

# Life Skills and Food Security Determinants for the Desirability of Livelihood Training for Selected Women in Muntinlupa City, Philippines

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## Abstract:

The study examined the relationship between life skills and food security determinants for the desirability of livelihood training of selected women. It was noted in the study that women are part of food security in the community and that they should be given priority in terms of education and livelihood to participate in food production of the family. It was also explained that life skills could assist them in meeting and sustaining the daily challenges in the family. Furthermore, it was revealed that there is no significant relationship of life skills and food security determinants. It was recommended that improvement on local policy focusing on food security, education, livelihood and employment to lower the unemployment of the city should be given priority. Increase effort for agricultural products, collaborate with social services, food access through price regulation, should likewise be done by the local government.

**Keywords —Life Skills, Food Security and Livelihood Training**

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## I. INTRODUCTION

It was mentioned in the 2020 Vision for Food, Agriculture and the Environment that women play important roles as producers of food, managers of natural resources, income earners and caretakers of household food and nutrition security [1]. Food security and hunger eradication are among the top priorities on the international agenda today in view of the impact on agricultural productivity of global economic crises, food price spikes, and climate change. The extent to which gender inequalities in general, and the gender gaps in agriculture in particular, thwart attainment of these twin priority goals is a key concern given the vital role of women

smallholders in household and community food and nutrition security [2].

Reference [3] stated that the major problems facing urban residents particularly women are poverty, poor food security, growing urban population, hunger and lack of formal employment. Due to lack of employment, majority of women in urban centers are involved in urban agriculture. Meanwhile, in order to achieve a good level of sustainability, a Food Security program also needs to increase the spending and investment capacity of all its beneficiaries and stakeholders: from the emerging and subsistence farmers, to all layers of Government and Traditional leadership, the latter being instances who often do have the budgets and/or policies to actively –and in the longer term-

support the Food Security changes [4]. Aside from Food Security, the researchers opted to use Life Skills as mentioned in the research of Neill et al., 2003, p.6. It is conceptualized as “the psychological and behavioural aspects of human functioning which determine a person’s effectiveness or proficiency in any given situation [5]. Furthermore, life skills are usually associated with managing and living a better quality of life. They help us to accomplish our ambitions and live to our full potential [6].

This study focused on young and old women because they faced many inequalities and constraints, often embedded in norms and practices and encoded in legal provisions. Some laws, such as those that govern access to land, include inequitable and exclusionary provisions, thus institutionalizing discrimination. Where such legislative measures are not in place, customary rules and practices often have restrictive consequences for women limiting their access to key resources such as land and credit, and affecting household food security and nutrition. Not only are women and girls affected directly, but members of their household and communities are also affected inter- and intra- generationally [2].

Thus, this research explained the importance of women in contributing to the food security by knowing the relationship of life skills and food security determinants of selected women in Muntinlupa City. From the said life skills, recommendations for possible livelihood training programs that would help in the food security of the city by eradicating gender discrimination and empowering women.

## II. STATEMENTS OF THE PROBLEM

To know the relationship between Life Skills and Food Security Determinants for the Desirability of Livelihood Training, the following are the statements of the problem.

1. What are the demographic profile of the respondents in terms of:
  - A. Age?
  - B. Civil status?
  - C. Educational attainment?

D. Length of residence in Muntinlupa City?

2. What is the economic status and livelihood of the respondents?
3. What is the food security of the respondents?
4. What are life skills development of the respondents?
5. What are the skills development training of the respondents?
6. What are the desired skills for economic development of the respondents?
7. When correlated with life skills and food security determinant for the desirability of livelihood training, is there significant difference between the two?

## III. CONCEPTUAL FRAMEWORK

Figure 1 shows the relationship of Life Skills and Food Security Determinants and the results would be the basis for the Desirability of Livelihood Training.

