **CRIMINAL JUSTICE EDUCATION DEPARTMENT**


PARTICIPANTS AGREEMENT FORM

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 _____

_____ April 3 2024

Participants signature over printed name Date

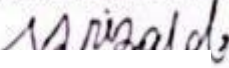
APPENDIX F.6 PARTICIPANTS AGREEMENT FORM

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Purok Waling – Waling, Arellano St., Koronadal City (9506)
Telephone / Fax No.: (083) 228 – 2880
CRIMINAL JUSTICE EDUCATION DEPARTMENT

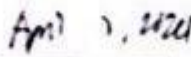


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Participants signature over printed name



Date

APPENDIX G TRANSCRIPTION OF DATA P2 ALPHA

1. Interviewer: una sir I hatag ko anay ang participants agreement form sir and consent form umm
2. Interviewee: umm ano na sya indi ko ka basa ba
3. Interviewer: a sige sir ipa intindi ko lang sir, ang agreement form sir naka butang diri sir nga willing ka sakon mag sabat sang mga pamangkot ko sir
4. Interviewee: uhm uhm
5. Interviewer: tapos, uhm ang ara diri is indi ko I disclose o ipakalat sa iban ang information nga na kuha, amo lang to sir
6. Interviewee: a so secretsy
7. Interviewer: yes uhm secretcy
8. Interviewee: oo, oo
9. Interviewer: so, I butang ko lang di ang kwan mo sir nang, ang .sugot ka sir nga I butang mo ang pangalan mo sir ? o kwan.
10. Interviewee: wala man bala sang, kulba na kay interview man para sa eskwelahan bala na
11. Interviewer: ah wala sir ah
12. Interviewee: thesis ba ninyo?
13. Interviewer: pwede mo ba I butang ang pangalan mo sir?
14. Interviewee: ikaw lang a indi ko ka kita ... nonito salamnca
15. Interviewer: sir?
16. Interviewee: Nonito Salamanca
17. Interviewer: N. O sir no?
18. Interviewee: N. I
19. Interviewer: Nonito salamanca
20. Interviewer: Nonito salamanca
21. Interviewee: ang ka ko C lang
22. Interviewer: so april 3.....
23. DOOR OPENS.

24. Interviewer: maka perma kaba sir?
25. Interviewee: uhm perma kodi
26. Diri sa babaw?
27. Interviewer: sige sir start nata sir
28. Interviewee: ok a.
29. Interviewer: ahh una ko nga pamangkot sir,
30. Ano ang mga na agyan mo diri nga mga pagsubok o hamon
31. Interviewee: sa kabuhi naton?
32. As a priso?
33. Interviewer: a, oo sir as priso
34. Interviewee: ahh te ang kwan diri time pressure e
35. Interviewer: time pressure sir?
36. Interviewee: oo, pressure
37. What is time, is time
38. So amo na sya ang policy diri
39. Kung ano man ang gina hambal diri..... sang... admin sundon talang
40. Interviewer: so ika duha sir .
41. Ano ang mga na agyan mo nga pagsubok or hamon diri sir.
42. Interviewee:ah ang pag hamon ang relationship sa pamilya mo na dula e.
43. Interviewer: ika duha sir is aaaa
44. Bilang isa nga may edad na sir, ano ang epekto sang ka tigulangon mo diri sa prisohan sir
45. Interviewee: ahhh so very boring e
46. Ti kay worth dying for na ang edad ta ari pata sa prisohan
47. Interviewer: amo ba sir,
48. Pero at the same time sir a padayon lang gyapon
49. Interviewee:is still life
50. Interviewer: life is life lang gyapon

51. A so ika tatlo sir
52. A, ano ang ammm. Epekto sang edad mo sir sa pag atubang mo sa mga challenges nga na agyan mo sir
53. Interviewee: sooo, very challenging e te kay sa amo naning edad na
54. Abot pa sa kabuhi ko nga subung sini
55. Na event, so very challenging man sa pagkatao ko e.
56. Interviewer: yes sir, sooo..
57. So ang ika duha sir is , arii
58. Ano ang epekto sang pag subok or hamon nga na agyan mo bilang
59. May edad na sa sulod prisohan
60. Ano ang epekto, diba nakahambal ka gina nga aa
61. Relationship sa pamilya mo sir
62. Interviewee: oo
63. Interviewer: ano ang epekto sini sa imo sir
64. Interviewee: ang effect ko ti
65. Di kona ma subaybayan ang pamilya ko.
66. Especially sa asawa ko, kabataan ko kag sa apo ko
67. Kag isa pa, as a administer of God,
68. Ang church gid kag administery gina kaptan ko
69. Interviewer. Ano ang imo na kwan sir
70. Interviewee: sa charismatic usef (not clear) house kami
71. Interviewer: ahhhh ok
72. Ang ika duha sir is ano ang positibo nga epekto sir nga na batyagan mo
73. Sang na dala kad sir
74. Interviewee: ang positive aspect sang akon kabuhi.
75. may leksyon sa ngaa tungod sa akon kaso
76. So ang leksyon sakon nga na hatag ya is. Dako kaayo nga challenge
77. Kay nag keep distance to other people nga gusto mag guba sa imo

78. Interviewer: next question sir. Ano ang mga
79. Kung sa kagaina pa sir. Ang positibo naman sir
80. Subung ang negatibo naman sir
81. Interviewee: ummm nga ari ko diri?
82. Interviewer: yes sir
83. Interviewee: so ang negative sini di
84. Na pabayaang ko akon pamilya
85. Napabayaang ko akon trabaho. Na pabayaang ko akon mga project
86. Napabayaang ko akon ang akon gid nga ya simbahan man.
87. Church nga gin dala ko
88. Am I a senior pastor sa amon nga church.....
89. Interviewer: ara na kita sa ika tatlo na pamangkot sir
90. After sina isa nalang dayon
91. So bilang isa ka may edaran nga tao nga ara diri sa prisohan sir
92. Ano ang mga stratehiya mo sir
93. Or mga strategy mo nga gina himo diri para ma kayanan
94. Ang mga problema ngaaa
95. Interviewee: soooooo
96. Interviewer: na agyan mo diri sa sulod
97. Interviewee: soo, have a peace of mind and always trust into the lord
98. And also trust to our government
99. Interviewer: umm diri sa sulod prisohan sir may ara ba sila
100. Sang programs sir nga exclusive lang para sa imo
101. Interviewee: sa senior citezen may program kami
102. Gina tagaan kami diri sang amo nga mga
103. allowance as a senior citizens
104. Interviewer: so amo na ang way mo sir para maka adopt man dir?
105. Interviewee: um um isa na sya,

106. Mga needs namon bala ti gina kwan
107. Te natural, way gani bakal. Supported ka pamilya mo
108. Interviewer: pano naka bulig simo ang mga stratehiya sir,
109. or aa pano.. pano.. tung . pano to sya naka bulig sa imo
110. Aaaaa, as strategy like sang government sir, para ma atubang nimo
111. Ang mga pagsubok nga na agyanb mo diri sa kwan..
112. Interviewee: soo ang ila gina himo di. Ang ideya ngani challenging man
113. Sya amo kay te mag tudlo sang .. thru so channel kaman
114. So kung channel kaman gani te natural sundon ni sir e
115. Obey before you complain aaa
116. And never complain as soon as possible
117. (Tatay laugh) HAHAAHAHAHAHAHAH
118. Interviewer: a so sa na mention mo nga strategy sir ano ang pinaka
119. Importante nga stratehiya gid nga naka bulig sa imo sa pag atubang mo..
120. Interviewee: strategy nako di sa akon as a pastor
121. Is worshiping God..
122. Interviewer: may activity man gyapon kamo diri sir nu nga daw
123. Ga simba man kamo sir
124. Interviewee: oo e every day kung gusto mo may... lain lain ministry
125. Ara sa church....
126. Interviewer: ahh amo ba sir
127. So, last question sir, last nga kwan ...
128. Bilang isa ka may edad na sir ano ang motibasyon mo sir para maging
129. Ma tibay diri sulod prisohan, motivation mo sa pangabuhi
130. Interviewee: to motivate myself especially sa estado namon
131. So kung ano gid ang kabubut'on sang diyos .
132. Diri na kami kutob,,
133. te diri lang kami e tungod to motivate ourselves

134. Nga atleast as soon as possible kung ma dula kaman
135. You are serving God.
136. Interviewer: ahh ok sir, kumbaga , ginoo sir, so ang family sir sa?
137. Interviewee: ang pamilya ko dir , natural always ari sila sakon.
138. Every week ara saila ga bisita sakon because
139. Palangga ko sang pamilya ko abi
140. Interviewer: so it serves as your motivation gyapon diri sir
141. Interviewee: uhmmmmm
142. Interviewer: so ang question diri sir. Ano ang mga motibasyon mo nga
143. Magpadayon diri sir sa sulod bisan bal an mo nga umm lalo na sa
144. Edad mo nga budlay na sir.
145. Interviewee: ahh teeee we will obey the what is the order of the court
146. To motivate our self is to, receive sa sini ng mga circumstansya nga
147. Tabo sa kabuhi ko. So indi mani fault sang iban. Akon man
148. Interviewer: ano ang nag hatag simo sang ka kusog sir kag supporta
149. Para mag pa dayon, nga maging ma tibay diri sa prisohan
150. Interviewee: ahhh most probably is our God and....
151. also my family and Third one is our administrative.
152. Interviewer: ahh so tatlo sir nu? God , Family and administration
153. So last question sir.... aaaa
154. May mga programa diri nga aaa exclusive lang ba para gid sa inyo
155. Interviewee: oo sa citizenship may ara kami dira sang senior citizen
156. Organization.
157. Interviewer: pwede moba ma hatag sir ano ang mga example
158. Sang mga programa?
159. Interviewee: ang programa namon dira sa senior citizen
160. I am the president of senior citizen ... soo gina motivate dira.
161. How to control ourself and to have communication to our family

162. And to deal. And to deal our sentence kung pano namon himoon ina
163. Interviewer: aaa so, may mga specific gyapon na programs
164. Interviewee: may program sa senior citizen.
165. Interviewer: sige sige sir, amo alng to a soooo. Thank you so much sir,
166. Salamat sir.

APPENDIX G.1

P7 BRAVO

1. Interviewer: hello hello hello
2. I record ko lang ang audio sir ha.
3. Ang una ko nga pamangkot simo sir.. is aaaa
4. Ano ang mga na agyan mo nga mga challenges o pag subok diri sa sulod
5. Sang prisohan bilang isa ka may edad na. Nang para sa Imo sir.
6. Pansarili mo nga kwan
7. Interviewee: para sakon ya nga pagsubok nga na agyan diri sa jail aa.....
8. Damo man klase nga pagsubok . paras abi sang...
9. Limitado ang amon nga oras ang..... ang amon pag inupdanay
10. Syempre ma budlay man gid mag adjust..
11. Sa diri sa mga ka upod mo na indi mo dati nakasalamuha.
12. Isa na sya ka bug at na pagsubok..... pero tungod sang dedikasyon mo
13. Kay naga atubang ako sang problema nga may relasyon sa. Sa layi
14. Gina pilit ko nga ma atubang na sa.. amo to nga.. ma baton ba.
15. Kay kung indi ko ma baton ang mga nag agi sang akon kinabuhi daw di
16. Koman mapatawad akon kaugalingon . amo nang isa ka bagay nga
17. Una una ang pag baton kogid sang akon nga ka kulangan.
18. Isa na sya nga pagsubok nga ... a na siling ko gani pinaka ma bug at
19. Nga na encounter ko sa akon kinabuhi ang pag

20. Istar sa sulod sang rehas.
21. Pero amo man nang kabangdanan nga nag pa pag'on sa akon . kag ang connection ko sa akon pamilya daw nag aa. Dula man kay sympre
22. Ara ta sa sulod ka rehas nga gina tawag.
23. Interviewer: so ang ika duha ko nga pamangkot sir is, bilang isa ka
24. May edad na sir. Ano ang epekto sang ka tigulangom modi sa sulod
25. Prisohan.
26. Interviewee: ang.... edad lang man ang nag tubo
27. Interviewer: umm umm, pero, pero , ano ang epekto sina sa Imo sir?
28. Interviewee: pero para sa akon ang epekto sang pag tinir ko diri .
29. Damo sya sang contributing learning process
30. Ti syempre may mga hitabo abi nga medyo naka lipatan didto sa gwa
31. Sang diri ako nga pagnagatubo, nagataas ang akon nga himatnon
32. Madumduman koba atong mga ka kulangan .
33. Anong bagay ang e adjust kona .ano tung tama nga himo'on kona
34. Para sa ika lambo sang pamilya kag komunidad
35. (car engine starts) .. audio...
36. Interviewee: epekto sakon bilang priso naka tudlo
37. Sya sakon pagkatao...sa kaayohan
38. Interviewer: so ika duha nga pamangkot sir...is a.
39. Ano ang epekto sang challenges o mga hamon nga na agyan mo diri sa
40. Sulod prisohan.
41. A, una is ang positibo nga epekto sir
42. Interviewee: ang mga hitabo diri sa sulod sang... sang jail
43. Ang naka tudlo sakon nga ang epekto sakon. Naka depende abi sa
44. Imo man nga pag partisipar no...
45. Sa mga, may mga activity nga di bagay intrahan.
46. May mga bagay man nga pwede intrahan.

