DISCIPLINES AND IDEAS IN THE SOCIAL SCIENCES

Name of Learner: _____Grade Level: _____
Section: _____ Date: _____

LEARNING ACTIVITY SHEET
SIKOLOHIYANG PILIPINO, PANTAYONG PANANAW

BACKGROUND INFORMATION FOR LEARNERS

In the 20th century, there were Filipino scholars who took indigenous movement and argued for a shift in perspective to be used in understanding Filipino personality, situation, and environment and in writing our history as well.

According to Pe-Pua et. al. (2000), ***Sikolohiyang Pilipino*** (Filipino psychology) refers to the psychology born out of the experience and orientation of the Filipinos, based on the full use of Filipino culture and language. The approach is one of indigenization from within, whereby the theoretical framework and methodology emerge from the experiences of the people from the indigenous culture. It was formalized in 1975 by the *Pambansang Samahan sa Sikolohiyang Pilipino* (National Association for Filipino Psychology) under the leadership of Virgilio Enriquez, who is regarded by many as the father of Filipino Psychology.

The ***pantayong pananaw*** (from-us-for-us perspective) is the brainchild of Prof. Zeus Salazar. *Pantayong Pananaw* insisted that the Philippine History should be written and consumed primarily by Filipinos. In this regard, language plays a central role; hence, historians identified with pantayong pananaw speak and write in Philippine languages so that the talastasan (discourse) is always oriented toward local cultures and not to 'outsiders' and their interests (Guillermo, 2009).

Virgilio G. Enriquez



https://www.google.com/search?q=virgilio+enriquez&rlz

Zeus A. Salazar



https://www.google.com/search?q=zeus

Basic Tenets of Sikolohiyang Pilipino

1. **Core value or *Kapwa* (shared inner self)**

   Kapwa is the core construct of Filipino Psychology. Kapwa has two categories, Ibang Tao and Hindi Ibang Tao.

   - *Ibang Tao* ("outsider")
     There are five interaction levels under this category:
     - o *Pakikitungo*: civility – This is the right behavior or right demeanor towards authorities (Parents, Elders, etc.).

- *Pakikisalamuha*: act of mixing – This is a social value that is primarily communitarian. It espouses the ability to adapt.
- *Pakikilahok*: act of joining – This translates to participation of the entire community to help a person.
- *Pakikibagay*: conformity – This runs into conflict with individuality which many Filipinos in fact willingly throw away in favor of conformity with demands of those who are in charge.
- *Pakikisama*: being united with the group-This is the folk concept of good human relations and implies giving in or yielding to the wish of the majority even if it contradicts one's own ideas.

- *Hindi Ibang Tao* ("one-of-us")

  There are three interaction levels under this category:
  - *Pkikipagpalagayang-loob*: act of mutual trust-This is an assured reliance on the characters, ability, strength, or truth of someone or something.
  - *Pakikisangkot*: act of joining others- This is to participate with (someone) in some act or activity.
  - *Pakikipagkaisa*: being one with others- This is to unite or put into association of two or more different people, groups, organizations, etc.

2. Pivotal interpersonal value

- *Pakiramdam*: Shared inner perceptions.
  Filipinos use *damdam*, or the inner perception of others' emotions, as a basic tool to guide their dealings with other people.

3. Linking socio-personal value

- *Kagandahang-Loob*: Shared humanity.
  It refers to being able to help other people in dire need due to a perception of being together as a part of one Filipino humanity.

4. Accommodative surface values

- *Hiya*: Loosely translated as 'shyness' by most Western psychologists.
  It is referred to as 'sense of propriety'.
- *Utang na loob*: Norm of reciprocity.
  Filipinos are expected by their neighbors to return favors-whether these were asked for or not—when it is needed or wanted.
- *Pakikisama and Pakikipagkapwa*: Smooth Interpersonal Relationship, or SIR, as coined by Lynch (1961 and 1973).
  This attitude is primarily guided by conformity with the majority.

5. Confrontative surface values

- *Bahala na*: It is translated as "determination in the face of uncertainty" and is used as an expression, almost universally, in Filipino culture.
  It is also about an indication of an acceptance of the nature of things, including the inherent limitations of oneself.

Note: Practice Personal Hygiene Protocols at all Times

- *Lakas ng loob*: This attitude is characterized by being courageous in the midst of problems and uncertainties.
- *Pakikibaka*: It refers to the ability of the Filipino to undertake revolutions and uprisings against a common enemy.

6. Societal values

- *Karangalan*: It refers to what other people see in a person and how they use that information to make a stand or judge about his/her worth.
    - *Puri*: The external aspect of dignity. May refer to how other people judge a person of his/her worth. This compels a common Filipino to conform to social norms, regardless how obsolete they are.
    - *Dangal*: The internal aspect of dignity. May refer to how a person judges his own worth.
- *Katarungan*: Loosely translated to justice, this refers to equity in giving rewards to a person.
- *Kalayaan*: Freedom and mobility. Ironically, this may clash with the less important value of *pakikisama* or *pakikibagay* (conformity).