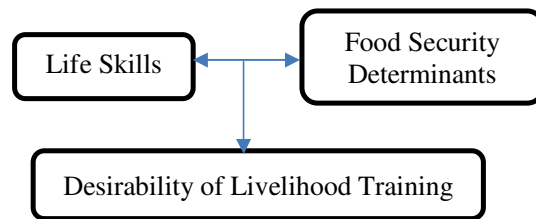


Fig. 1 Relationship of Life Skills and Food Security Determinants

## IV. METHODOLOGY

The descriptive - correlation method was used in this study. This was used to describe the existing condition of the respondents and to know the relationship of life skills and food security determinants to the desirability of training program.

## V. PARTICIPANTS OF THE STUDY

In total, 490 respondents participated in the survey which was conducted in Muntinlupa City. The demographic profiles of the respondents that were gathered include the age, civil status, educational attainment, religion, length of residence in Muntinlupa City.

## VI. RESEARCH INSTRUMENT

This is composed of four parts. The first part included the demographic profile, wherein self-made was undertaken. The second part was the food security determinants also a self-made. The third part was authored by Reference [5] for the life skills. The fourth part was the skills development training, that the respondents mostly attended which was conducted by different organizations with proper waste disposal method, gender and development, health education, financial management and responsible parenting.

## V. DATA GATHERING PROCEDURE

The staff of the PLMun Office of Student Affairs administered the questionnaire to the selected women in Muntinlupa City. Data were encoded and summary of results were given to researchers for data presentation and analysis.

## VI. STATISTICAL ANALYSIS

For the statistical and treatment of the data, frequency count and percentage were used to determine the profile of the respondents and Pearson's Correlation Coefficient (r) or Pearson's r was used to validate whether a relationship existed between life skills and food security to the selected women in Muntinlupa City.

## VII. RESULTS AND DISCUSSION

The succeeding tables convey the results of the study.

### Demographic Profile

This part represents the age, civil status, educational attainment, and length of residence in Muntinlupa City.

### Age of Respondents

The highest percentage came from the age bracket 17-25 years old which is about one-third of the respondents or 32%, while the age bracket 26 – 35, 36 – 45, and 36 – 45 almost have the same representation with 20% and the last age bracket 56 and above got the lowest representation of about 9% as shown in Table 1.

Reference [7] provided the age group of working Filipino. It was mentioned from the site that the age structure of a population affects a nation's key socioeconomic issues. Countries with young populations (high percentage under age 15) need to invest more in schools, while countries with older populations (high percentage ages 65 and over) need to invest more in the health sector. The age structure can also be used to help predict potential political issues. For example, the rapid growth of a young adult population unable to find employment can lead to unrest. Thus, the city government should see to it that this suggestion from the study should be taken seriously because of the increasing working age of the respondents.

Table 1. Respondents' Age

Age	Frequency	Percentage
17 - 25	155	32%
26 – 35	98	20%
36 – 45	100	20%
46 – 55	91	19%
56 and above	46	9%
<b>Total</b>	<b>490</b>	<b>100%</b>

### Civil Status of Respondents

Majority of the respondents are married with 68% while a small portion represents single, widow, live-in and separated as seen in Table 2.

Table 2. Respondents' Civil Status

Civil status	Frequency	Percentage
Single	19	4%
Married	335	68%
Widow	37	8%
Separated	26	5%
Live – in	73	15%
<b>Total</b>	<b>490</b>	<b>100%</b>

The research of Reference [3] in Empowering Women through Improved Food Security in Urban Centers explained that married women consult the husband before taking loans

from the bank or any other source. In case where a loan had to be secured and collateral of title deed was required a joint decision by husband and wife is recommended. Therefore, food security is a joint effort between husband and wife. It is not only the role of one to find ways to improve the quality of life but both share in the foremost effort of uplifting the economic status of the family.

#### *Educational Attainment of Respondents*

The highest percentage of respondents is high school graduate with 40% whereas the lowest percentage is from the technical/vocational, college not completed, and college graduate group as displayed in Table 3.