47. Pareho sang ara ka sa simbahan.
48. Aaa. Ga pati ka sa imo pag ka binunyagan. Ga pati kapa nga ang na
49. Guba nga dignidad sa imo kinabuhi ma ayos pa.
50. Syempre isa na sya mga manging epekto. Epekto
51. Interviewer: sa positibo nga epekto sir nu?
52. Interviewee: o, positibong epekto
53. Kay naga siling ko nga di paman ulihi ang tanan..
54. Kung tagaan lang sang tyansa nga ma balik kita sa komunidad .
55. May ara kita ma bulig pa sa community nga contribution..
56. Nga maka tudlo sang kung anong tama..
57. Interviewer: so ang kwan sir, kung kagaina sa postibo sir . ano naman ang negatibo.. nga epekto sang challenges sa imo sir. Sa sulod prisohan.
58. Interviewer: ang epekto sang ... ang epekto nga mga.. aaa..
59. Negtibo nga epekto sakon..kung kulang ang imo nga faith.
60. Kulang ang imo pagpati sa imo kaugalingon, nga ma sarangan mo ang
61. Mga trials kay ti syempre mag tubo ang mga losses mo ba .
62. Mag tubo tung mga anxiety, ma tubo to ang pag alang alang mogid
63. Angka hadlok monga basi pag gwa mo wala kana sang mga ka ingod
64. muna sa ang mga negative ba
65. Interviewer: umm negetive sir...
66. Interviewee: mga negative. Basi pag abot mo sa community
67. Way na sang mag baton sa imo
68. Bisan pamilya mo indi na mag.. palapit sa imo, mag closer sa imo kayti
69. May ara nata tatak rehas..
70. Pro para sakon ang pag align sina.. pa agi gyapon sa maayo gyapon nga.
71. maayo gyapon nga approach kag pag pakita sang maayo nga buhat .
72. Interviewer: so kagaina sir . naka mention ka sang mga challenges
73. Kag mga hamon so subung sir . ah, kabaliktaran.

74. Bilang isa ka may edad na sir nga ara diri sa priso.
75. ano ang mga stratehiya mo sir nga para ma kayanan mo ang challenges
76. Kag pagsubok nga na agyan mo. Mga strategy mo ba kung
77. Kung ano mga gin ubra mo diri sa sulod sang prisohan
78. Interviewee: sa akon abi kwan.
79. Interviewer: para ma kayanan mo ang mga kwan
80. Interviewee: sa akon abi pag a.. sa bag.o pako . usually .
81. Nag agi ko sang depression..
82. Pero after, after the several months. Ang mga depression ko.
83. Tungod kay may naka yaya sakon sa church
84. A... (audible sound) mag intra sa choir. Nag upod ko didto.
85. Nag intra sa mga project diri. Nag upod ko didto . kag daw na
86. Enjoy koman kag na amat amat. Ko baton ang kwan.. ang mga .
87. Hitabo sa akon kinabuhi.
88. Interviewer: so amo na imo strategy sir?
89. Interviewee: naka upod ko sa ila nga kwan. Pro sa maayo nga buluhaton\
90. Pero sa indi maayo ya nga buluhaton. Gina lantaw kona.
91. Kung ini nga mga buluhaton maka hatag sang.Sang negtaibo nga hitabo
92. way kona ya ga upod . kay siling ko . basi ma bantugan nga ari nako di
93. Ga himo gypon ko sang indi amo. Amo na bala (tatay laugh)
94. Perti man pag paningkamot Kag. Perti gid ang, oo perti gid ang
95. Paningkamot ko sina .. nga bagay nga likawan te gina
96. Tinguha taman na nga likawan, oo.
97. Interviewer: a, a ,a paano naka bulig sa imo sir ang mga stratehiya sir
98. Nga sa pag atubang mo sir para sitong hambal mo gina sa simbahan
99. Kag pano sya naka kwan.. naka bulig simo sir?
100. Interviewee: dako gid ang iya na bulig . damo ko wala na bal an sadto
101. nga . diri ko na. Diri ko na motivate . like for example ining gin himo ako

102. Sing jail as leader sang selda . tawag nila sina . selda mayor .
103. Gin himo ko nila dira . gin himo man ako nila sa overall chair sa tanan\
104. Nga denomination nga na. Na ano koman na manage ko man ang
105. Na disiminate koman ang tama nga mga relasyon sa ila.
106. Kag every time. Every now and then nga mag conduct ko sang
107. Meeting . wala man sang mga positibo nga reacsyon nga na tabo sa\
108. amon .
109. Interviewer: ummm, mao ba sir
110. So ara na kita sa last na pamangkot sir , aa (door opens) .
111. Bilang isa ka may edad na sir. Ano ang motivation mo sir para maging
112. Ma tibay (door opens) diri sa sulod?
113. A mga motivation mo sa pangabuhi mo. Para tigayon
114. Gyapon diri sa sulod.
115. Interviewee: karon naga pa dayon ako sang mga activity sa... ika
116. Ayo pagid kag ika lambo sa priso
117. Interviewer: amo nang ga hatag simo motibasyon
118. Interviewee: ga hatag sang motivation . a maayo nga pag establishar
119. Sang relasyon sa kapwa priso
120. Indi lang pag establishar. Pati ang pag tudlo
121. Ini nga lugar alagyan lang. Kumbaga refinery . oo, gina purify ka
122. Nga pag abot. Pag ka gradute mo sini nga lugar . bagong tao ka naman
123. Pakisalamuha didto sa community.
124. Kag ang angyan kana nga mapatihan . kay te syempre,
125. Damo man ta sang na himo. Didto sa gwa sang sadto puro
126. Tinikal bala ang akon . actually nag kwan ko e nag a..
127. Nag ka abag ko pero sa piyak sang akon pag ka lei operator
128. Naga wali ko naga kwan sa church , pero sikwahi ang akon pangabuhi
129. lain ang gina hambal, lain man ang gina himo. So karon sang diri

130. Nako, daw tama gid nga I correct ko ang dapat I correct.
131. Kung ano ang gina hambal mona . pangabuhì nagid na sa.
132. Interviewer: ano ang mga naga ka hatag simo sang supprotà diri sir
133. Interviewee: ang..
134. Interviewer: ang support system mo sir para simo?
135. Interviewee: may mga kwan diri , may mga livelihood nga project. Naga
136. Pabulig sila trabaho bisan nga piso piso lang atleast may ara kita nga
137. ma tipon ngaa.. dira lang amo lang nang kalipay nga . maka bulig .
138. Ika duwa, kung ma dum duman ka sang imo pamilya. Pamilya
139. Pero ang pinaka nami gid dira nga kun ang pamilya mo pag apid simo
140. Wala sila mag distansya simo . wla sila mag bulag sa imo. Kung ara sila.
141. Kay mas dali ang imo bala nga pag recover .
142. Pro pag pamilya mag talikod sa imo amo man ng pinaka ma sakit
143. Nga parti sang . sang amon kinabuhì bilang priso.
144. Kun sa kaso nga naka file sakon, ma bug at ma bug at nga klase sang
145. Kaso kay heinous crime. Kun di mona ma admitar kag di mona ma
146. Accept nga amo ng nag agi nga kaso sa imo . te bar down kagid.
147. (Bird noise)
148. Bar down kagid sina.
149. Pero tungod kay te bisan ano ka bug at ng kaso nga gin atubang ko
150. May positibo pako nga pag lantaw. Nga pwede ko pana ma, nga ma
151. I ayos. .
152. Ano ang pama agi?
153. Gina acceptar ko. Kag gin amindar ko even ang kabuhì ko kulang pana
154. I hatag sina mo. Para ma pakita kolang ang kalibutan may hustisya pa
155. (jail guard audio)
156. So amo na nga gin hatag ko ang hustisya sa akon pamilya.
157. Kay pamilya koman ang complainant ko. .

158. Bunga sang pag tudlo sang pag palangga. Diri
159. Bunga sang sakripisyo sang akon gin batyag diri .
160. Interviewer: ahh ,, so last question nalang sir nu a...
161. May mga programa ba diri sa sulod sang kwan . sang prisohan
162. Nga para gid sa imo? . butang ta senior citizen nga may edad na?
163. Interviewee: sa pagkaka roon. My ara nga gina platar sila
164. Parehas abi sinang kwan. Inang ummm, senior citizen nga pension
165. Indi koman bal an kung private na o government, basta may ara
166. Sila gin align dira . pero ako wala pa ako ka baton .
167. Ahhhh, kay pag sulod ko diri nag ka mali ko sang pag entry sang
168. Akon nga ano, nga edad . tinuig kay na tao ko 1963. pro isa lang ka
169. Adlaw ang 63, pag ka kwan sina 64 na . daw duwa lang ka adlaw
170. Ang kwan, kay pag ka . kay 30, december 30 ko na tao rizal day.
171. Pag 31 duwa ka adlaw lang. Ang hawid ko sa , sa kwan sa 63.
172. So na entry ko didto 1964. ti na bawasan isa HAHAAH (tatay laugh)
173. So amo na nga indi kalang anay siling nila . te kay wala man ko ga pili
174. Kay amo na tung na entry mo. Pero naga
175. Gusto taman mag ambit sina e , syempre tao ta nag kinahanglan
176. Man ta sang material things . o ti kung ma hatag na sa aton nga
177. Kwan sang ahensya sang jail . dako nana sya nga bulig
178. Dako nana sya na bulig
179. Interviewer: amo lang to sir
180. Interviewee: ok
181. Interviewer: madamo gid nga salamat sir ,thank you sir

APPENDIX G.2**P6 CHARLIE**

1. interviewer: I record ko lang sir . diri ko lang butang sir , a....
2. Tapos ari sir may pa permahan ko simo sir, ang tawag sini
3. Participants agreement form,
4. Interviewee: para sa asa ni sya sir?
5. Interviewer: ah ari naka state lang diri nga willing ka mag sabat
6. Sa mga pamangkot ko sir,
7. Interviewee: diri a... a..a ano ni sya?
8. Interviewer: interview lang sir.
9. Interviewee: para sa asa na interview sir?
10. Interviewer sa imo sir sa pangabuhi mo lang. Diri sas sulod sang jail
11. Interviewee: diri sulod?
12. Interviewer: oo,
13. Interviewee: ngaa ako interviehon?
14. Interviewer: kay amo to ang akon kwan sir, scope kumbaga pa.
15. Expertise ba kumbaga pa, ako nga kwan sir
16. Interviewee: ti ngaa ako na pili an gid ?
17. Interviewer: ay kay sila ang nag hatag sang list sir, si sir lanzaderas.
18. So naka state diri nga willing ka mag sabat lang sa mga pamangkot ko sir
19. Tapos, a.. tanan nga information nga ma storya mo sa akon sir.
20. Is sa aton lang duwa. Wala sang iban. Di mag kalat bisan diin .
21. Interviewee: ok a .
22. Interviewer: so pwede ko maka pa ngayo sang perma sir. O pangalan sir?
23. Perma, pangalan, tapos perma
24. (audible sound of people inside jail)
- 25.(People shouting) 26.Interviewer: perma lang sir 27.Interviewee: diri perma babaw?

