

THERE IS LIFE AFTER THE NAMALIKMATA PROGRAM

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Abstract: Drug abuse in the Philippines is multifactorial, and there is a need to study these different factors. Hence, this study was conducted to assess the effect of the Namalikhmata Program on the beneficiaries in Santiago City particularly on the personal and external transformation in the lives of the beneficiaries. The study utilized the descriptive research design. The respondents of this study were the Namalikhmata beneficiaries within Santiago City. Of the 1,800 noted drug users who surrendered in the different barangays of Santiago City, 30 beneficiaries participated in the study. Findings revealed that the Program turned out to have a higher impact especially in curbing out illegal drug activities in the community. This study found out that the program helps people to recover from the chronic illness that is brought by illegal use/abuse of drugs particularly those people who lost direction in life. The beneficiaries experienced personal changes in their physical, moral, and spiritual being after undertaking therapy under the program. The program helps the beneficiaries to value their own life by changing their lifestyle as they become more conscious about their health and be able to abide by the rules and regulations imposed by the program.

Keywords: Namalikhmata Program, Life, Drug Surrenders, Personal Changes, External Changes

1. Introduction

Drug abuse affects almost all countries of the world. In the Philippines, it is one of the top priorities on the government's agenda. However, there are many questions to be answered to come up with a comprehensive program to address this problem (Hembra, 2004). The current administration of President Rodrigo Roa Duterte focuses on implementing the "War on Drugs" which tries to eliminate illegal drug activities nationwide. The Philippines relaunched the controversial anti-drug campaign, known locally as Oplan Tokhang, amid continuing concern that the police-led operations have led to massive human rights abuses.

In Santiago City, the current administration created a program called the Barangay Entrepreneurial Services for Poverty Reduction Network (BESPREN). Lately, however, it was revised to Barangay Empowerment and Synergy for Poverty Reduction Network. The very purpose of the said program is to intensify the best quality of services down to every corner of the locality not only to the indigent people but for every citizen from infants down to senior citizens. The bespren sa kalusugan focuses on the different health programs of the Local Government Unit of Santiago City; one of its programs is the "Namalikhmata Program". Namalikhmata means waking-up to reality from a bad dream, simply stating that the drug abusers are just having a bad dream and they must wake up to reality.

The surrenderees have undergone programs of the namalikhmata, that is, to help them forget and leave behind the use of drugs and to start their new life. It also entices the not-surrendered individual to submit and undergo the program. The cycle of the program starts from information dissemination of the LGU down to the barangay that there is such an existing program. The responders of this program or the beneficiaries will first undergo physical regimen, moral recovery, health education, and health check, and the livelihood program.

Knowing the Namalikhmata program is amazing, but to witness the result of the program is most essential. Therefore, this study helps to find out the effectiveness of the program in mitigating illegal drug use, what happens to the beneficiaries? And what is their

current life status? More so, this study will be able to help the Local Government Unit to extend more help to respondents of the program and also to those drug abusers that want to make changes in their life.

1.1 Objectives of the Study

This study aimed to assess the effect of the Namalikhmata Program on the beneficiaries in Santiago City. Emphasis was given on their experiences in:

1. Personal changes of beneficiaries as to:
 - 1.1 Effectiveness of Physical Regimen
 - 1.2 Effectiveness of Moral Recovery
 - 1.3 Effectiveness of Health Education and Health Check
 - 1.4 The effect of Livelihood programs rendered by the City government of Santiago
2. External changes of the beneficiaries as to:
 - 1.1 Effect on the environmental aspect
 - 1.2 Effect on their social life
 - 1.3 Effect in their family relation situation

2. Materials and Methods

The researcher utilized the descriptive research design of this quantitative study aiming to investigate the effect of Namalikhmata Program on the life of the beneficiaries. The descriptive design seeks to describe the current status of a variable or phenomenon. It is also used to generalize, summarize and describe the information regarding the profile of the respondents and other relevant information about the study. This aims to gather data about the Namalikhmata Program beneficiaries in Santiago City.

2.1. Research Respondents

The respondents of this study were the namalikhmata beneficiaries in Santiago City. There are 1800 drug surrenderees in the different barangays of Santiago City among them, 30 beneficiaries participated in the study. Using quota sampling technique was employed to come up with a total of 30 beneficiaries who undergone the Namalikhmata program of the Local Government Unit of Santiago. The beneficiaries were willing to be interviewed and to float the questionnaire.

