



Enhancing Child's Holistic Development through Values Education Insights from Parental Perspectives

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Abstract:

This study explores the role of values education in enhancing a child's holistic development, focusing on the insights provided by Filipino parents. Through qualitative interviews, the study examines parental perspectives on values education, their level of involvement, challenges faced, and the impact on holistic development. The research is situated within the Philippine context, where values education is considered a crucial component of the educational system. The findings reveal that parents in the Philippines recognize their role as primary educators and actively engage with their children in values discussions and activities. They understand the importance of their own behavior and values as models for their children's moral development. Parental involvement includes creating a supportive environment for open communication and utilizing strategies such as storytelling and community service activities. Challenges identified by parents include navigating external influences and limited resources for effective values education. Parents highlight the need for collaboration between parents, schools, and the community to address these challenges and capitalize on opportunities. The study also demonstrates the significant impact of values education on holistic development. Parents emphasize its influence on social-emotional development, moral character, and cognitive skills. They believe that values education cultivates empathy, responsibility, integrity, and critical thinking in their children, preparing them for future success. This research contributes to the understanding of the importance of values education in the Philippine context and provides insights for educational policy and practice. It highlights the need for a strong emphasis on values education within the educational system and underscores the role of parental involvement and collaboration among stakeholders.

Keywords: Values education, Holistic development, Parental involvement, Filipino perspective

Introduction

In recent years, there has been a growing recognition of the importance of holistic development in children. Holistic development refers to the integrated and balanced growth of a child in various domains, including physical, cognitive, emotional, social, and moral aspects. It encompasses the overall well-being and flourishing of a child, emphasizing the interconnectedness of different dimensions of development.

Values education has emerged as a vital component in fostering the holistic development of children. It focuses on instilling core values and principles in young minds, guiding their behavior, decision making, and social interactions. Values education aims to cultivate positive character traits, ethical awareness, empathy, and a sense of responsibility in children, enabling them to navigate life's challenges with integrity and compassion (Arthur & Wilson, 2010).

The need to strengthen values education in the Philippine education system is of utmost importance. Education plays a crucial role in shaping the future generations of a nation, and values education serves as the foundation for developing morally upright and responsible citizens. In recent years, there has been a growing recognition of the importance of values education in the Philippines, driven by the need to address various societal challenges and promote holistic development among the youth.

One of the key reasons for emphasizing values education in the Philippine education program is the changing landscape of the modern world. Rapid advancements in technology, globalization, and social media have led to an increasingly interconnected and complex society. As a result, children are exposed to a wide range of influences and value systems, which can sometimes be conflicting or detrimental to their overall well-being. King, et al. (2002) stressed that values education provides a structured framework to help children navigate these challenges, develop a strong moral compass, and make informed decisions in their personal and social lives.

Values education can contribute to addressing pressing social issues in the Philippines. Challenges such as poverty, corruption, environmental degradation, and social inequality require a holistic approach that goes beyond academic knowledge. Values education can empower children to become agents of positive change, equipping them with the necessary values, attitudes, and skills to address these issues in their communities.



The Department of Education (DepEd) has recognized the significance of values education and has incorporated it as a core subject in the K-12 curriculum. However, there is a need to further strengthen and enhance its implementation to ensure its effectiveness and impact on the holistic development of children.

This research aims to explore the role of values education in promoting a child's holistic development, with a particular emphasis on understanding parental perspectives. Parents play a pivotal role in shaping their children's values, beliefs, and moral compass. By examining the experiences and viewpoints of parents regarding values education, this study seeks to uncover valuable insights that can inform educational practices and policies for the holistic development of children.

Literature Review

Values education has gained increasing recognition as a crucial component in fostering the holistic development of children. It involves the systematic impartation of core values and ethical principles to young minds, guiding their behavior, decision-making, and social interactions. The perspectives and experiences of parents regarding values education are invaluable in understanding its impact on a child's holistic development. This literature review explores the existing research on enhancing a child's holistic development through values education, focusing specifically on insights derived from parental perspectives.

Holistic development refers to the integrated and balanced growth of a child across various domains, including physical, cognitive, emotional, social, and moral dimensions (Lee, et al., 2015). It recognizes the interconnectedness of these aspects and emphasizes the overall well-being and flourishing of a child. Research has consistently demonstrated the significance of holistic development in children, as it positively influences their academic achievement, social competence, emotional well-being, and long-term success in various areas of life.