28. Interviewer: babaw, babaw lang sir.

29. (door opens)

30. Interviewer: so may mga pamangkot lang ko sa imo sir. A dali lang ni sya

31. Apat lang sya na kwan . nga major questions

32. Regarding diri sa pangabuhì mo sir, diri sa sulod .

33. So ang una na question sir is.... a.. ano ang mga na agyan mo nga

34. Mga challenges o pag subok a.. diri sa sulod sang priso sir . a

35. Para sa edad mo sir.. mga na agyan mo sir diri bilang

36. Isa ka may edad sir. Kumbaga challenges .

37. Interviewee: a diri sa loob noon sir . wala may problema diri . kay about

38. Sa pag kaon diri ok man ang pagkaon namon sir . wala may problema

39. Interviewer: so in terms of challenges sir, wala sir?

40. Interviewee: oo .

41. Interviewer: bilang isa ka may edad na sir ano ang mga challenges nga

42. Na agyan mo diri sa sulod 43. Interviewee: ahh sa may edad? 44. Interviewer: oo sir

45. Interviewee: ah ako 12 years nako di sir,

46. Mga, kung baga tao diri, pait gid kaayo sang una, sa bag'o pako

47. Nag sulod diri ,

48. Interviewer: pwede mo ma kwan sir, bisan gamay lang nga kwan sir a

49. Kung ano tung challenges gid

50. Interviewee: um um

51. Sa kwan sa, bisan ano lang I hambal ko 52. Interviewer: um sir, bisan ano lang sir, ikaw bahala

53. Interviewee: about na sa ano sir? Sa

54. Interviewer: a.. diri sir, personal nga experience mo sir

55. Interviewee: a diri ?

56. Interviewer: opo, personal experience mo diri sa sulod .

57. Interviewee: ahh, sa akong edad diri ahh nag separtipants ko sa gina tawag
58. Nga T.C sa programa namon sa mga.. sa.. kwan sa governo diri . 59.Participant ako sa ilang kwan skwela namon sa T. C. mao nay una 60.Una namon diri. Eskwela ko naka graduate man ko mao nang na.a koy
61. Certificate ni warden nga ni sir lanzaderas (engine starts) nga
62. Maayo man ang dagan gyapon diri sa sulod.
63. Interviewer: so ang second nga pamangkot sir
64. Ano ang epekto sang kwan sir, ay bilang isa ka may edad na sir ano
65. Ang epekto sang ka tigulangon mo sa sulod sang prisohan
66. Interviewee: sabagay a, diri sa akon diri gid na ubos ang akon
67. Pag ka batan'on sa laya. Kay syempre may edad naman ko. Diri
68. Gid na ubos ang akon pagka batan'on sa laya
69. Wala naman ta ma himo kay priso naman ko sir , agwanta nalang ko
70. Basi may kalayaan pa diay ko.
71. Amo lang man na akon after, kung may kalayaan ko mas maayo. 72.Interviewer: ano ang mga kwan sir, mga na agyan mo nga pagsubok 73.Sir,,, may ara kaba na agyan diri na pagsubok ?
74. Interviewee: diri sa sulod?
75. Interviewer: oum oum sir.
76. Interviewee: ah diri sir. Wala man koy pagsubok diri, kay ngaa
77. Wala man koy atraso, wala man koy recall diri.
78. Good performance pud diri sa sulod , wala koy
79. Bisan gamay lang wala , wala gid
80. Tungod kay nag likaw pud ko sa mga ano dira mga contrabando nila
81. Di ko mu kwan ana..... bawal ...
82. Muna akon kas sang edad nako wala nako nag
83. kwan ana mga contrabando nila diri . wa koy paki alam nila dira
84. Interviewer: so sa matag adlaw adlaw mo diri nga pangabuhi sir
85. Ano ang epekto sang edad mo sir budlay ba o....

86. Interviewee: pait diri pait gyud tinood diri sir
87. paras sakong may edad na , a... pait kaayo.
88. Pasalamt pud mi kay na senior napud ko naa napud gi hatag ang
89. Gubernador na.. tawag nga senior citizen 90. Interviewer: ahhh mao ba sir 91. Interviewee: oo
92. Interviewer: ah so gin separate kamo sa kwan sir?
93. Interviewee: wala man mi gi separate pero naa miy a kwan diri
94. Kanang gin tawag nga 6000 ang amu'ang mga benepisyo
95. diri sa guberno pang senior citizen ba
96. PENSION...
97. Interviewer: pension ?
98. Interviewee: oo, amo na gina tawag . diri naka baton nako di
99. Ka tatlo nako naka baton sir
100. Interviewer: ika duha nga pamangkot sir? Is
101. Ano ang mga epekto sir . diba na mention mo nga
102. Wala kagid hamon nga kwan sir nu? O challenges na bangit gina sir nu
103. Interviewee: wala
104. Interviewer: wala, sige sir. Ari sir, ari nalang
105. Ano ang positibo nga epekto sir. Aa, nga ara ka diri sa sulod sir
106. Interviewee: a diri parti diri nga panahon, stress gid number one
107. Stress gid, labi na wala kay dalaw para sa akon , wala koy dalaw\
108. Tapos, way kwarta. Istress gid
109. Pero survive gyapon ko sir.
110. Interviewer: so, ano ang negatibo na naman sir , kung kagain positive
111. Subung negative effect naman
112. Interviewee: ohh kay.. minsan di man gud nimo ma siguro
113. Nga syempre may kaso ta. Usahay ma istress. Usahay dili
114. Pero laban gid istres.

115. Interviewer: stress? Amo nang negative mo ..
116. Interviewee: oum,negative. Amo na sya. Bisan sino pa hambalon diri,
117. Istress gid
118. Interivewer: so sa ika tatlo sir, bilang isa ka may edad na sir nu?
119. Ahh nga na priso diri. Ano ang mga strategy mo sir
120. Strategy mo sir. Para ma kayanan mo ang. Ang matag adlaw
121. Adlaw nga pangabuhi diri sir?
122. Ano mga gina ubra mo sir mga amo na sir.
123. Interviewee: diri... nag kwan ko sa may time pud ko naga kwan
124. Pud ko diri sa projecan
125. Naga project pud mig
126. Interviewer: daghan project sir?
127. Interviewee: project project pud mi diri ginagmay
128. Unya, unya kung naay mga programa. Apil pud ko gina pa apil pud ko
129. Munang na wala wala pud ang mga stress nako ginagmay
130. Tungod ana (clears throat)
131. Interviewer: kwan sir nu nang daw naki pag interact kaman sa
132. Kwan sir ba sa mga programs
133. Interviewee: oo, kay ma wala man atong stress ana sir
134. Tungod kay murag ma wala, ma tabunan pud sa
135. Mga program program ba .
136. Interviewer: pero damo sila sang mga program sir nu
137. Interviewee: damo program diri sa sulod
138. Interviewer: so.... ah ano sir ano ang mga stratehiya a. sa
139. Kadamu'on sang program nga gina, ginahatag nila sa inyo
140. Ano ang pina gid nga naka bulig sa imo sir?
141. Para mag, mag patigayon diri sa sulod?

142. Interviewee: kung sa akon lang amo ning akon pension
143. Mao lang nang maka survive sakon. Kay tag 6000 man ang amon
144. Amo ang ka bulan tag sa ka libo kada bulan
145. Interviewer: so pension ang naga hatag. Ang strategy mo sir
146. Interviewee: oo, amo lang na. Mao lang nang ako a. wala nay lain.
147. Na a may project pero ginagmay ma lang na .
148. Interviewer: ah ari sir, pano naka bulig simo ang mga stratehiya sir
149. Paras sing pension nga gin hambal mo , pano naka bulig simo sir?
150. Interviewee: Ti, maka bakal ko pagkaon nga gusto ko mu kaon,
151. example Isda. Ma bakal ko , pwede pud mga manok.
152. Ana makabakal ko Bugas,
153. Interviewer: ah so ma buhi man kamo sir?
154. Interviewee: oo, ma buhi gyud ko ato, bisan tood nga gamay lang
155. Pero. Atleast libre pud mi diri. Pero sa laya di gid na pwede mag kasya
156. Diba sir?
157. Interviewer: yes sir!
158. Interviewee: di gyud na pwede, kay ngaa nag libre pud mi diri
159. Libre kurente, tubig.
160. Interviewer: so sa gin hambal mo gina sir nu. Amo to ang pinaka
161. Importante. Pension gid sir nu?
162. Interviewee: oo, pension lang gid sa may mga edad. Nga senior na
163. Interviewer: ara na kita sa last nga question sir..
164. Interviewee: oo
165. Interviewer: so bilang isa ka may edad na sir ano ang
166. Motibasyon mo sir
167. Motivation mo ba nga maging ma tibay. Diri sa sulod ka prisohan.
168. Interviewee: a diri concentrate kalang diri sa . a. aton gina
169. Tawag nga pangabuhì. Nga surprise ka gobyerno
170. Kag na tawag nga ... nga ongoing pa ang kaso

171. Hulat lang gid ta sang. Ga hulat lang gyud ko sang gina tawag nga
172. (bell rings) desisyon sa judge kung anong desisyon ka judge.
173. Interviewer: (bell rings) amo nang motibasyon mo?
174. Interviewee: oo, amo lang gid na.
175. Amo lang gid nang naga pa tibay sa akong luob diri, agwanta lang gid
176. Fighting spirit, wala man ta ma himo kay priso man ta
177. (inmate cough)
178. Interviewer: so ano ang kwan sir a, aside sa motivation
179. Mo... nga na bangit sir. Ano pa ang pwede mo ma kwan sir..
180. A for example sir mga family maka bulig ba simo?
181. Interviewee: akong pamilya layo man, dabaw . taga davao man ko sir
182. Maka bulig sila, ginagmay man lang kay dabaw man. Wala pud ko na
183. Ngayo nila kay luoy pud sila, pigado pud.
184. Interviewer: so amo lang tung motibasyon mo sir?
185. Interviewee: oo mao lang nang akon.
186. Interviewer: ano ang mga nag hatag simo sang kwan sir,
187. Sang ka kusog nga mag pa tigayon diri sa sulod prisohan.
188. Interviewee: ampo lang sa diyos, ampo lang sa diyos.
189. Amo lang gyud, pangamuyo amo lang na, pangamuyo
190. Interviewer: so may ara kamo sang, daw simbahan?
191. Interviewee: oum may simbahan gyapon diri. Pangamuyo lang
192. Hangtod ma... nag dugay nga nag dugay sir..
193. Wala na ang gina tawag nga. Kala ay ba.
194. Murag gusto nako, diri nalang pud ko. Usaba, di nako ma intidihan
195. Naapud usahay gusto nako mag laya .
196. Di mag ka pareha... tungod kay ngaa bilango, dugay napud ko diri
197. Dili ko.. sabagay kung bago ka pagid istress kagid kaayo
198. kung mag dugay dugay na ma dula naman sir.
199. Interviewer: oum kay daw na sanay naman sir.