2.2. Research Instrument

To assess the effectiveness of the program to the life of the beneficiaries the researcher used a self-made questionnaire that underwent a validation process: Expert pooling, Refinement, Field-test, and Final Refinement. Three experts were consulted for initial validation. Their comments and suggestions were incorporated into the instrument for the field test. The trial test of the research instrument was conducted as a preliminary test of the final version of the questionnaire with 8 respondents. Reliability and validity were tested through Cronbach's alpha ($\alpha = .943$). Eminent researchers and authors claimed that an alpha of .60 indicates acceptable validity. The questionnaire is outlined content in a way that can easily be understood.

2.3. Data Gathering Procedure

The main instrument used in this study is a questionnaire. The questionnaire was distributed personally by the researcher to ensure proper administration to enhance the cooperation of the respondents and to ensure 100% retrieval. Channeled communication seeking for approval of a request letter from the City Anti-Drug Abuse Office was done to ask for a copy of the list of beneficiaries who undergone the Namalikhmata Program in Santiago City, Isabela that enabled the researcher to determine the total number of beneficiaries that undergone the Namalikhmata Program. Upon approval, another request letter asking for the beneficiaries to distribute the questionnaires was sent. Hence, all measures were completed anonymously to ensure confidentiality.

3. Results and Discussion

Personal Changes of the Respondents

Table 1. Mean Score on the Effect of Physical Regimen on Respondent's Physical Status

Physical Regimen	Mean	DI
1 It increases my confidence in staying clean and sober.	2.97	True of Me
2 I experience less anxiety.	3.30	True of Me
3 I manage stress properly.	3.37	True of Me
4 I decrease my depression.	3.37	True of Me
5 It decreases my urges and cravings to use alcohols/drugs.	3.03	True of Me
6 It provides structure in my life.	2.50	True of Me
7 I became physically fit.	2.70	True of Me
8 Exercise everyday became a daily habit.	2.00	Not True of Me
Weighted Mean	2.90	True of Me

Results revealed that there are positive and good effects of the Namalikhmata program on the drug surrenderers with most of the indicators being vouched with higher perception. It further explained that indicator 3(three) which is "I manage stress properly." and indicator 4(four) which is "I decrease my depression" got the highest score among the indicator with a mean of 3.37 and a descriptive interpretation of "True of me" respectively. This implies that drug surrenders who have undergone the Namalikhmata program have a positive effect on their physical status and yet they are more capable of dealing with different anxieties and stresses in life after the Program. This denotes that Namalikhmata beneficiaries have difficulties mainly changing their lifestyle to become body physically fit individuals. On the interview conducted, the reason why they can't change their daily routine is that they can't find time for that activity that makes them boring.

According to the research carried out in Denmark, physical exercise can improve the quality of life of drug users. It can also be used as a means of early prevention and as a treatment plan. Participants were subjected to series of exercises, which was gradually increased until participate could no longer handle the workload. Physical exercise can be used as support in drug abuse treatment but more importantly keeping up with the improvement and resisting peer pressure to encourage change in the long-run (Roessler, 2010).

Table 2. Mean Score on the Effect of Moral Recovery to the Respondent's Spiritual and Moral aspect

Moral Recovery	Mean	DI
1 I became respectful to the rights and property of others.	3.73	Very True of Me
2 I treated others as they would wish to be treated themselves.	3.20	True of Me
3 I develop high expectations and a positive attitude.	3.17	True of Me
4 I conform to rules and regulations that promotes order for the common good and to understand that there are consequences to my actions.	3.70	Very True of Me
5 I became believer of God.	3.67	Very True of Me
6 I develop personal beliefs.	3.23	True of Me
7 I am now believing in the existence of divine providence.	3.63	Very True of Me
8 I enable to reflect on my own behavior and situations which are disturbing others.	2.93	True of Me
9 I develop the skill of being physically still and the skill of being mentally still, concentrating on my present moment.	2.80	True of Me
10 It promotes self-image and develop positive self-esteem, respect for themselves and find an inner confidence and peace.	2.97	True of Me
1 I explore the opportunity to pray.	2.57	True of Me
1 I know my own strengths and acknowledge that can't do everything but will be better at something.	2.83	True of Me
1 It promotes the ability to keep trying and seeking my success.	3.03	True of Me
Weighted Mean	3.19	True of Me

Results entail that moral recovery for Namalikhmata beneficiaries is very much effective since most of the indicators vouched for higher perceptions with an overall mean score of 3.19 and interpreted as "True of me". This can be attributed to the fact that moral recovery for the Namalikhmata beneficiaries is highly implemented and has a meaningful impact on their lives. Moreover,

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Namalikmata beneficiaries are intact with knowledge on how to control themselves most especially doing what is right. More so, Namalikmata Program on the moral recovery of the local government of Santiago helps the beneficiaries to become righteous and upright people.