Learning Competency with Code

Examine the key concepts and ideas of Filipino thinkers in the Social Sciences rooted in Filipino language/s and experience. b. 20th-21st Century (Sikolohiyang Pilipino, Pantayong Pananaw) HUMSS_ DIS11-IVe-2, HUMSS_ DIS11-IVf-3, Quarter 2, Week 13b

LEARNING ACTIVITY 1. IDENTIFY ME

Directions: Analyze the following statements and identify what is being referred to in each item. Choose the letter of your answer from the choices in the box.

a. Pakikitungo	**e**. Pakikisama
b. Pakikisalamuha	**f**. Pakikipagkaisa
c. Pakikilahok	**g**. Pakikipagpalagayang-loob
d. Pakikibagay	

_____1. Tom loves to make a handshake upon meeting new friends. He also hugs and kisses his friends. He even makes use of academic and professional titles in calling them.

_____2. In Barangay Matulungin, a group of able-bodied men participate in moving the traditional Filipino house, the bahay-kubo. They lift and carry the house on their shoulders, while women stand and watch, casually chat and cheer the men.

_____3. Ms. Reyes speaks about “Together for You”, which supported the medical personnel by providing personal protective equipment and disinfectant, as well as purchasing other medical equipment.

_____4. Ana has personal confidence to respond positively to change and new ways of working. She willingly accepts the challenge of dealing with the unfamiliar and shows she can cope with the new or unexpected.

_____5. You are likely to be offered a drink and a snack almost immediately on the first meeting. It is socially wise to accept the offer, at least of the coffee or soft drink. If you are the host, you should also be prepared to offer and serve a drink and snack.

LEARNING ACTIVITY 2. INFORM ME

Directions: Below are important and distinct Filipino values related to the concept of interpersonal relations and pantayong pananaw. Gather information, analyze, and write your brief description about each photo. The first picture is done for you. Follow the rubric below.

FILIPINO VALUES	DESCRIPTION
1.  https://www.google.com/search?q=filipino+helping	Young people have the passion, energy and potential to make a real difference in times of disaster and, ultimately, to ensure their communities become more resilient in the face of climate change-linked weather extremes in future.

Note: Practice Personal Hygiene Protocols at all Times

2.  https://www.google.com/search?q=filipino+helping	
3.  https://www.google.com/search?q=filipino+helping	
4. 	

Note: Practice Personal Hygiene Protocols at all Times

https://www.google.com/search?q=filipino+helping	
5.  https://www.google.com/search?q=filipino+helping	

RUBRIC FOR SCORING

Photo Analysis

CATEGORY	EXCELLENT	GOOD	FAIR	POOR
Observations	Student makes a complete and	Student makes a detailed	Student makes a detailed	Student descriptions

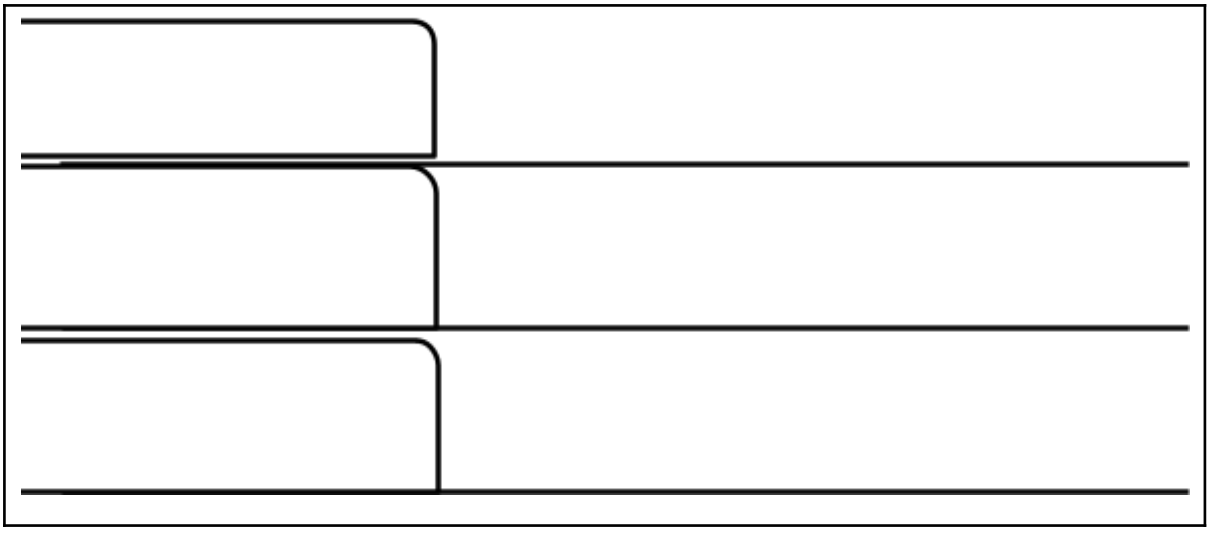
Note: Practice Personal Hygiene Protocols at all Times

	detailed description of the subject matter and/or elements seen in the photo.	description of most of the subject matter and/or elements seen in the photo.	description of some of the subject matter and/or elements seen in the photo.	are not detailed or complete
Important Details	Student accurately describes several of the important elements in the photo and gives supporting details as to why these elements are important.	Student accurately describes a few of the important elements in the photo and gives supporting details as to why these elements are important.	Student describes a couple of the important elements in the photo	Student has trouble picking out the important elements in the photo.
Historical Context	Student places the photo in a historical context and gives supporting details.	Student attempts to place the photo in a historical time frame.	Student can relate how photo makes him/her feel personally.	Student finds it difficult to interpret the meaning of the photo.