200. Interviewee: oo, sanay naman
201. Pero di gid ma lipatan ma stress gyapon.
202. Maka hinundom ko sa pamilya. Labi na number 1 gyud
203. Wala kay dalaw. Wala ka sang gina tawag nga a..
204. Padala ana . istress gid .
205. Interviewer: so ang last ko nga pamangkot, last nagid sir.
206. May mga programa ba ang presohan sir, para sa inyo
207. Nga may edad na sir?
208. May mga program ba ang administration subung sir?
209. Pwede mo ba ma hambal sir ano to sya sir?
210. Interviewee: oo, paras sa TC.
211. Interviewer: tc? Ano ang tc sir
212. Interviewee: na lipat nako unsay meaning ana , na lipat na gyud
213. Ba ko sir ba.
214. Interviewer: sige lang sir a,
215. Pero amo to ang programa?
216. Interviewee: oo, amo to ang programa , ang TC.
217. Interviewer: asdie sa TC sir ano pa ang mga programa diri sir
218. Nga para sa inyo sir.
219. Interviewee: sa amon nga may edad?
220. Interviewer: oom sir
221. Interviewee: project, projecan amo lang gid na.
222. Interviewer: ah., ,may mga kwan man kamo diri sir, mga tawag sina
223. Mga aktibidades sir? Sa matag adlaw may ara man kamo sina sir?
224. Interviewee: may mga activity?
225. Interviewer: ano to sya sir?
226. Interviewee: kwan man gud ang activity diri . dili sya permanente basta
227. Walay mga okasyon. Wala sang fiesta . mao lang na activity.
228. Paras sinang aa... mu abot ang october. Naay activity na sya sir

229. June, fiesta man diri june, naay activity da, coming. ,
230. O february 14, naay pa activity na .
231. Interviewer: so sa imo sir, sa, para sa edad mo sir . may gina hatag
232. Man sila na program sir? Paras , for example sir . may ara ba sang
233. Mga exercise . a ano pada sir
234. Interviewee: aw, kompleto diri, naay zumba diri sir, oo naay zumba
235. Diri. Kada lunes zumba , may, bayang magiliw, \
236. After bayang magiliw, zumba man .
237. Interviewer: may ma share kapa nga iban pa sir bukod sa zumba?
238. Ah, na expirience mo gyapon diri sir?
239. Mga programa sang..
240. Interviewee: ang programa man gud diri sir kasagaran mga
241. Okasyon lage , fiesta, pasko na.
242. Interviewer:so may mga activity kamo gina ubra diri.
243. Interviewee: naay activity gid ,
244. Paras sitong mahal na adlaw .
245. Interviewer: oum mao ba sir. Amo lang to sir a
246. Madamo nga salamat gid
247. Interviewer: salamat man sir
248. Interviewer: salamat gid sir ha, thank you gid sir.

APPENDIX G.3**P3 DELTA**

1. Interviewer: I butang ko lang diri sir ha. Ang recording sir
2. Interviewee: um oo..
3. (door opens)
4. Interviewer: so...ang mga pamangkot ko sir um may ara lang sang apat..
5. Interviewee: excuse me sir ta ta wala gyud ng kwan sige sige sir.
6. Interviewer: may apat lng ko na pamangkot sir ha regarding dri
7. um regarding ni siya sa pangabuhi kag eksperyensa nga na agyan niyo
8. Dri subong sir. So ang una na pamangkot sir is ahh ano ang mga na
9. Agyan mo nga pagsubok or hamon diri sa sulod sang presohan sir.
10. (clears throat)
11. Interviewee: ummm sir nag sakit amo lng na
12. Interviewer: ah ok sir sige sige.
13. Interviewee: amo lang na?
14. Interviewer: amo lng to ang pinaka ano gd sir?
15. Interviewee: oo (having speech problem) agyan sa hospital
16. Interviewer: hmm.. so nagkasakit ka gali sir no
17. Interviewee: mhm
18. Interviewer: so ang ka duha sir ano ang uhm bilang isa ka may edad
19. Na sir ano ang epekto sang ka tigulangon mo diri sa sulod sang
20. Presohan sir?
21. Interviewee: epekto? to wala na gyud ko sa pinaagi sex bisan mag
22. Ayang ang mga babae wala na
23. Interviewer: hahahahahah(laugh)

24. Interviewee: 70 years na ko e
25. Interviewer: ahh amo ba sir 70 years old
26. Interviewee: oo ah 69 ra tung naagi uhmm karon lng to e 70
27. Interviewee: ahh mhm
28. Interviewee: 1954
29. Interviewer: so wala sang epekto saimo sir? Ang kwan si ang ang
30. Pagsulod mo diri sa kwan sir
31. Interviewee: wala
32. Interviewer: wala na so ikatatlo sir is ah ano ang mga ah iban pa na
33. Naagyan mo diri sa sulod
34. Interviewee: wala mn wala mn koy na agyan ng ano na preso lng ko
35. Interviewer: ah amo lng to sir?
36. Interviewee: oo
37. Interviewer: oh sige ang next sir is ano ang epekto sang imo edad
38. Sa pag atubang mo sa adlaw adlaw nga urubrahon sir?
39. Interviewee: dako og sabad
40. Interviewer: ah amo ba sir
41. Interviewee: oo akong edad
42. Interviewer: so ah kung may ginahimo kamo dri sa adlaw ano
43. ang nabudlayan mo sa pag
44. Interviewee: wala man koy trabaho
45. Interviewer: wala sir? Ah so saimo sir ah wala kmo gina pa trabaho
46. Diri sir?
47. Interviewee: wala wala
48. Interviewer: ah wala sir sige sir ara ara ta sa ika duha sir last kwan na
49. Lang sir gamay na lng ah
50. Interviewee: oh
51. Interviewer: ano ang epekto sang pagsubok or hamon nga na agyan

52. Mo bilang may edad wala epekto sir
53. Interviewee: wala
54. Interviewer: wala gid sir?
55. Interviewee: wala
56. Interviewer: ari sir um ano ang positibo nga pagsubok or hamon
57. Nga naagyan mo diri sa presohan sir ang positive ngaa umm ngaa
58. Interviewee: positve? Wala gyud
59. Interviewer: wala man gyapon sir?
60. Interviewee: wala
61. Interviewer: ang sa negative sir?
62. Interviewee: wala man
63. Interviewer: ah wala man
64. Interviewee: wala man normal lng man
65. Interviewer: uhm sir ara na ta sa ika tatlo sir bilang isa ka may
66. Edad na sir uhm nga ano ang mga stratehiya mo sir? Nga kung
67. Paano ka mangabuhi diri sa sulod ano ang mga stratehiya mo
68. Interviewee: suportado
69. Interviewer: ah suportado sa pamilya sir hmm ari pa sir ano ang mga
70. Ah ahh ahh paano ka maka adapt dri sa sulod sang presohan sir?
71. Bilang may edad na kasi
72. Interviewee: sa pagkakaran wala gud ko ma adpat gyud
73. Interviewer: wala man sir ok a sige sir paano naka bulig saimo
74. Ang mga stratehiya sir? Diba tung hambal mo kagina nga
75. Suportado ka sang pamilya
76. Interviewee: oo
77. Interviewer: so ahh naka bulig ba na siya saimo sir sa pagkwan mo sir?
78. Interviewee: oo
79. Interviewer: sa pag pangabuhi mo dri sir?

80. Interviewee: oo
81. Interviewer: sa ano nga pamaagi sir?
82. Interviewee: tung sa consume lng
83. Interviewer: ah consume sa for example ng maka bisita sila tas may
84. Ihatag sila saimo
85. Interviewee: oo
86. Interviewer: ah so
87. Interviewee: may kwan pa may sud an pa may bugas
88. Interviewer: ah mao ba sir
89. Interviewee: oo
90. Interviewer: so makabulig sila ah sige sir ano ang pinaka importante
91. Or stratehiya nga nakabulig gid saimo sir?
92. Interviewee: amo lng na
93. Interviewer: amo lng na pamilya mo gyapon sir so sa family
94. family oriented sir amuna
95. Interviewee: oo
96. Interviewer: so pamilya gd ang nagahatang sa kwan si sang kakusog
97. Interviewee: oo
98. Interviewer: para may paglaban amo to sir
99. interviewee: oo
100. Interviewer: ah amo lng to sir so last na ara na ta sa ika last
101. Nga question sir no
102. Interviewee: oo
103. Interviewer: last na lang gid ni bilang isa nga may edad na sir
104. Ano ang motibasyon mo sir dri sa sulod sang presohan?
105. Interviewee: motibasyon?
106. Interviewer: oo motivation mo sir nga mag padayon amo na
107. Interviewee: wala gyapon wala

108. Interviewee: wala so ang ang pamilya mo sir sa pamilya sir
109. Interviewee: ang sa pamilya mga isa lang ka bulan pag wala
110. Makaon tas naka back sila saakoa isa pa lng ka bulan so wala
111. Kami ga kita.. hahaha
112. Interviewer: ari um bilang isa nga may edad na sir ah ang mga
113. Motibasyon ba sir nga naga kwan ah ma encounter mo taga adlaw
114. Is makabulig ba saimo sir?
115. Interviewee: oo
116. Interviewer: makabulig sa ano nga pamaagi sir?
117. Interviewee: uhm pangabuhi kag katigulang ko diri sa diri sa
118. Jail ang kwan lng gyud rasyon
119. Interviewer: ah rasyon mao ba sir. Ari sir sa sa imo nga edad sir
120. may Ara ba nga gina ah provide ang administration nga ma provide
121. Nga programa para lang gid sa inyo nga mga tigulang diri
122. Sa sulod presohan sir
123. Interviewee: ambot kasbwan saakon wala man
124. Interviewer: wala sang wala sang programa nga gina provide
125. sang kwan sir
126. Interviewee: wala ko nabatian ana
127. Interviewer: ah wala sir um pero diri sir ga ubra kamo sang kwan sir
128. Sang daily living routine niyo sir halimbawa sir kung mag bugtaw kamo
129. Ano ang gina ubra niyo sina sir
130. Interviewee: wala
131. Interviewer; ah wala sige sige sir so wala man mga programa sir no
132. Ah nabbanggit sir
133. Interviewee: wala
134. Interviewer: sige sige so amo lang to sir a mayo damo gid nga
135. salamat sir, salamat gid sir amo lng to sir thank you po

APPENDIX G.4**P4 ECHO**

1. Interviewer: diri ko lang I butang sir ha, para ma bati an mo
2. A, so may ara ko sang ipa kwan sir, ipa permahan sir
3. Bale ang tawag diri is agreement form, pwede mo sya basahon
4. Naka state diri sir nga willing ka mag kwan, mag sabat sang pamangkot
5. Ko sir tapos tanan nga a.. mga sabat, or tanan nga sabat,
6. Nga e . e . tawag sina. E hambal mo sir is , strictly confidential
7. Lang gid sir, sa aton lang gid na duwa,
8. So pwede ko maka pangayo sang kwan sir, participants name and
9. Signature sir., ako, ako nalang ma sulat sir?
10. Interviewee: pangalan lang?
11. Interviewer: pangalan tapos perma mo lang sir
12. A. Perma lang sa babaw sir.
13. Interviewee: apelyedo,
14. Interviewer: ok sir a, apelyedo sir.
15. Pwede pa perma nalang sir?
16. Interviewee: perma nako di?
17. Interviewer: perma lang sir (door opens)
18. A wait lang
19. So sang, may ara ko sang apat ko nga pamangkot simo
20. Apat lang gid nga pamangkot sir a , a . actually dali lang ni sya sir a
21. Di sya mag dugay . aw sige sige
22. So ang una ko nga pamangkot simo sir a. a pwe, pwede
23. Medyo kusog kusogan talang gamay, para ma bati an sir.
24. Tatay (cough)
25. Interviewer: ang una nga pamangkot sir is,

26. Ano ang mga na agyan mo nga pagsubok or challenges
27. Diri sa sulod sa prisohan bilang isa ka may edad na nga tao sir.
28. Interviewee: a....wala man kami na ranasan na medyo, mali
29. Tsaka maganda man ang amon na ano diri sa jail.
30. Interviewer: pero nang , nang tungod sa kwan sir, butang ta ng
31. Sa may edad na sir. A.... ano ang na. Na ranasan mo diri
32. Nga kwan sir challenges , tungod sa edad mo sir?
33. Interviewee: sa edad ko 60, mag , 60 nagid ako a... ang edad ko ,e
34. Pasalamat gid nga may senior kami , di kami na hirapan kay
35. Wala kaming dalaw dalaw, wala kaming dalaw , wala akong pamilya
36. Tapos, malayo ang pamilya ko and di ko maka ano... maka pasalamat
37. Kami kay ma'am rose kay warden na palanga nya gid kami nga
38. Mga senior..
39. Interviewer: a... bilang isa ka may edad na sir a... ano ang epekto sang
40. Katigulanon mo sa sulod prisohan,
41. Interviewee: a... pakiramdam ko. Daw naga hina man kami dahil sa
42. Lalo lalong na ma init sir,
43. Interviewer: gani sir sobra
44. Interviewee:oo, sobra, gani dapat, ma ligo ka , malinis ka dapat.
45. Interviewer: ano ang epekto sang na agyan mo nga pag subok
46. Or hamon diri sa imo sir as may edad na , for example na state mo
47. Gina nga layo ka sa pamilya mo sir amona. So bilang may edad
48. Na sir.
49. Interviewee: ummm, sa amon na mga senior citizen, kami,
50. Hirapan kami dahil, malayo sa pamilya, meron man
51. Sa amin naga palangga , si sir warden
52. Interviewer: ahh ok, so... ara ta sa ika duha na pamangkot sir
53. A... ano ang epekto sang mga pagsubok na, or hamon