The foregoing results are supported by the study entitled “Individual Religiosity, Moral Community, and Drug User Treatment” which claims that participating in religious group communities helps people to restrain illegal drugs and to recover as fast. It also states that an increase in self-help recovery group attendance and church attendance was independently associated with a reduction in alcohol and drug use (Alan, et.al, 2000).

Table 3. Mean Score on the Effect of Health Education and Health Check to the Respondents

Health Education and Health Check	Mean	DI
1 I became aware on my health status.	2.60	True of Me
2 I became a health conscious person.	2.30	Not True of Me
3 I became healthier person.	2.33	Not True of Me
4 It enables me to identify my health problems and needs.	2.57	True of Me
5 It improves my quality of life.	2.43	Not True of Me
6 It establish me with proper health behavior.	2.50	True of Me
7 It reduces my incidence in acquiring disease.	2.60	True of Me
Weighted Mean	2.48	Not True of Me

It can be gleaned on the table that health education and health check for the Namalikmata beneficiaries have less impact on their lives with most of the indicators perceived with the lowest rating with a weighted mean of 2.48 and interpreted as “Not True of Me”. This implies that the effects of health education and health check stage Program for the Namalikmata beneficiaries could not signify good improvement to their health and wealth. Furthermore, staying composure and healthy after the Namalikmata Program entails a lot of effort to become a health-conscious person.

This was opposed by the study entitled “Drug abuse in adults - supporting the physical function” which believes that changes such as patients support when patients are in treatment, attaining and living a healthy lifestyle, getting the right treatment, avoiding relapse, daily exercise, getting a job and getting involved in recreational activities can affect patient’s life positively (Negussie & Santino, 2014).

Table 4. Mean Score on the Effect of Livelihood Program to the Respondents

Livelihood Program	Mean	Descriptive Interpretation
1 It provides me opportunity to generate additional income.	2.20	Not True of Me
2 It helps me to generate gainful employment for my family.	2.07	Not True of Me
3 It provides me opportunity to support the education of my children.	2.07	Not True of Me
4 It provides me opportunities to participate some recreational activities.	2.60	True of me
5 It develops my skills towards entrepreneurship.	2.27	Not True of Me
6 It provides me opportunity to business venture.	2.33	Not True of Me
Weighted Mean	2.26	Not True of Me

In general, the livelihood program for the Namalikmata beneficiaries revealed that it has less impact on their lives with a general weighted mean of 2.26 which categorize as “Not True of Me”. This means that the Livelihood program for Namalikmata Beneficiaries showed that it was ineffective as they don’t have sufficient capabilities to support the needs of their family and they do not fully apply the acquired learning from the seminar conducted by the City Government of Santiago.

The previous results of the study entitled, “Impact of Hotel and Restaurant Management Livelihood Program to the Beneficiaries in one of the University Adapt” strongly opposed the results that people who joined any program of government could increase in

the employment and augment income especially when it comes to livelihood project. The program has a great impact on the beneficiaries in terms of skills, values, financial and economic status, therefore, makes the livelihood program effective and sustainable (Felicen et.al, 2014).

External Changes of the Respondents through Namalikhmata Program

Table 5. Mean Score of the Effect on Respondent's Environmental Factors

Environmental Factors		Mean	DI
1	I am participating to community related activities.	3.17	True of Me
2	I became volunteer in some environmental activities like tree growing, YCAP, bantay ilog and the like.	3.23	True of Me
3	I became responsible in preserving the environment.	3.27	True of Me
4	I became responsible person in educating and empowering the children and youth in the community.	2.40	Not True of Me
5	I participate to communal gardening together my co-surrenderees.	3.23	True of me
Weighted Mean		3.06	True of me

The table above presents the effect of Namalikhmata Program on the Respondent's Environmental Factors. Findings revealed that there is a positive effect on the Namalikhmata Program on the Beneficiaries Environmental aspects with a total mean of 3.06 which equated as "True of Me". Nevertheless, overall findings showed that Namalikhmata beneficiaries become conscious and aware of the importance of the environment in building a peaceful community. Hence, they are more engaged in some projects and activities around the community.