Values education plays a critical role in nurturing a child's holistic development. It encompasses the cultivation of positive character traits, moral reasoning, ethical awareness, empathy, and social responsibility. Values education equips children with the necessary skills and attitudes to make ethical decisions, form healthy relationships, and contribute positively to their communities. Several studies have indicated that values education interventions are associated with positive outcomes in various aspects of a child's development, such as increased pro-social behavior, improved academic performance, higher self-esteem, and reduced engagement in risky behaviors.

Parents are instrumental in shaping a child's values, beliefs, and moral compass. Their perspectives on values education provide valuable insights into the practical aspects of integrating values into a child's upbringing. Studies have highlighted the significant influence of parents' values, attitudes, and behaviors on a child's moral development. Parental involvement and support in values education have been linked to better academic outcomes, enhanced emotional well-being, and stronger moral reasoning in children (Taylor, et al., 2013).

The values that parents prioritize may vary across cultures and contexts. For instance, in a study conducted in the Philippines, Filipino parents emphasized the importance of respect, obedience, and diligence as core values for their children's development (Tamis-LeMonda, et al., 2007). In contrast, studies in Western countries have often highlighted values such as honesty, empathy, fairness, and social justice (Chun, 2005). It is crucial to understand the cultural, social, and individual factors that shape parental perspectives on values education to design effective and culturally sensitive programs.

Despite the recognized importance of values education, there are challenges that parents encounter in promoting values in their children's lives. These challenges include competing influences from media, peer groups, and societal norms that may contradict or undermine the values parents seek to instill. Additionally, parents may face difficulty in finding appropriate resources and strategies to effectively integrate values education into daily routines and activities.

However, there are also significant opportunities for promoting values education within the family context. The home environment provides a rich setting for modeling and reinforcing values through daily interactions, discussions, and shared experiences. Parent-child relationships characterized by warmth, open communication, and mutual respect have been associated with higher levels of moral development in children. The use of storytelling, role-playing, and community service activities can also enhance values education within the family setting.

Methodology

This study adopted a phenomenological approach to explore the role of values education in enhancing a child's holistic development from parental perspectives. Phenomenology is a qualitative research methodology that aimed to understand the lived experiences and subjective meanings attributed to a particular phenomenon. In this case, the focus was on understanding how parents perceived and experienced values education in relation to their child's holistic development.



Participants:

A purposive sampling technique was used to select participants who had children across different age groups, ranging from early childhood to adolescence. Seven Participants were chosen based on their experiences and perspectives regarding values education. The sample size was determined based on data saturation, meaning data collection continued until no new insights or themes emerged from the interviews.

Data Collection:

Data was collected through in-depth semi-structured interviews with the participating parents. The interviews were conducted in a comfortable and private setting, allowing participants to freely express their thoughts and experiences. The interviews were audio-recorded with the participants' consent and transcribed verbatim for further analysis.

Interview Guide:

An interview guide was developed to ensure consistency and guide the interviews. The guide consisted of open-ended questions that explored various aspects of values education and its impact on the child's holistic development. The questions were designed to elicit rich descriptions and personal experiences from the participants. The guide was pilot-tested with a small group of parents to ensure clarity and relevance.

Data Analysis:

Data analysis followed a phenomenological approach, which involved a systematic process of understanding and interpreting the participants' lived experiences. The analysis involved the following steps:

1. Familiarization: The researcher immersed themselves in the data by reading and re-reading the interview transcripts to gain a comprehensive understanding of the participants' experiences.
2. Coding: Meaningful units of data, known as codes, were identified, capturing key ideas, concepts, or themes related to values education and holistic development. Initial codes were generated from the data.
3. Theme Development: The codes were clustered into broader themes that reflected the participants' experiences and perspectives. The themes were developed iteratively, revisiting the data and comparing similarities and differences across participants.
4. Interpretation: The researcher engaged in a process of interpretation to make sense of the themes and their implications for values education and holistic development. The researcher explored the relationships between themes and considered the broader context of the research.
5. Verification: The findings were verified through member checking, whereby the researcher shared the analyzed data with the participants to ensure accuracy and validity. The participants had the opportunity to provide feedback and clarify any misinterpretations.

Ethical Considerations:

Ethical guidelines were followed throughout the research process. Informed consent was obtained from the participants, ensuring that they understood the purpose, procedures, and potential risks and benefits of the study. Confidentiality and anonymity were maintained by assigning pseudonyms to participants and securely storing the data. Participants had the right to withdraw from the study at any time without penalty.