54. Nga na agyan nyo diri bilang may edad na sa sulod prisohan sir?
55. Interviewee: tiii... wala man kami na anuhan na , naramdaman na , wala
56. Man sir
57. Interviewer: sa edad nyo sir ano ang mga na
58. agyan nyo diri sir. Katigulangon sir, tung hambal mo gina nga. Umm
59. Nang hihina sir amona tungod sa may edad na
60. Interviewee: may edad na.
61. Interviewer: maliban pa sito sir, basi may ara pa.
62. Interviewee: e. ummmm... amon na naramdaman di, ang amon na ano
63. Kaon lang , para di ka mang hina
64. E, damo man pagkaon sir .
65. Interviewer: ano ang kwan sir, ang positibo nga epekto sang pagsubok
66. Or hamon nga na agyan mo diri sir sa prisohan, mga positibo sir
67. Interviewee: ehh... sang una magulo, sang una ma gulo, sang,
68. May patayan, bisan pag gwa patay, e hipos lang kami sa sulod sang
69. Selda sir.
70. Interviewer: amo na ang positibo nga epekto simo sulod prisohan sir?
71. Interviewee:opo...,
72. Interviewer: so kumbaga , nang daw gina serve mo man
73. imo sentensya sa sulod Kalang sang jail.
74. So next sir, ano ang mga negatibo sir nga epekto sang pagsubok
75. Or hamon, sa negative effect naman na sir?
76. Interviewee: so... nag ..
77. Interviewer: diba na kulong kamo sir a... ano ang mga negative effects.
78. Kumbaga
79. Interviewee: ummm. Sako a. wala malang ano ba. Nasaktan sa loob
80. Sa sulod, wala man , amo lang nang , pasalamat man ko sa mga ,
81. Ka kosa ko, kosa namin diri sa sulod.

82. Way man san , prompilyo na mag saktanan na, dahil sa alaga ni warden
83. Maayo gid
84. Interviewer: so ang ika tatlo sir? Is, bilang isa ka may edad na sir,
85. Nga tao, nga ,a .a ara diri subung. Ano ang mga stratehiya mo sir.
86. Mga strategy nga gin ubra mo sir, para a (tatay cough) ma kayanan
87. Ang mga hamon, bilang isa ka may edad na nga tao sir?
88. Interviewee: ako sir sa tuod , tuod lang mag pito nako ka tuig.
89. Ang pig ko ku ako mag igib tubig , may pang bakal lang kape
90. Kung minsan may amg pa laba, malaba ko para may pang bakal man
91. Kape, sud'an amo lang yan sir, ang ano ko, para ma kaya ,
92. Interviewer: pano naka bulig simo ang mga stratehiya sir nga,
93. Sa. Sa, pag atubang sa pagsubok sang hamon nga ara diri sir
94. Pano naka bulig sa imo sir?
95. Interviewer: opo sir, maraming pasalamat ko sa kanila na , kung may
96. Mag pa laba , may kwarta man gid ko pero, gamay lang, di bale na
97. Basta may pang bakal sabon, pang bakal nang downy sir, sa bayo
98. Ang...
99. Interviewer: so tungod sito sir, compensation nga gina hatag nila sa imo
100. Sir, amo to ang naka bulig sa imo?
101. Interviewee: opo sir, opo
102. Interviewer: mga gastos mo sir? Gastos mo
103. Interviewee: opo sir.
104. Interviewer: ari sir a... aside didto sa kwan sir sa gin hambal
105. Mo nga mag laba a.. ano pa ang iban sir?
106. Interviewee: kay kung minsan lang nag papa suhol ako sa.. naga
107. Ano ng basura, nan, ikaw nalang mag hakwat , tagaan kitang
108. Baynte , gina hakwat ko man para, may kwarta man ako, para
109. Di man ako ma hirapan.

110. Interviewer:so... sa duwa nga gin hambal mo sir basi may ara pa iban sir
111. Interviewee: e.. ang yun lang sir siguro
112. Interviewer:a sa duwa mo gin hambal sir ano ang pinaka
113. , nga stratehiya nga naka bulig gid sa imo sir?
114. Interviewee:paglalaba sir, dahil kun minsan kada semana,
115. dalawang beses, kun minsan wala, e... way mag palaba .
116. E amo lang to sir. Na budget ko, wala man akong dalaw
117. Interviewer: so tungod sito sir maka provide ka sang needs mo
118. Matag adlaw (door opens) tungod sa gina hatag nila simo sir
119. Interviewee: opo sir....
120. Interviewer: last question na kita sir, last question.
121. Bilang isa ka may edad na sir ano ang mga a.. mga motibasyon mo
122. Mga motivation mo sir ba nga para a. aa. Maging ma tibay diri sa
123. Sulod prisohan..
124. Interviewee:ang gusto ko lang sir, e... kay kung minsan,
125. Nag, naga damol ang dugan ko, kulang guro sa ano, sa bulong
126. O... kay may ulcer man ko tsaka, may tanik siguro sir..
127. Interviewer: so, ang supporta sang, sang halin diri sir,
128. Interviewee: oo, sir, may supporta man diri
129. May, kung mag hingi kaman dyan, hatagan kagid , bulong
130. Interviewer: about sa health naman imo nga motivation.,
131. Para mag pa dayon ka diri sa sulod
132. Interviewee: opo, sir,
133. Interviewer:so,, ari sir. Ano ang mga motivation mo para mag pa dayon
134. Diri sa sulod sir, bisan budlay na, lalo na sir ,
135. paras simo sir may edad na sir, so. Ano ang motibasyon mopa sir?
136. Interviewee: ang gusto ko lang sir, a ma, hearingan lang ako,
137. Para ma bal an ko kung makakalaya, o ano ,

138. parang maka trabaho ulit sa , laya ng maayos.
139. Interviewer: ano ang mga nag hatag simo sang ka kusog sir,
140. A. Kag supporta para magpadayon diri sa sulod sang prisohan?
141. Interviewee:ang ano ko, sa I , sa I ano ko sa lawas ko. Daw . exercise
142. Lang, sir.
143. Interviewer: ahh, so may ara kamo sang exercise diri sir?
144. Interviewee: opo isr,
145. Interviewer:so, interms of kwan naman sir, a... religious activity diri sir, may ara man kamo sina diri sir?
146. Interviewee: oo, sir, nag sisimba ,
147. Interviewer: so may ara sang exercise tung gi mention mo sir nu?
148. Interviewee: opo.....
149. Interviewer:so naka bulig gid ni sa imo sir nu?
150. Interviewee: naka bulig, naka bulig gid sir , kay kung indi ka
151. Mag.. palagi kalang pungko , way ka exercise , lalong mag kakasakit
152. Ka sir.
153. Interviewer: may iban paba nga kwan sir, ngaa pama.agi sir , ano pa
154. Ang iban nga kwan sir nga maka hatag simo sang kwan sir,
155. Sang supporta, para mag padayon diri sulod prisohan.
156. Interviewee: ummm, wala na akong ma sabi sir, dahil, kumpleto na
157. Diri sir.
158. Interviewer: ah ok, kumpleto na
159. ang last question sir is, may mga programa ba ang , prisohan sir, para sa
160. Imo sir, may edad na sir nga maging ma tibay, sa sulod sang prisohan
161. Ano ang mga programa dira sir?
162. Interviewee: ang programa, una una, exercise gid , pagkatapos kung
163. Medyo nag hihinay ka, e hingi ka sa admin ng bulong
164. Amo lang na ang , makakatulong sa akin ,

165. Interviewee: kumbaga sir, physical health kag sa kwan pud, sa a...
166. Kalusugan.
167. Interviewee: oo, amo lang na,
168. Interviewer: ok sige po sir, ayun lang po sir, maraming salamat po sir
169. Interviewee: maraming salamat
170. Interviewer: sir, thank you sir ha
171. Interviewee: salamat sir...

APPENDIX G.5

P8 FOXTROT

5. Interviewer: so ma start na ko sir ha
6. Interviewee: oo
7. Interviewer: ang una nga pamangkot simo sir is
8. Ano ang mga naagyan mo nga challenges, pagsubok ba para saimo sirili diri sa sulod sa
9. Ah prisohan sir
10. Interviewee: ang, ang, didto lang sa tupi? unsa man tupi?
11. Interviewer: ay diri sir
12. Interviewee: diri lang?
13. Interviewer: oo ang naagyan mo diri sir
14. Interviewee: ok man lang kay ang tubig naa man permi
15. Maligo ka ok lang
16. Interviewer: ano ang mga kwan sir (slams) uhmmm ang mga ahhh
17. problema sir or challenges
18. Wala ka sang may naagyan nga challenges diri sir?
19. Pagsulod mo diri
20. Interviewee: wala may wala may problema (someone's talking)
21. Ang kwan lang ng (someone's talking) uban diha nga musulod lang (laughing)
22. Ng mga bugolbugolon ba

23. Gawas sa mga kauban na ko kay.. Mga kumpare man na ko.. Kumpare sa ano
24. Way problema, kanang musolod lang
25. Interviewer: masulod lang? Mga bago na kuan sir?
26. Interviewee: oo
27. Interviewer: amu ba
28. Interviewee: na kanang musolod lang (laughing) ug bisita (laughing)
29. Interviewer: hmmm sige sir
30. Ano ang.. Ano ang epekto sang kwan sir.. sang imo edad sir ahh sa pangabuhi mo diri
31. Sa matag adlaw-adlaw sir sa prisohan sir?
32. Interviewee: ay wa na man ko manguma
33. Wa na ko magluto ug tinapay pud kay ang akon asawa ko (prison bars open)
34. Ara na sa iya anak sa gensan (talking and laughing)
35. Munong na kog kwan luto ug tinapay ug banana cake (shouting and talking)
36. Interviewer: ahh sige sir (laughing).. Ang ika duwa sir is ano ang epekto sang pagsubok
37. Or mga hamon nga naagyan mo diri sa sulod prisohan sir? (door open)
38. Diba naka hambal ka kagina nga kwan
39. Interviewee: nga mugsolod lang?
40. Interviewer: oo mugsolod, ano ang epekto sina simo sir?ang epekto sina simo
41. Interviewee: hindi, mu kuan man ko mulakaw man ko
42. Interviewer: ahh hindi ka kwan saila sir
43. Interviewee: hindi man ko mag tagad sailaha.. Mulakaw lang ko
44. Daw wala lay problema ba.. Lakaw lang ko
45. Interviewer: ok sir..ano ang kwan sir ang positibo nga epekto sang paglikay mo saila sir?
46. Interviewee: ahh basta di lang ko mangitag gamo
47. Interviewer: amu lang na sir?
48. Interviewee: oo mao lang na
49. Interviewer: ang kabaliktaran niya na man sir kung may positibo nga epekto
50. Ano na man ang negatibo nga epekto situ saimo sir?

