

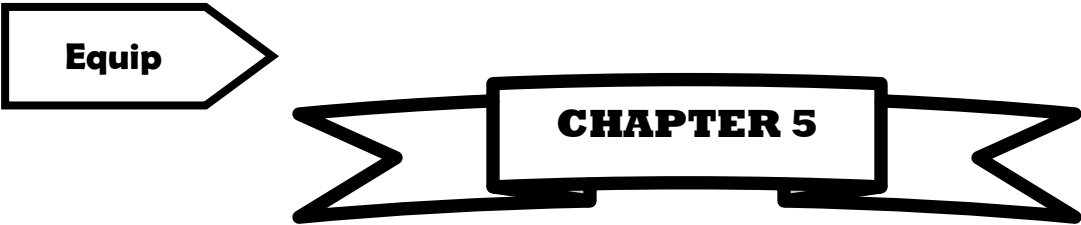
QUEST:

- ★ Content Standard:
 - ✓ The learner demonstrates understanding of guidelines in making conclusions and recommendations.
- ★ Learning Competencies:
 - ✓ The learner draws conclusions from research findings. (CS_RS12-Ilh-j-1).
 - ✓ The learner formulates recommendations. (CS_RS12-Ilh-j-2).

MISSION 1

Instruction: Enumerate at least 5 findings based on your gathered data.

Findings
1.
2.
3.
4.
5.



FINDINGS, CONCLUSION AND RECOMMENDATION

✓ FINDINGS

- In this part, the researcher will answer the questions in his/her statement of the problem. The researcher should be able to provide answers in every question in the statement of the problem based from the results presented in CHAPTER 4.

FINDINGS

The finding of this study is concentrated on the comparative analysis of the factors which leads to depression among senior high school students of Asian Learning Center - morning, afternoon, and night students are presented below:

1. The results revealed that punishment feelings, self- criticalness, and past failure were the factors why respondents experience depression. Although other possible factors can contribute to depression, the top three negative view of the self factors mentioned above was found to be present in all the respondents.
2. Changes of sleeping pattern, loss of energy, and tiredness and fatigue were the somatic/physical factor why respondents experience depression
3. Morning students' severity of depression lies between mild mood disturbances, moderate and severe depression. In the table presentation in chapter 2, it shows that there are fifteen (15) respondents who suffer mild mood disturbances, thirty-two (32) respondents who suffer from moderate depression and eighteen (18) respondents who suffer from severe depression.
4. Afternoon students' severity of depression lies between mild mood disturbances, moderate and severe depression. In the table presentation in chapter 2, it shows that there are nineteen (19) respondents who suffer mild mood disturbances, twenty-four (24) respondents who suffer from moderate depression and eighteen (18) respondents who suffer from severe depression.
5. Night students' severity of depression lies between borderline clinical depression, moderate and severe depression. In the table presentation in chapter 2, it shows that there are fifteen (15) respondents who suffer borderline clinical depression, thirty-one (31) respondents who suffer from moderate depression and twenty-six (26) respondents who suffer from severe depression.

This is the summary of findings. It answers the questions in the statement of the problem.

Take note: If the researcher fails to answer at least one question in the statement of the problem, the study is not successful as well.

✓ CONCLUSION

- In this part, the researcher will then conclude the study based on the findings of the study.
- It helps the readers make meaning of the important points of your study with ease.

CHARACTERISTICS OF A GOOD CONCLUSION

- ★ A good conclusion must be brief and concise.
- ★ A good conclusion must capture the essence of your study.
- ★ A good conclusion must be direct to the point.
- ★ A good conclusion must use minimal to no citations.
- ★ A good conclusion must build up towards the recommendation.
- ★ A good conclusion must have an evidence-based recommendation.

CONCLUSION

This study concludes that there are two main classifications of the factors that can lead to depression, namely the "negative view of the self" factor and the "somatic and physical function" factor.

1. It was found out that morning students view themselves negatively through "punishment feeling" with a percentage of sixteen (16), self criticalness gaining the percentage of sixteen (16) and past failure with a percentage of fifteen (15) which rendered the highest constituents of the factor while their somatic and physical factor consist of tiredness and fatigue with a percentage of twenty-five (25), loss of energy with a percentage of twenty-one (21), and change of appetite with a percentage of twenty-one (21).

2. Afternoon students view themselves negatively through their "past failure" with a percentage of fifteen (15), punishment feeling with a percentage of fifteen (15) and self-criticalness with a percentage of fourteen (14) while their somatic and physical function factor consists of "change of sleeping pattern" with a percentage of twenty-five (25), "loss of energy" with a percentage of twenty-two (22), and tiredness and fatigue with a percentage of twenty-one (21).

3. Night students view themselves negatively through "self-criticalness" with a percentage of fourteen (14), "punishment feeling" with a percentage of thirteen (13), and "loss of pleasure" with a percentage of twelve (12) while their somatic and physical factor consist of "change of sleeping pattern" with a percentage of twenty-two (22), tiredness and fatigue with a percentage of twenty-two (22), and change of appetite with a percentage of nineteen (19).