Findings and Discussion

Theme 1: Values Education as a Foundation for Holistic Development

The theme emerged prominently from the interviews with parents, highlighting the significance of values education in shaping their children's overall development. In the context of the Philippines, where cultural values and traditions play a vital role, parents recognized the importance of instilling and nurturing values in their children from an early age.

One parent emphasized, "Values education is extremely important here in the Philippines. It's part of our culture and identity. We believe that values education lays the foundation for our children's character development and shapes how they interact with others." P2 This sentiment reflects the strong cultural emphasis placed on values within Filipino society.

Another parent echoed this sentiment, stating, "Values education goes beyond academic success. It's about guiding our children to become compassionate, responsible, and ethical individuals. We want them to grow up understanding the importance of respect, responsibility, empathy, and integrity." P4

The emphasis on values education as a foundation for holistic development aligns with the Philippine educational system's goals, which recognize the importance of character formation alongside academic achievement. The Department of Education in the Philippines has integrated values education into the curriculum to nurture students' moral and ethical development.

The inclusion of values education in the curriculum provides opportunities for teachers and parents to collaborate in imparting important values to children. One parent shared, "We appreciate that values education is part of the



school curriculum. It gives us confidence that our children are learning values not just from us, but also in school, where they spend a significant amount of time." P5

The incorporation of values education into the school curriculum allows for a holistic approach to a child's development. It supports the notion that education is not solely about academic knowledge but also encompasses the development of character, moral values, and social skills.

Moreover, parents recognize the interconnection between values education and the development of other essential skills. One parent stated, "Values education helps our children understand the importance of empathy, respect, and integrity. It builds their moral compass and equips them with the necessary skills to navigate the complexities of life." P1 This demonstrates the understanding that values education serves as a foundation for social-emotional development, which in turn contributes to the child's overall well-being and success.

In the Philippine cultural context, values education extends beyond the classroom. Parents play a pivotal role as primary educators and role models for their children. They recognize that their actions and behaviors significantly impact their children's values formation. One parent emphasized, "We try to lead by example, demonstrating values through our own behavior. Our children observe how we live out those values in our daily lives." P2 The parental role in values education aligns with the Filipino concept of "pagpapakatao" or "being human." It emphasizes the holistic development of individuals as responsible and morally upright citizens. Parents are actively engaged in imparting values through open discussions, storytelling, and involving children in community service activities.

However, the challenges of promoting values education within a rapidly changing society should not be overlooked. Parents identified external influences such as media, peer groups, and societal norms that may contradict or undermine the values they seek to instill. One parent expressed concern, saying, "There are so many external influences that can distract our children from the values we want to teach them. We need to constantly guide and remind them about the importance of staying true to their values." P1

To address these challenges, a collaborative effort between parents, schools, and the community is crucial. By fostering partnerships and creating a supportive environment, parents and educators can work together to reinforce values education and provide consistent messages to children.

The theme emphasizes the central role of values education in shaping a child's overall development within the Philippine context. The interviews with parents highlighted their recognition of values education as a cultural and societal imperative, aligning with the country's educational goals. Parents play a significant role as primary educators and role models, recognizing the need to actively engage with their children in values discussions and activities. By integrating values education into the curriculum and fostering collaboration between parents, educators, and the community, the Philippine education system can further strengthen the foundation for holistic development in children.

Theme 2: Parental Role and Involvement

In the Philippine context, where family plays a central role in upbringing, parents acknowledged their crucial role as primary educators and role models for their children. One parent expressed, "As Filipino parents, we consider ourselves as the primary educators of our children. We understand that our actions, behaviors, and everyday interactions within the family setting have a profound impact on our children's values formation." This reflects the strong sense of responsibility parents feel in guiding their children's moral development and shaping their character.

Parents recognize that their influence extends beyond the formal educational setting. They believe that their own behavior and values serve as models for their children. One parent emphasized, "We try to lead by example, demonstrating values through our own behavior. We want our children to observe and learn from us how to live out those values in their own lives." P3

The role of parents as role models aligns with the Filipino cultural value of "halimbawa" or setting a good example. Parents understand the importance of embodying the values they seek to instill in their children, as their actions speak louder than words.