51. Interviewee: negative?
52. Interviewer: oo negative effect saimo
53. Interviewee: mao gani na kung naay bugalbugal mu-mulakaw lang ko
54. Kay open man ang jail namo didto sa byante otso
55. Interviewer: oo..ah amu ba.. So malakat ka na lang sir?
56. Interviewee: mulakaw lang ko di na ko mag tagad saiyaha
57. Interviewer: so ang sir is... ah bilang isa ka may edad na sir nga ara diri sa prisohan
58. Ano ang mga kwan mo sir ahh stratehiya mo?
59. Nga gina pang ubra mo diri para kahit papano ma kwan mo ba
60. Makayanan nimo ang mga pagsubok nga naagyan mo
61. Interviewee: wala man wala man koy kwan, wa man ko mag negosyo..
62. Amu man nga negosyo man (takling)
63. Interviewer: pero sa saimo sir ano mga gina ubra mo diri sa sulod?
64. Ng strategy mo para mag kwan...
65. Interviewee: wala man ng kwan lang kaon tulog lang
66. Interviewer: ahhh.. Sige sir. paano naka bulig simo ang mga kwan sir
67. ang mga strategy nga nga mga ginahimo diri sir?
68. Paras saimo nga may edad na sir
69. Interviewee: kabulig ang mga kuban na ko.. Mao man respetado man ko... diri
70. Kanang lang musolod mugsu-mugsolod mao nay mga bugalbugalon.. hambog
71. Interviewer: hmmm.. So amu ng mga gina iwasan mo gid sir
72. Interviewee: oo mulakaw lang ko dayon para waay problema
73. Interviewer: sige sir. Sa last nga pamangkot na sir
74. Ahhh bilang isa sa ka may edad na sir no ano ang mga motibasyon mo sir
75. Para maging matibay ka diri sa sulod prisohan
76. Ano ang mga motivations in life mo ba kumbaga pa magpa-magpadayon diri sa sulod
77. Interviewee: waay... matig kuan lang ahhh... makisama...
78. Interviewer: makisama sir

79. Interviewee: wala ko kung naay may bugalbugal mulakaw mo lang ko (unclear voice)
80. Interviewer: sige sir.. ahhh ano ang.. May nabalan ka ba diri sir nga mga programa sir?
81. Programa ahhh.. Diri sa sulod para sainyo sir
82. Programa sang jail diri para sainyo sir
83. Interviewee: mao lang na ang kuan ning...parte sa ginoo (talking and prison bars opens)
84. Interviewer: simba? Mga amu na sir?
85. Interviewee: ahh oo
86. Interviewer: sige sir amu lang to sir ah
87. Interviewee: ahh oo
88. Interviewer: madamo gid nga salamat sir
89. Interviewee: (laughing)
90. Interviewer: madamo gid nga salamat tay amu lang to tay ah

APPENDIX G.6

P5 GOLF

1. Interviewer: nga kwan sir, a, nga conversation, is indi ko sya I kwan sir,
2. I kalat, , aton lang gid ni sa
3. Interviewee: silent.
4. Interviewer: oh. Oh. Sec, secrecy sir a.
5. Interviewee: oww, yesss.
6. Ow, bale akon lang gin kwan nu? Evaluation ni sya nu?
7. Interviewer: oumm, parang ganon sir. (door opens)
8. Pwede ko kapa perma sir?
9. Interviewee: perma lang?
10. Interviewer: a no sir, overprinted name..
11. A pangalan tas.....
12. Interviewee: yannn. (random sound inside jail)
13. A diri pa?
14. Interviewer: a diri sir, perma, sir

15. Interviewee: a diri pa.....(door opens)
16. Interviewer: so... mag umpisa nako pamangkot simo sir, ok lang?
17. Interviewee: oum..
18. Interviewer: ah sige sir,
19. Ah, may ara ko sang apat nga pamangkot lang sir a, dali lang
20. A... sige sir.. una sir is ummmm.... bilang isa ka may edad
21. Na sir no, ano ang mga pagsubok or hamon nga na agyan mo diri sir,
22. Sa sulod sang prisohan sir?
23. Interviewee: ahhh.... sadtong panahon pa ni sir , ahh gumapak diri
24. Damo ako na kita nga kwan kag na bati an , actual gid na sya
25. Pero... salamat sa gino'o nga gi panalikpan kami , tagaan kami
26. Sang ka linong bisan pa , hapit na. Di siling nga hapit nata ma kwan
27. Ma kwan sa kamatayon gani... ari gyapon kami mag padayon
28. Interviewer: so ano pa ang na agyan mo sir, diri
29. Bilang isa ka may edad na, butang ta sir mga challenges mo a,
30. Challenges mo sir.
31. Interviewee:sa akon iban nga na kita nga na batyagan.. madamo gid
32. Ako nga encounter sa pamatasan bala sa mga ka upod ko.
33. Sa iban nga selda or sa selda namon, pero gina iwasan kolang
34. Kay ampingan nakon akon sarili
35. Interviewer; priority gid sir
36. Interviewee:priority gid nakon, sir, amo nang bantayan nakon .
37. Bisang ng. Although . taas na ang edad ko amo nang kinahanglan kogid
38. Makig upod naman sa akon pamilya
39. Matawhay, amo na sir.
40. Kalayaan ang akon nga handom.
41. Interviewer: so...aaa.. bilang isa ka may edad na sir. Ano ang epekto
42. Sang katigulangon mo diri sa sulod prisohan.

43. Interviewee: a, kusog gyapon e
44. Interviewer: kusog gyapon,
45. May mga programa gyapon sila diri sir e.
46. Interviewee:ay, perti ka nami amon kwan, pag abot ni sir lanzaderas
47. Diri, aton nga warden..
48. Dati naman na nga kwan, opisyal naman na , sa camacop, sa
49. Dati nga panahon, nga kilala man sila tung akon magulang , pastor
50. Si sovereign markman. Kilalahay nana sila
51. Karon, pag abot nya diri natingala ko sir nga gi apil ko nila sa
52. Senior citizens, amo na sya , amona amona ang . dako nga pasalamat ko
53. Nga syempre. Kinahanglan kita sang financial assitance amo na sya
54. Daw daw hulog nalang halin sa langit sa gino'o. pa agi sa iya
55. Pa agi kay sir lanzaderas...
56. Interviewer: so ano ang mga kwan sir, a mga epekto sang na
57. Agyan mo diri sir sa sulod bilang isa ka may edad .
58. Interviewee: a...bisan pa may mga na batyag ako sang . na agyan
59. Nakon (door opens) nga , ok lang ma kaya gyapon .
60. Interviewer: pero may ara kaba sang, nang kumbaga sir.
61. Daw specific nga na agyan mo personaly sir. Nga butang ta. Mga pangabudlay sir
62. Interviewee:a sa pangabudlay syempre ang na batyag nakon,
63. Gusto gid nakon maka gawas, o laya
64. Para makig upod sa pamilya nga tungod nga gin butang butangan
65. Kami sang amona nga batyagon. Halin nani sa laya. Pa,kadto nadi
66. Sa sulod , pero diri sa sulod , wala gid sir (door opens)
67. Interviewer: a next sir, is a ano ang epekto sang imo edad sir
68. Sa matag adlaw adlaw mo nga pangabuhi diri sir.
69. Interviewee: a...sangkap kaayo, ok, ok kaayo
70. Interviewer: ok diri sir?

71. Interviewee: ok ok, ga sobra gid, sobra
72. Interviewer: sa ano nga pama- agi sir
73. Interviewee: a..gin gamit ang , sila ni sir lanzaderas sa ila nga programa
74. Or sa aton gobierno, tanan nga mga officials , amo nang gin gamit
75. Sang diyos, para sa akon(audible audio of jailguard talking)
76. Interviewer: so next sir, , ara nata sa ika duwa.
77. Ano ang kwan sir, ang epekto sang , diba naka hambal ka gina sang
78. Ay may ma , manga challenges nga na encounter mo diri
79. Ano ang mga epekto sito sa imo sir,
80. Interviewer: sa akon budlay gid di, kay syemopre layo gid ko e kwan
81. Ara, ara man sa kwan gawas kay di man ako ka gwa sa kwan, sa
82. Kwan sa ano , gin ampingan ko nalang akon sarili
83. Para lang di ako ma dalasa , syempre
84. Interviewer: so amo to epekto simo sir?
85. Interviewee: oo
86. Interviewer: ok, next sir may ara sang duwa ka question diri sir nu
87. Ano ang positibo nga epekto simo sir sang na dala ka diri sir?
88. Interviewee: ang positive nga kwan, ngano nga diri ako sa sulod
89. Tungod sa akon kaaway sa lupa..
90. Interviewer: kumbaga daw ga serve ka sang imo sentence..
91. Ang second sir is, kumbaga kagaina , may positibo, subung
92. Ano ang negatibo.
93. Interviewee: a...ang negative nya nga kwan . a. naka sulod ako diri
94. Syempre, a. kay sa akon gi depensa koman ang kwan , ang akon nga
95. Sarili bisan pa, may mga ka away ta. Pero iwasan naton.
96. Di, di gid ako mag himo sang anomalya , para sa kwan. Ka
97. Ayuhan , gi apas, para sa pamilya.
98. Interviewer: so, a sa ika tatlo sir is a ,

99. Bilaang isa ka may edad na sir no. Ano ang stratehiya sir
100. O mga strategy mo sir kung pano mo na kwan sir
101. Na kayanan sir ang pangabuhì mo diri sir , diba bal an taman sa edad ta
102. Medyo a limited na ang ma kwan ta sir, ma hulag hulag amo na sir
103. So para sa imo sir ano ang mga gin himo mo sir, para ma kayanan
104. Sir?
105. Interviewee: tungod sa kwan sir, syempre wala gid kita sang trabaho diri
106. Nga kwan a.. iba naman abi didto sa, o didto sa sulod ang akon lang
107. Nga kwan didto sa laya uma... , pero diri sa sulod syempre
108. Pamilya ta ga kwan plus, and dako diri nga kwan, libre gid kaayo
109. Ang kwan , perti ka dako ang financial nga pag kaon , pagusto kalang
110. Sa bulong siguro, limitado lang , syempre...
111. Interviewer: pero provided sir?
112. Interviewee: ah , oo, gina kwan gid ako, vitamins , kisa ga abot
113. Sakon ang, ga taas ang dugo ko, pero salamat sa gino'o
114. Agi lang , agi lang , amo na sya
115. Interviewer: ano ang stratehiya mo, para maka adapt diri sa sulod
116. Prisohan sir? Maka adapt
117. Interviewee: ahhh.. ang akon nga sarili maayo gid ang kwan ko
118. Ma, kwan ako sa mga ka abyan ko nga kwan, bisan iban nga selda
119. Damo gid ako, di ako na wad an a... pag laom , damo gid kang kwan
120. Sa akon ba , gusto gid sang abyan, o friends and lovely kaayo a
121. Interviewer: duw pamilya gyapon a
122. Interviewee: perti ka nami .
123. Interviewer: so, naka muno ka sang amo na sir, pamilya, mga stratehiya
124. Nga naka bulig simo, so, pano naka bulig simo ang mga kwan sir
125. A. Mga gin pang mention mo para a.. ma atubang sir, ang mga
126. Na agyan mo diri sa sulod prisohan sir?

127. Interviewee: a..ang akon nga sarili amo nang gin gamit nakon sa kaayohan
128. Para lang ma ano ma catch up nakon ang maayo para sa akon sarili
129. Isa ka(inmate audio) senior, nga para ma hatag sakon ang kalinong bala
130. Nga bisan mga komedya gani nga kwan sir, di ako kahibalo mag kwan
131. Amo nang hinungdan gyapon nga halinan bisan gamay
132. Pero sipyat da. Ati.. basi may problema tung isa ka gi, gi yamuhat naton
133. Nga ma ngakig sya. Te paano nalang ta , amo nang iwasan naton .
134. Interviewer: ano ang pinaka importante nga stratehiya sir
135. nga naka bulig sa imo sir, sa pag atubang mo diri sir?
136. Interviewee: a akon nga pama agi diri (door opens)
137. Akon dawat ko lang sala ko. Tagaan ko sang time sarili ko gin taga an sang kwan, ampingan nakon ang sarili ko
138. Para lang (door closes) maka bulig sakon
139. Nga di ako maka himo sang malain.
140. Interviewer: so ara ta sa last nga question sir a, last nalang gid, last nalang
141. bilang isa ka may edad na sir, ano ang mga motibasyon mo sir , motibasyon mo
142. Para maging ma tibay diri sa sulod prisohan.
143. Diba considered man sir, nga sa edad medyo budlay gid , so ano
144. Ang mga motibasyon mo sir, ano ang mga naga hatag sang
145. Maayo nga motibasyon .
146. Interviewee: ang akon nga motibo nga bilang isa ka tigulang (clears throat)
147. Kung may trabaho ako dira sa kwan , mag lung ag mag kwan, limpyo bala
148. Syempre ang akon nga gin maintain didyo sa banyo bala. Amo na
149. Para maging ma tawhay kaayo. Part naman na sa aton nga health .
150. Amo na sa , sulod sa kwan sobra na tatlo ka tuig akon mag kwan\
151. Mag diri sa kwan . di man nila ma kaya ang iban nga kaupod nakon
152. Sa selda, kay tungod ... ma ute kaayo. Pero agwanta ko nalang bilang
153. Maka bulig sa akon nga lawas amo na sya.