4. Due to this, most respondents suffered from moderate depression.

According to Community Reach Center, the moderately depressed individual feels lowly about themselves, worry excessively, heightened sensitivity and less productive. At this level, it is important to consider professional help. The consultation allows an opportunity to take a fuller look at symptoms. Consultation with a primary doctor is one consideration. Cognitive behavioral therapy (CBT) may be one solution, as well as medication, which generally takes about six weeks to bring results.

✓ **RECOMMENDATION**

- In this part, the researcher will present set of recommendation to address the conclusion of the study.

ELEMENTS OF A GOOD RECOMMENDATION

- ★ Offers solutions to problems identified in the study.
- ★ Offers alternatives to current or previous approaches.
- ★ Lay down the groundwork for future studies.

RECOMMENDATIONS

In connection with the findings and conclusion on the previous pages presented, the researchers offered the following recommendations

For the Respondents:

1. Start with communicating with people whom you trust. Talking with people who have faith in, is the best way to release the pressure that's building within us. They might never be in your shoe, but they care about what you feel.
2. Build up the courage to express your emotions. You will never be free if you cage yourself with fear; it will only isolate you from the people who care for you. Learn to be brave enough to express what you are feeling; no one will help you if you keep on telling them that you're okay.
3. Do not mind peoples comments focus on being you. People will always have something to say whatever you do may it be good or bad, don't let them be the reason to hold you back from being who you are. Love yourself, and everything will follow.
4. For those affected by depression or an unusual down feeling, start to open up to your parents, siblings, relatives. You can ask for help or advice from them. Don't feel scared or ashamed after the things that happened because, in the end, they are the one who will help you through your ups and down.

For the Parents

We recommend that parents should maintain a healthy relationship with their children. So that the child will be able to express his/her thoughts openly for them to be appropriately guided in terms of emotional, physical, and mental aspects

For the Teachers

We recommend the teachers to open up about mental illness and mental health to the students. It may, or it can help them to have confidence towards opening up with their problems to the teachers.

We recommend that the teachers can also suggest to the students to talk to the school's guidance counselor.

MISSION 1

Instruction:Based on the given conclusion above, underline the *restatement of research problem* &encircle the *recommendations*.

Conclusion

It shows in this study that the students of Asian Learning Center from different strands, particularly the selected grade 12 students afternoon session, experienced Language Barriers on speaking English in a certain time, due to the usage of their native language upon speaking. They have hard time in speaking English because they are fond of using their native language on communicating or even expressing their ideas, it is also because they are used to it.

Or if we have no practice, we can practice by ourselves. We can also listen or watch regarding English speaking because through this, it can improve the speaking skills and it also help to enhance the vocabulary.

The school should also have an English Club in order to enhance students, abilities and skills in speaking English. Also, the program, there will be a big possibility that the students will be in good speaking English and they will be fluent in terms of speaking English.

Also, the program will help the students to improve their English vocabulary as well as the proper usage of grammar.

Also, through this program, the students can boost their confidence to the crowd by using English Language. This also develops their nervousness in socializing with others.

In addition to, teachers can also help the students to improve their speaking skills especially to those teachers who are English Major.

Teachers should develop ways to improve effective communication towards their students. This will help the students to release the tense every time they will participate in class. The teachers will serve as their guide on the Language Barriers in Speaking English of the students.

MISSION 3

PERFORMANCE TASK
“CRAFTING YOUR FINDINGS, CONCLUSIONS AND RECOMMENDATIONS”

Instructions:

- 1. Based on your answers in **MISSION 1**, craft your findings.
- 2. In your findings, craft your conclusions and recommendations.
- 3. Submit your manuscripts to your research teacher.

References:

- *An introduction to Quantitative Research - Practical Research 2, Torneo, A & Torneo H, 2017*
- *A Research paper entitled “Common Language Barriers in Speaking English among the selected Grade XII students in Asian Learning Center- Pajo Campus”*



CHECKPOINT:

Name: _____

Quarter: 2

Section: _____

Week: 13

PRACTICAL RESEARCH 2

I. Multiple Choice. Read the statements carefully and encircle the letter of the correct answer.

1. What helps the readers to make meaning of the important points of your study with ease?

- A. Recommendations
- B. Conclusion

- C. Findings
- D. Gathering of Data

2. It is a part of research where it answers the questions in the statement of the problem.

- A. Recommendations
- B. Conclusion

- C. Findings
- D. Gathering of Data

3. The following are elements of a good recommendation, **EXCEPT**:

- A. It must use minimal to no citations.
- B. Offers solutions to problems identified in the study.
- C. Offers alternatives to current or previous approaches.
- D. Lay down the groundwork for future studies.

4. A characteristic of a good conclusion must have the following, **EXCEPT**:

- A. It must use minimal to no citations.
- B. It must capture the essence of your study.
- C. Lay down the groundwork for future studies.
- D. It must be brief and concise.

5. In writing the summary of findings, the _____ should be present.

- A. Recommendations
- B. Conclusion

- C. Statement of the Problem
- D. Gathering of Data

II. Short-response test. Provide what is being asked.

1. How important crafting a good findings, conclusions and recommendations in making a research study?