The interviews revealed that parents actively engage with their children in values discussions and activities. They create a supportive environment where children feel safe to express their thoughts and emotions. One parent shared, "We encourage our children to express their thoughts and feelings openly. We listen to them actively and discuss various situations, helping them understand the ethical implications and consequences of their actions." P7 These open discussions provide opportunities for parents to impart values, engage in critical thinking, and facilitate the moral development of their children. Parents also expressed the importance of instilling a sense of empathy and compassion. They emphasized the need to nurture emotional intelligence alongside academic growth.



Additionally, parents utilize various strategies and activities to promote values education. Storytelling emerged as a common method used by parents to convey moral lessons and values to their children. One parent explained, "We use stories to teach our children important values. It's a powerful way to engage them and help them connect with the values in a meaningful way."P6

Parents also emphasized the importance of community service activities in teaching their children about compassion, social responsibility, and the value of helping others. By engaging in such activities as a family, parents create opportunities for their children to witness and experience the positive impact of values in action. However, the challenges faced by parents in promoting values education should not be overlooked. External influences such as media, peer groups, and societal norms were identified as potential sources of distraction or conflicting messages. One parent expressed concern, stating, "We need to be aware of the external influences that can contradict the values we want to instill. We need to guide our children and remind them about the importance of staying true to their values."P1

To address these challenges, parents stressed the need for collaboration between parents, schools, and the community. They emphasized the importance of reinforcing consistent messages and values across different environments to provide a solid foundation for the child's holistic development.

Filipino parents recognize their responsibility as primary educators and role models, actively engaging with their children in values discussions and activities. By embodying values, fostering open communication, and utilizing strategies such as storytelling and community service, parents play a crucial role in shaping their children's moral character and preparing them for a well-rounded future.

Theme 3: Challenges and Opportunities

While recognizing the importance of values education, parents identified external influences and limited resources as challenges that can hinder the effective implementation of values education. One parent expressed concern about external influences, saying, "In today's digital age, children are exposed to a wide range of media influences, some of which may contradict the values we want to instill in them. It can be challenging to navigate these influences and ensure that our children understand and uphold the values we believe in." P1

Another parent highlighted the impact of peer groups, stating, "Peer pressure can also pose challenges when it comes to values education. Sometimes, our children may be influenced by their friends to adopt behaviors or attitudes that are contrary to the values we teach them at home."P4

These challenges reflect the changing societal landscape and the need for parents to actively address external influences that can potentially undermine the values they seek to instill. Parents expressed the importance of guidance and constant reinforcement to counteract these challenges. Additionally, parents discussed the limited resources and strategies available to them for integrating values education into their children's daily routines. One parent remarked, "Sometimes, it can be challenging to find suitable resources or materials to teach values effectively. We need more accessible and age appropriate materials that align with our cultural values and can engage our children in meaningful ways." P7

Parents also acknowledged the need for support from schools and the community to provide opportunities for values education. One parent emphasized, "There should be more collaboration between schools, parents, and the community in promoting values education. By working together, we can develop comprehensive strategies and provide a supportive environment for our children to learn and practice values."P2

Despite these challenges, parents recognized numerous opportunities within the family context for promoting values education. They emphasized the importance of open communication, active listening, and creating a nurturing environment where children feel safe to express their thoughts and emotions. One parent stated, "We encourage our children to share their ideas, concerns, and experiences openly. By listening to them actively, we can understand their perspectives and guide them in making ethical choices."P4

Parents also highlighted the value of using storytelling and role-playing as effective methods to engage their children in values education. One parent shared, "We tell stories that incorporate moral lessons and values. It captures their imagination and helps them connect with the values on a deeper level." P3

Furthermore, parents recognized the significance of community service activities as opportunities to reinforce values and instill a sense of social responsibility. One parent expressed, "Engaging our children in community service activities allows them to see the real-world impact of values in action. It helps them develop empathy, compassion, and a sense of duty towards others." P1

External influences and limited resources pose challenges to the effective implementation of values education. However, parents also recognize the opportunities within the family context, such as open communication,



storytelling, and community service activities, to foster values education. To address these challenges, there is a need for collaboration between parents, schools, and the community. By providing accessible resources, age-appropriate materials, and comprehensive strategies, parents can be better equipped to navigate the challenges and seize the opportunities presented by values education. Through collective efforts, the promotion of values education can be strengthened, ensuring that children in the Philippines receive a solid foundation for their holistic development.