154. Interviewer: so... a.. ano ang motibasyon mo sir para mag pa dayon
155. Bisan bal an mo nga duw medyo budlay gid diri sa sulod sir? Lalo
156. na sa edad mo sir
157. Interviewee: 61, 61 pa 1962,
158. Interviewer: 61 years old kana sir, may ara ba sang kwan sir,
159. Motibasyon , motivation , para mag padayon ka diri sa kwan .sa sulod
160. Interviewee: a, sa akon nga motibo, nga gusto nakon nga pangandoy kogid
161. Ma laya, kay . di pwede nga mag dugay ko diri, tungod sa pama agi
162. Sang amon government
163. Interviewer: so amo nangmotibasyon mo sir? Nga maka laya ikaw?
164. Interviewee:oo, makalaya...
165. Interviewer: oo, so naga serve kagid sang imo nga ma kaya mo..
166. Interviewee: yes , yes...
167. Interviewer: last two question nalang gid sir a.
168. Ano ang mga nag hatag sa imo sang kakusog sir? , kag supporta
169. Para sa, para mag padayon ka diri, bilang isa ka tao man
170. Gyapon sir nu? , so ano ang mga naga hatag sa ato, sa imo sang ka
171. Kusog , kag supporta para mag padayon, diri sa sulod
172. Interviewee: I balik naton sa akon sarili, sa kwan nakon . walay
173. Labot ang iban... ampingan nakon ang kwan a , para, para
174. Mag ka hatag sang kusog o mag pa dayon ako sa , bago ma abot
175. Ang pangandoy ko nga maka laya ako. Ampingan kogid ang
176. Kwan ko, sarili. Suno sa esiah 41. nga sya gid ang manalibot
177. O maga atiman sa akon nga kinabuhi nga e , wala akoy
178. Ka hadlukan kag a. mag kwan gid ako mag padayon ako sa pag kwan,
179. Sa akon sarili.
180. Interviewer: interms of kwan naman sir? Mga supprota nga gina hatag
181. Sa imo? Sa mga ka upod mo sir, pamilya mo.

182. Interviewee: okay gyapon
183. Interviewer: ga hatag gyapon
184. Interviewee: still still gyapon
185. Interviewer: ang pamilya moba sir ga hatag gyapon sang ka kusog?
186. Interviewee: yes, yes..
187. Interviewer: supporta, so family gyapon sir
188. Interviewee: yes, yes!, oo
189. Interviewer: so last sir nga pamangkot sir, a... ano ang mga programa
190. Sir, para sa imo sir, para sa mga upod mo nga may edad na sir?
191. Interviewee: a.....
192. Interviewer: programa sang, diri sir sang administration diri sir?
193. Interviewee: amo ning number 1. nga hulog halin sa langit..
194. Pa agi sa ila ni sir lanzaderas. Amo ning senior citizen program namon
195. Amo palang to interms sa pinansyal...
196. Interviewer: financial sir?
197. Interviewee: amo ning bastante kami sa budget adlaw adlaw amo na sya
198. Interviewer: ano pa ang mga kwan sir, iban nga mga programa, para
199. Sa imo sir. Para sa inyo sir nga may edad na. , paras sang physical sir
200. May ara bana diri sir?
201. Interviewee: sa programa amo ning ma himong number 1 ang pag tuon
202. Or pag ka tuo naton sa diyos amo na sya
203. Interviewer: may mga simba simba gyapon , may ara gyapon?
204. Interviewee: oo, oo
205. Interviewer: interms sa physical exercise sir? May mga amo gyapon na sir?
206. Interviewee: ah sa physical exercise may ara man ta
207. Interviewer: may ara sir? .. so a amo to ang mga programa sir nu nga
208. Ara diri (jail guard) atung (car signal light beeps) kwan,
209. Simba, exercise tapos tung pinansyal nga gin hatag...

210. Interviewee: bisan pa sa aton nga warden karon, saludo gid ako
211. Sa iya nga mga rules and regulations para sa katawhan
212. Amo na sya, wala ako sang na kita nga kwan, wala ako
213. Against sa iya ..
214. Interviewer: so amo lang to sir a, madamo gid nga salamat sir
215. Interviewee: ay salamat
216. Interviewer; salamat gid sir...

APPENDIX H

Matrix

SOP 1: What are the challenges being encountered by the elderly person deprived of liberty inside the prison?

Significant Statements	Code	Formulated Meanings	Clustered Themes
1. te ang kwan diri time pressure e	P2 1341 alpha	• Pressured by time	LOSING TRACK OF TIME
2. ah ang pag hamon ang relationship sa pamilya mo na dula e.	P2 1421 alpha	□ deteriorating family relationship	BROKEN RELATIONSHIPS
3. ahhh so very boring e Ti kay worth dying for na ang edad ta ari pata sa prisohan	P2 45-461 alpha	• Lost interest in time of life due to aging	LOSING TRACK OF TIME
4. Limitado ang amon nga oras ang..... ang amon pag inupdanay Syempre ma budlay man gid mag adjust.. Sa diri sa mga ka upod mo na indi mo dati nakasalamuha.	P71 9-131 bravo	• Challenges of time and adjustment inside jail	LOSING TRACK OF TIME

5. Isa na sya nga pagsubok nga ... a na siling ko gani pinaka ma bug at Nga na encounter ko sa akon kinabuhi ang pag Istar sa sulod sang rehas	P7118-201 bravo	• Difficulty in living inside the jail or being imprisoned	A HOSTILE ENVIRONMENT
6. pait gid kaayo sang una, sa bag'o pako Nag sulod diri ,	P6146-471 charlie	• Difficulty in adjustment on being inside the jail	A HOSTILE ENVIRONMENT
7. sabagay a, diri sa akon diri gid na ubos ang akon Pag kabatan'on sa laya. Kay syempre may edad naman ko. Diri Gid na ubos ang akon pagkabatan'on sa laya Wala naman ta ma himo kay priso naman ko sir , agwanta nalang ko	P6166-691 charlie	• Wasted so much time since being imprisoned at a young age	LOSING TRACK OF TIME
8. um sir nag sakit amo lng na	P3 1111 delta	• Being ill	PHYSICALLY CHALLENGED
9. Ummm sa amon na mga senior citizen, kami, Hirapan kami dahil, malayo sa pamilya	P4 149-501 echo	• Being Far away from family	BROKEN RELATIONSHIPS
10. sang una magulo, sang una ma gulo, sang, May patayan, bisan pag gwa patay, e hipos lang kami sa sulod sang Selda sir.	P4 166-691 echo	• Chaotic and dangerous environment within the prison cell;	A HOSTILE ENVIRONMENT
11. Ang kwan lang ng (someone's talking) uban diha nga musulod lang (laughing) Ng mga bugolbugolon ba	P8 117-181 foxtrot	• Having cellmates that are bully	TROUBLESOME PERSONALITIES
12. Kanang lang musolod mugsu-mugsolod mao nay mga bugalbugalon.. hambog	P81661 foxtrot	• Having cellmates that are bully and boastful	TROUBLESOME PERSONALITIES

13. sa akon iban nga na kita nga na batyagan.. madamo gid Ako nga encounter sa pamatasan bala sa mga ka upod ko.	P5 131- 321 golf	• Having cellmates who are difficult to deal with	TROUBLESOME PERSONALITIES
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SOP 2. What are the effects of challenges in an elderly person deprived of liberty?

Significant Statements	Code	Formulated Meanings	Clustered Themes
1.sooo, very challenging e te kay sa amo naning edad na Abot pa sa kabuhi ko nga subung sini Na event, so very challenging man sa pagkatao ko e.	P2 1 53- 551 alpha	Challenged greatly since the trial happened late in life;	REGRETS AND REMORSE
2. ang effect ko ti Di kona ma subaybayan ang pamilya ko. Especially sa asawa ko, kabataan ko kag sa apo ko , Kag isa pa, as a administer of God,	P2 164- 671 alpha	Inability to take responsibility and reconnect in the outside world;	UNFULFILLED RESPONSIBILITIES
3.may leksyon sa ngaa tungod sa akon kaso So ang leksyon sakon nga na hatag ya is. Dako kaayo nga challenge Kay nag keep distance to other people nga gusto mag guba sa imo	P2175- 771 alpha	Learned a lesson of keeping away from problematic people	ENLIGHTENMENT AND REALIZATIONS
4.Na pabayaan ko akon pamilya Napabayaan ko akon trabaho. Na pabayaan ko akon mga project Napabayaan ko akon ang akon gid nga ya simbahan man.Church nga gin dala ko	P2184- 871 alpha	Neglected my responsibilities to my family, church, and other plans;	UNFULFILLED RESPONSIBILITIES

<p>5.pero para sa akon ang epekto sang pag tinir ko diri . Damo sya sang contributing learning process</p> <p>Ti syempre may mga hitabo abi nga medyo naka lipatan didto sa gwa</p> <p>Sang diri ako nga pagnagatubo, nagataas ang akon nga himatnon Madumduman koba atong mga ka kulangan .</p> <p>Anong bagay ang e adjust</p>	<p>P71 27-33l bravo</p>	<p>Gained a lot of realizations about shortcomings and mistakes made in life and what to do to make the community better;</p>	<p>ENLIGHTENMENT AND REALIZATIONS</p>
<p>ona .ano tung tama nga himo'on kona</p> <p>Para sa ika lambo sang pamilya kag komunidad</p>			
<p>6.Negtibo nga epekto sakon..kung kulang ang imo nga faith.</p> <p>Kulang ang imo pagpati sa imo kaugalingon, nga ma sarangan mo ang Mga trials kay ti syempre mag tubo ang mga losses mo ba . Mag tubo tung mga anxiety, ma tubo to ang pag alang alang mogid Angkahadlok monga basi pag gwa mo wala kana sang mga ka ingod</p>	<p>P7158-62l bravo</p>	<p>Anxiety and despair will swallow your whole being knowing that when everything ends, your loved ones will no longer be around;</p>	<p>DROWNING IN FEAR AND DESPAIR</p>
<p>7. mga negative. Basi pag abot mo sa community</p> <p>Way na sang mag baton sa imo Bisan pamilya mo indi na mag.. palapit sa imo, mag closer sa imo kayti May ara nata tatak rehas..</p>	<p>P71 65-68l bravo</p>	<p>Negative feelings build up since the community and family may no longer accept someone who was imprisoned;</p>	<p>DROWNING IN FEAR AND DESPAIR</p>
<p>8..sa akon abi pag a.. sa bag.o pako . usually .</p> <p>Nag agi ko sang depression..</p>	<p>P71 79-80l bravo</p>	<p>Feeling of depression due to adjustment;</p>	<p>DROWNING IN FEAR AND DESPAIR</p>

9.a diri parti diri nga panahon, stress gid number one Stress gid, labi na wala kay dalaw para sa akon , wala koy dalaw, Tapos, way kwarta. Istress gid	P61106-1091 charlie	Everything is so stressful especially when no one remembers to visit you and you don't have livelihood;	DROWNING IN FEAR AND DESPAIR
10. dako, og sabad	P31391 delta	The place is chaotic;	Not Responsive
11.a... pakiramdam ko. Daw naga hina man kami dahil sa Lalo lalong na ma init sir,	P4141-421 echo	Physically weakens due to a humid and hot prison environment;	PHYSICAL DECLINE
12. sa akon budlay gid di, kay syemopre layo gid ko e kwan Ara, ara man sa kwan gawas kay di man ako ka gwa sa kwan, sa Kwan sa ano , gin ampingan ko nalang akon sarili Para lang di ako ma dalasa , syempre	P51 80-831 golf	Learned a lesson to take care of himself in -order not to be harmed;	ENLIGHTENMENT AND REALIZATIONS

SOP 3 How did elderly people deprived of liberty cope with the challenges that they've encountered?