Table 6. Mean Score on the Effect of Namalikhmata Program on the Respondent's Social Life

Social Life		Mean	DI
1	I feel that I now belong to the society.	3.40	True of Me
2	I can now easily mingle/deal with other members of the community.	3.27	True of Me
3	I developed a high sense of responsibility, consideration for self-respect and self-confidence.	3.03	True of Me
4	I developed good relationships at home, barangay and the local and wider communities.	3.23	True of Me
5	I develop respect for religious and moral values and understanding of other races, religions and ways of life.	3.20	True of Me
6	It promote respect and consideration for differences in gender, race and religion etc.	3.07	True of Me
7	I develop spiritual, moral, cultural, mental and physical well-being.	3.10	True of Me
8	I became a no. 1 advocate against illegal drugs.	2.00	Not True of Me
Weighted Mean		3.04	True of Me

Findings on the foregoing table entail the mean score on the effect on the respondents' social life. Results revealed that respondents' social capability increases due to the initiation of Namalikhmata Program that shows a good effect on their social aspect with an overall mean of 3.04 which equated to "True of Me".

Livelihood Program		Mean	Descriptive Interpretation
1	It provides me opportunity to generate additional income.	2.20	Not True of Me
2	It helps me to generate gainful employment for my family.	2.07	Not True of Me
3	It provides me opportunity to support the education of my children.	2.07	Not True of Me
4	It provides me opportunities to participate some recreational activities.	2.60	True of me
5	It develops my skills towards entrepreneurship.	2.27	Not True of Me
6	It provides me opportunity to business venture.	2.33	Not True of Me
Weighted Mean		2.26	Not True of Me

Likewise, they are no longer afraid to socialize with different people around the community. Hence, there are worthy benefits of the Namalikhmata Program to the Social well-being of the respondents.

Table 7. Mean Score of the Effect on Respondent's Family Relation Situation

Family Relation Situation		Mean	DI
1	I am now a responsible parent to my children/ I am a responsible member to my siblings.	3.33	True of Me
2	I am now a responsible husband/wife to my spouse/ I am now responsible to my parents.	3.37	True of Me
3	My family is more closer on me now than before.	3.20	True of Me
4	I am more trustworthy than before.	3.27	True of Me
5	I often go to church with my family every church service.	2.53	True of Me
6	I provided the needs of my family in a decent job.	2.80	True of Me
Weighted Mean		3.33	True of Me

The table above indicates the mean score on the effects Namalikhmata program on respondents Family Relation Situation. It was revealed there is a positive impact of the Namalikhmata Program on the Drug Surrenderers along with their relationship with their families with a weighted mean score of 3.33 which equated as "True of Me". Moreover, Indicator 2 which entails "I am now a responsible husband/wife to my spouse/ I am now responsible to my parents." shows the highest score among the indicator with a mean of 3.37 and Descriptive Interpretation of "True of me". This could only mean that namalikhmata beneficiaries learned a lot from the Namalikhmata program which improves their relationship with their families which also a good sign of a healthy society. Furthermore, the support coming from their families helps the beneficiaries to recover instantly.

This was supported by the article written by Liht, Family support and community acceptance are the main motivation of drug surrenders (DS) in the province in their journey towards a renewed life. Also, the community, the families who support them and the people much contribute and take as a part of the healing process of those drug surrenderers. Hence, the program contributes a big role in the development of the family relation between drug dependents and their family (Lihgawon, 2018).

Conclusion

As the researcher endeavored to examine the effectiveness of Namalikhmata Program to the beneficiaries, the following was concluded: (1) Namalikhmata Program turned out to have a higher impact especially in curbing out illegal drug activities in the community. Therefore, this study found out that Namalikhmata Program of the City government of Santiago helps the people to adopt changed recovery from the chronic illness brought by illegal drugs particularly those people who lost direction in life. (2) Beneficiaries experience personal changes in their life after undertaking the Namalikhmata program furthermore, it strongly develops their physical, moral, and spiritual being. (3) The extent implementation of the program helps the beneficiaries to value their own life by changing their lifestyle as they become conscious about their health and be able to abide by rules and regulations. (4) However is noted that the livelihood program conducted by the city government Santiago do not signify good effect to the current condition of the beneficiaries as they perceived it as "Not True of Me". (5) Through the help of the program, another door opened for the beneficiaries as they become more active in the participation in different events in the community such as environmental activities. (6) The program is effective based on the feedback of the beneficiaries as it makes them more active in socializing with others as well as strengthens their relationship with their families and to the people who help them in making change possible.

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