https://www.google.com/search?q=rubrics+for+photo+analysis

LEARNING ACTIVITY 3. IMPART ME

Directions: Based on the basic tenets of Sikolohiyang Pilipino, choose one (1) among the core values or 'kapwa' and write an essay explaining the best way to practice such values during this time of COVID 19 pandemic. Use the template given for your answer.



RUBRIC FOR SCORING

Essay Writing

	5 EXCELLENT	4 VERY GOOD	3 AVERAGE	1 NEEDS IMPROVEMENT
Ideas	This paper is clear and focused. It holds the reader's attention. Relevant details and quotes enrich the central theme.	This paper is mostly focused and has some good details and quotes	The writer is beginning to define the topic, even though development is still basic or general.	Topic is not well-defined and/or there are too many topics.
Organization	The organization enhances and showcases the central idea or theme. The order, structure of information is compelling and moves the reader through the text.	Paper is mostly organized in order and makes sense to the reader.	The organizational structure is strong enough to move the reader through the next without too much confusion.	Sentences within paragraphs make sense but the order of paragraphs does not.
Sentence Fluency	The writing has an easy flow, rhythm, and cadence. Sentences are well built, with strong and varied structure that invites expressive oral reading.	The writing mostly flows and usually invites oral reading.	The text hums along with a steady beat, but tends to be more businesslike than musical, more mechanical than fluid.	The text seems choppy and is not easy to read only.

https://www.google.com/search?q=rubrics+for+essay+writing

Reflection

Complete the following statements:

1. *With the activities I have undertaken on this lesson, I learned that*

_____
_____
_____.

2. *I enjoyed most on*

_____
_____
_____.

3. *I want to learn more*

_____
_____
_____.

References:

Books

Jose, M.D. & Ong, J. A. (2016). Discipline and Ideas in the Social Sciences. QC: Vibal Group, Inc. pp.65-69

Guillermo, Ramon (2009). *Pook at Paninindigan: Kritika ng Pantayong Pananaw.* Diliman, Quezon City: The University of the Philippines Press, 210 pages

Pe-Pua, R., & Protacio-Marcelino, E. (2000). Sikolohiyang Pilipino (Filipino psychology):A legacy Virgilio G. Enriquez. *Asian Journal of Social Psychology, 3*(1), 49-71. https://doi.org/10.1111/1467-839X.00054

Websites

https://www.google.com/search?q=pakikitungo+sa+kapwa&tbm=isch&ved

https://www.google.com/search?q=interpersonal+relations&tbm=isch&ved=2ahUKEwjuxajHmMHuAhW6x4sBHTIRBOwQ2

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Answer Key

Activity 1: 1. a
2. c
3. f
4. d 5.b

Activity 2: (Answers may Vary)

Activity 3: (Answers may Vary)

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Need Analysis

Title: Learning Activity Sheet on Sikolohiyang Pilipino, Pantayong Pananaw

In today's current situation where there are uncertainties as to when this pandemic will end is a great challenge in the educational system. This new normal paved the way for numerous changes and innovations in the field of education. One is the need to device resource or instructional materials to cater the needs of the learners based on different learning modalities.

Preparation of learning activity sheets reflect the implementation of the new normal education making it accessible and usable to all learners. It is an activity sheet that initiates and develops interaction between the subject teacher and the student facilitated in a different teaching and learning ways. With the help of learning activity sheets, it enables our learners to understand the Social Science concepts and ideas, can participate actively in the class discussion, and act as critical, informed, and responsible citizens.

The use of learning activity sheets has the potential to help the teacher explain new concepts clearly, resulting in better student understanding of the concepts being taught. Moreover, it serves as an effective tool in ongoing efforts of encouraging the students to actively engage during class and help direct students' learning out-of-class.

As to DepEd Order Number 18, s. 2020: Policy Guidelines for the provision of Learning Resources in the Implementation of the Basic Learning Continuity Plan which means learning resources are provided but in the subject DISS specifically in MELC: **Examine the key concepts and ideas of Filipino thinkers in the Social Sciences rooted in Filipino language/s and experience. b. 20th-21st Century (Sikolohiyang Pilipino, Pantayong Pananaw,** hence the proposal and the creation of this Learning Activity Sheet to demonstrate an understanding of Social Science concepts and carry out an exploration of personal and social experiences using indigenous concepts.