Significant Statements	Code	Formulated Meanings	Clustered Themes
1.soo, have a peace of mind and always trust into the lord And also trust to our government	P2197-981 alpha	Develop peace of mind and have trust in the Lord and in the government;	LOOKING UP
2.strategy nako di sa akon as a pastor Is worshiping God..	P21120-1211 alpha	Worshiping God	LOOKING UP
3.Gina pilit ko nga ma atubang na sa.. amo to nga.. ma baton ba. Kay kung indi ko ma baton ang mga nag agi sang akon kinabuhidaw di Koman mapatawad akon kaugalingon . amo nang isa ka bagay nga Una una ang pag baton kogid sang akon nga ka kulangan. Isa na sya nga pagsubok nga ... a na siling ko gani pina	P7114-161 bravo	Accepting and facing that fact of being imprisoned	FACING REALITY
4.Tungod kay may naka yaya sakon sa church A... (audible sound) mag intra sa choir. Nag upod ko didto. Nag intra sa mga project diri. Nag upod ko didto . kag daw na Enjoy koman kag na amat amat. Ko baton ang kwan.. ang mga .	P7182-851 bravo	Involvement in church activities	LOOKING UP
5.Tungod kay nag likaw pud ko sa mga ano dira mga contrabando nila Di ko mu kwan ana..... bawal ...	P6180-831 charlie	Avoiding things that may cause chaos.	KEEPING AT PEACE

Muna akon kas sang edad nako wala nako nag kwan ana mga contrabando nila diri . wa koy paki alam nila dira			
6.project project pud mi diri ginagmay Unya, unya kung naay mga programa. Apil pud ko gina pa apil pud ko Munang na wala wala pud ang mga stress nako ginagmay	P61127-1291 charlie	Involvement in programs and activities inside prison	COLLABORATE AND PARTICIPATE
7.kung sa akon lang amo ning akon pension , Mao lang nang maka survive sakon. Kay tag 6000 man ang amon Amo ang ka bulan	P61142-1431 charlie	Financial assistance of the government through pension	GAINING SUPPORT AND SUBSIDY
8. Suportado, ah consume sa for example ng maka bisita sila tas may Ihatag sila saimo	P3168, 83-841 delta	Supported and visited by family members	GAINING SUPPORT AND SUBSIDY
9. amon na naramdaman di, ang amon na ano Kaon lang , para di ka mang hina	P4162-631 lecho	Keep on maintaining a healthy physical body;	LOVING THYSELF
10.ako sir sa tuod , tuod lang mag pito nako ka tuig. Ang pig ko ku ako mag igib tubig , may pang bakal lang kape Kung minsan may amg pa laba, malaba ko para may pang bakal man Kape, sud'an amo lang yan sir, ang ano ko, para ma kaya ,	P4188-911 lecho	Doing chores for other inmates to suffice needs;	IMMERSING IN TASKS
11. opo sir, maraming pasalamat ko sa kanila na , kung may Mag pa laba , may kwarta	P4195-971 lecho	Doing laundry for other inmates to buy own needs like	IMMERSING IN TASKS

man gid ko pero, gamay lang, di bale na Basta may pang bakal sabon, pang bakal nang downy sir, sa bayo		soap;	
12.ok man lang kay ang tubig naa man permi Maligo ka ok lang	P8110-111foxtrot		Not responsive
13.hindi man ko mag tagad sailaha.. Mulakaw lang ko Daw wala lay problema ba.. Lakaw lang ko	P8139-401foxtrot	Avoiding and ignoring people to avoid conflict;	KEEPING AT PEACE
14.wala man ng kwan lang kaon tulog lang	P81611foxtrot	Eating and having enough rest;	LOVING THYSELF
15.priority gid nakon, sir, amo nang bantayan nakon . Bisan ng. Although . taas na ang edad ko amo nang kinahanglan kogid Makig upod naman sa akon pamilya	P5136-381golf	Prioritizing self-preservation for family.	LOVING THYSELF
16.pero diri sa sulod syempre Pamilya ta ga kwan plus, and dako diri nga kwan, libre gid kaayo Ang kwan , perti ka dako ang financial nga pag kaon , pagusto kalang	P51107-1091golf	Needs are supported for free by family and the government;	GAINING SUPPORT AND SUBSIDY



SOP 4. What are the motivations of the elderly person deprived of liberty to be more resilient inside the prison?

Significant Statements	Code	Formulated Meanings	Clustered Themes
1.sa senior citezen may program kami Gina tagaan kami diri sang amo nga mga allowance as a senior citizens	P21101- 1031 alpha	There is a program that provides financial assistance;	ECONOMIC MOTIVES
2.te diri lang kami e tungod to motivate ourselves Nga atleast as soon as possible kung ma dula kaman You are serving God.	P21133- 1351 alpha	Departing from life by being in service with God;	THE POWER OF FAITH
3. ang pamilya ko dir , natural always ari sila sakon. Every week ara saila ga bisita sakon because Palangga ko sang pamilya ko abi	P21137- 1391 alpha	Family visits regularly and manifest the feeling of care and love;	LONGING FOR LOVED ONES
4.ahhh most probably is our God and.... also my family and Third one is our administrative.	P21150- 1511 alpha	Because of God, family, and the government;	THE POWER OF FAITH
5.May mga bagay man nga pwede intrahan. Pareho sang ara ka sa simbahan. Aaa. Ga pati ka sa imo pag ka binunyagan. Ga pati kapa nga ang na Guba nga dignidad sa imo kinabuhi ma ayos pa.	P7145-481 bravo	Being baptized and get involved in the church ministry;	THE POWER OF FAITH
6.karon naga pa dayon ako sang mga activity sa... ika Ayo pagid kag ika lambo sa priso	P71113- 1151 bravo	Facilitated activity for the benefit of the inmates;	FINDING A PURPOSE

7. ga hatag sang motivation . a maayo nga pag establishar Sang relasyon sa kapwa priso	P71120- 1211 bravo	Being given the opportunity to establish a good relationship with others;	FILLING RELATIONSHIP GAPS
8. mga livelyhood nga project. Naga Pabulig sila trabaho bisan nga piso piso lang atleast may ara kita nga ma tipon ngaa.. dira lang amo lang nang kalipay nga . maka bulig	P71 134-1361 bravo	Being engaged in livelihood projects and gradually earn money in the process;	ECONOMIC MOTIVES
9. Kun di mona ma admitar kag di mona ma Accept nga amo ng nag agi nga kaso sa imo . te bar down kag	P71 144-1451 bravo	Being able to accept what really happened;	HANDLE THE TRUTH
10. sa pagkaka roon. My ara nga gina plastar sila Parehas abi sinang kwan. Inang ummm, senior citizen nga pension	P71162- 1631 bravo	Being provided with financial assistance such as pension;	ECONOMIC MOTIVES
11. wala man mi gi separate pero naa miy a kwan diri Kanang gin tawag nga 6000 ang amu'ang mga benepisyo diri sa gobyerno pang senior citizen ba PENSION...	P6193-961 charlie	Being given a 6000 amount as benefit from the government pension;	ECONOMIC MOTIVES
12. a diri concentrate kalang diri sa . a. aton gina Tawag nga pangabuhì. Nga surprise ka gobyerno Kag na tawag nga ... nga ongoing pa ang kaso Hulat lang gid ta sang. Ga hulat lang gyud ko sang gina tawag nga (bell rings) desisyon sa judge kung anong desisyon ka judge.	P61 168-1721 charlie	Moving on with life and be patient with the justice system and the decision of the judge;	TRUSTING THE PROCESS

13.ampo lang sa diyos, ampo lang sa diyos. Amo lang gyud, pangamuyo amo lang na, pangamuyo	P61 188-1891 charlie	Prayer and faith in God	THE POWER OF FAITH
14. aw, kompleto diri, naay zumba diri sir, oo naay zumba Diri. Kada lunes zumba , may, bayang magiliw, After bayang magiliw, zumba man .	P61234- 2361 charlie	Extra-curricular activities inside prison	DIVERTING ATTENTION
15.uhm pangabuhi kag katigulang ko diri sa diri sa Jail ang kwan lng gyud rasyon	P31117-1181 delta	Having livelihood and being able to sustain through rations;	ECONOMIC MOTIVES
16.ang programa, una una, exercise gid , pagkatapos kung Medyo nag hihinay ka, e hingi ka sa admin ng bulong Amo lang na ang , makakatulong sa akin ,	P41162-1641 echo	Involvement in extra-curricular activities and health assistance in prison	DIVERTING ATTENTION
17.mao lang na ang kuan ning...parte sa ginoo (talking and prison bars opens)	P81791 foxtrot	Talking and meditating about God;	THE POWER OF FAITH
18.Gusto gid nakon maka gawas, o laya Para makig upod sa pamilya	P51 63-641 golf	Having the Eagerness to be free for the sake of family	YEARNING FOR FREEDOM
19.Karon, pag abot nya diri natingala ko sir nga gi apil ko nila sa Senior citizens, amo na sya , amona amona ang . dako nga pasalamat ko Nga syempre. Kinahanglan kita sang financial assitance amo na sya Daw daw hulog nalang halin sa langit sa gino'o. pa agi sa iya	P5151-541 golf	Being able to enjoy the Government financial assistance inside prison;	ECONOMIC MOTIVES

20. akon lang gin taga an sang kwan, ampingan nakon ang sarili ko Para lang (door closes) maka bulig sakon	P51137-1391 golf	Self preservation and avoidance of conflict	LOVE FOR ONESELF
Nga di ako maka himo sang malain.			
21. ang akon nga motibo nga bilang isa ka tigulang (clears throat) Kung may trabaho ako dira sa kwan, mag lung ag mag kwan, limpyo bala Syempre ang akon nga gin maintain didyo sa banyo bala. Amo na Para maging ma tawhay kaayo. Part naman na sa aton nga health	P51146-1491 golf	Doing extra curricular activities such as doing choirs.	DIVERTING ATTENTION
22. amo ning number 1. nga hulog halin sa langit.. Pa agi sa ila ni sir lanzaderas. Amo ning senior citizen program namon Amo palang to interms sa pinansyal...	P51193-1951 golf	Enjoying the Senior citizen financial assistance.	ECONOMIC MOTIVES
23. sa programa amo ning ma himong number 1 ang pag tuon Or pag ka tuo naton sa diyos amo na sya	P51201-2021 golf	Strengthening one's faith in God;	THE POWER OF FAITH
24. Ara diri (jail guard) atung (car signal light beeps) kwan, Simba, exercise tapos tung pinansyal nga gin hatag	P51208-2091 golf	Doing extra curricular activities and financial assistance.	ECONOMIC MOTIVES

APPENDIX I CERTIFICATE OF APPEARANCE

Province of South Cotabato
OFFICE OF THE PROVINCIAL GOVERNOR
South Cotabato Rehabilitation and Detention Center
Koronadal City
Tel # (083) 887-8836

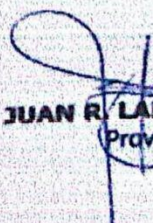
CERTIFICATE OF APPEARANCE

TO WHOM IT MAY CONCERN:

THIS IS TO CERTIFY that **HANCE ALDRINE P. TESORO**, a 3rd year student of Bachelor of Science in Criminology of Ramon Magsaysay Memorial Colleges Marbel Inc., Koronadal City, South Cotabato, personally appeared before this office on April 3, 2024 to conduct survey on research entitled "AGING BEHIND BARS: NARRATIVE OF CHALLENGES COPING MECHANISM AND RESILIENCE AMONG ELDER PERSONS DEPRIVED OF LIBERTY."

This certification is issued upon the request of the aboved-named person for whatever legal purpose it may serve him best.

Issued this 7th day of June 2024 in the City of Koronadal, South Cotabato.


JUAN R. LANZADERAS Jr., MPA
Provincial Warden



APPENDIX J CERTIFICATE FOR GRAMMARIAN

CURRICULUM VITAE

PERSONAL INFORMATION

Name	:	Hance Aldrine P. Tesoro	
Age	:	22 yrs. old	
Birthdate	:	May 20, 2002	
Birth Place	:	Tacurong City, Sultan Kudarat	
Address	:	Prk Camia Brgy. New Pangsinan City of Koronadal, South Cotabato	
Sex	:	Male	
Civil Status	:	Single	
Citizenship	:	Filipino	
Religion	:	Roman Catholic	
Ethnicity	:	Ilonggo, Ilocano	
Mother's Name	:	Cherrylyn P. Francisco	Father's Name : Allan M. Tesoro

EDUCATIONAL BACKGROUND

Tertiary:	Ramon Magsaysay Memorial Colleges – Marbel Inc. (Bachelor of Science and Criminology)
Secondary:	Notre Dame of Marbel University Elementary: Notre Dame of Marbel University