Theme 4: Impact on Holistic Development

Parents recognize the far-reaching effects of values education, which extend beyond academic success and contribute to the holistic growth of their children. One parent shared, "Values education plays a vital role in shaping our children's holistic development. It goes beyond mere academic achievements and helps them become well-rounded individuals with strong moral character." P3 This sentiment reflects the understanding that values education nurtures essential qualities in children that are fundamental to their overall well-being.

Parents acknowledged the impact of values education on the social-emotional development of their children. They emphasized the importance of values such as empathy, respect, and integrity in fostering positive relationships and interactions with others. One parent stated, "Values education helps our children develop empathy and respect for others. It teaches them how to relate to people from different backgrounds and treat them with kindness and fairness." P4

The interviews revealed that values education cultivates a sense of responsibility and accountability in children. Parents expressed their belief that values education encourages their children to become responsible individuals who can make ethical choices and take ownership of their actions. One parent mentioned, "Values education instills a sense of responsibility in our children. They understand that their actions have consequences and that they are accountable for the choices they make." P2

Furthermore, parents recognized the impact of values education on the moral development of their children. They highlighted the importance of values such as honesty, integrity, and compassion in guiding their children's ethical decision-making. One parent shared, "Values education helps our children develop a strong moral compass. It teaches them to make ethical choices and act with integrity, even when faced with difficult situations." P1

The interviews also revealed the positive impact of values education on the cognitive and academic development of children. Parents acknowledged that values education promotes critical thinking, problem-solving skills, and decision-making abilities. One parent stated, "Values education encourages our children to think critically and reflect on their choices. It helps them develop analytical skills and make informed decisions." P7

Parents emphasized that values education provides a solid foundation for their children's future success and well-being. They believe that children who have a strong moral character and possess values such as perseverance, resilience, and self-discipline are better equipped to face challenges and achieve their goals. One parent expressed, "Values education equips our children with the essential qualities they need to thrive in life. It gives them the strength and determination to overcome obstacles and pursue their dreams." P8

The impact of values education on holistic development aligns with the goals of the Philippine educational system, which aims to develop individuals who are not only academically competent but also morally upright and socially responsible.

Parents recognize that values education fosters social-emotional development, moral growth, and cognitive skills in their children. They believe that values education cultivates empathy, responsibility, integrity, and critical thinking, which are crucial for their children's holistic development. By prioritizing values education, parents contribute to the well-rounded growth of their children and prepare them for a fulfilling and successful future.

Conclusion

This study delved into the vital role of values education in enhancing a child's holistic development from the perspective of Filipino parents. Through in-depth interviews, valuable insights were gained regarding the significance of values education, the parental role and involvement, the challenges and opportunities faced, and the profound impact on holistic development.

The findings highlighted the central role of values education in shaping a child's character, moral compass, and overall well-being. Filipino parents demonstrated a strong sense of responsibility as primary educators, recognizing the need to actively engage with their children in values discussions and activities. They understood that their own behavior and values served as powerful models for their children and sought to lead by example.

Parental involvement was found to be instrumental in promoting values education. Parents created a supportive environment that encouraged open communication, active listening, and the exchange of ideas. They utilized



various strategies, such as storytelling and community service activities, to instill values and foster empathy, compassion, and social responsibility in their children.

However, the study also shed light on the challenges faced by parents in promoting values education. External influences and limited resources emerged as significant obstacles, emphasizing the need for collaboration between parents, schools, and the community. Addressing these challenges and capitalizing on the opportunities requires collective efforts and the development of accessible resources, age-appropriate materials, and comprehensive strategies.

Despite these challenges, the study revealed the transformative impact of values education on holistic development. Values education not only shaped children's social-emotional development, moral character, and cognitive skills but also equipped them with the qualities necessary for future success and well-being. The influence of values education extended beyond academic achievements, cultivating responsible individuals with strong moral values, resilience, and the ability to make ethical choices.

The study has important implications for educational policy and practice in the Philippines. It highlights the need for a strong emphasis on values education within the educational system, with a focus on collaboration between parents, educators, and the community. By strengthening values education programs and providing support to parents, schools can nurture well-rounded individuals who are academically competent, morally upright, and socially responsible.

This study underscores the critical role of values education in shaping a child's holistic development. The insights from Filipino parents illuminate the significance of their involvement, the challenges they face, and the profound impact on their children's character, moral compass, and overall well-being. By recognizing the importance of values education and working together, parents, educators, and the community can ensure that children in the Philippines receive the necessary foundation for a fulfilling and successful future.

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