Table 3. Respondents' of Educational Attainment

<b>Educational Attainment</b>	<b>Frequency</b>	<b>Percentage</b>
Elementary not completed	53	11%
Elementary Graduate	65	13%
High school not completed	107	22%
High school Graduate	195	40%
Technical/Vocational	16	3%
College not completed	32	7%
College Graduate	22	4%
<b>Total</b>	<b>490</b>	<b>100%</b>

It is also noteworthy that the groups of elementary not completed, elementary graduate and high school not completed when combined would comprise about 50% of the respondents. Improving women's education is probably the single most important policy instrument to increase agricultural productivity and reduce poverty[1]. It is now a challenge to local government to pass policy in order to allocate funds for education because of the alarming quality education of the city and to convince the residents to enroll into higher learning.

#### *Respondents' Length of Residence in Muntinlupa*

The highest percentage of respondents lives in Muntinlupa for about one to three years only

with 33% as shown in Table 4 while the lowest groups are from the 21-50 and 51 years and above. In general, when the groups from 4 to 20 years are combined it would represent more than half of the respondents.

Table 4. Respondents' Length of Residence in Muntinlupa City

<b>Length of Residence</b>	<b>Frequency</b>	<b>Percentage</b>
1 – 3	162	33%
4 – 8	107	22%
9 – 12	67	14%
13 –20	112	23%
21 –50	19	4%
51 years and above	23	5%
<b>Total</b>	<b>490</b>	<b>100%</b>

#### **Economic Status and Livelihood**

Respondents were asked how many are working in their family, work status, and the monthly income being received by the family members that are currently working.

#### *Workers in the Family of Respondents*

Table 5 shows that it is the head of the family or the fathers who are working with almost half of the respondents or 58% while mother and child came second with relatives who are staying with the family represents the lowest percentage.

<b>Who is working in the family?</b>	<b>Frequency</b>	<b>Percentage</b>
Father	285	58%
Mother	93	19%
Child	78	17%
Relative	17	3%
Others	17	3%
<b>Total</b>	<b>490</b>	<b>100%</b>

Table 5. Distribution of Family's Provider

In the “PantawidPamilya Program” of the Philippine Government, the fathers were included to be in the family development sessions on their role as caregivers. This effort is hoped to not only relieve mothers from part of the burden of child caring, but to help fathers acknowledge the importance and value of adequate child-care Reference [2].

*Status of Work of Respondents*

It is unfortunate that 32% of the workers are working as extra and when combined probationary/casual and casual groups represent almost half of the respondents. A quarter only of the respondents are regular employee which can be seen in Table 6.

Table 6. Respondents’ Distribution of Work Status

<b>Work Status</b>	<b>Frequency</b>	<b>Percentage</b>
Regular	123	25%
Probationary/Casual	88	18%
Contractual	123	25%
Extra Only	151	31%
Others	5	1%
<b>Total</b>	<b>490</b>	<b>100%</b>

The site ofReference [10] provides the rating of employment which is 94.6% as of July, 2016 who are employed. However, it was not mentioned in the site the status of their employment [8]. But Reference [10] stated that there are four types of employment in the Philippines namely, project, seasonal, casual and fixed but still the ratio was not given.

*Monthly Income of Respondents*

Table 7 displays the monthly income of respondents and the highest percentage of 29% is the income bracket of 10,001-13,000 and the second is the bracket 13,001-18,000 which is about 25% while about 35% is still receiving or earning less than 10,000 salary from their work.

From the record of Reference [8], Filipino families had an annual income of 235 thousand

pesos, on average. In comparison, their expenditure for the same year was 193 thousand pesos, on average. These figures translate to an average annual savings of 42 thousand pesos per family. These estimates are based on the results of the 2012 Family Income and Expenditure Survey (FIES), and were computed at prices in year 2012. This is the

<b>Monthly Income</b>	<b>Frequency</b>	<b>Percentage</b>
1,000-3,000	49	10%
3,001-7,000	63	13%
7,001-10,000	58	12%
10,001-13,000	144	29%
13,001-18,000	120	24%
18,001-25,000	28	6%
25,000 and above	28	6%
<b>Total</b>	<b>490</b>	<b>100%</b>

latest from the site provided by psa.gov.ph.

Table 7. Respondents’ Monthly Income

**Food Security**

Food security refers to the ability to access food by all people, at all times in order to ensure a sustained healthy life.

In this study, respondents were asked to rate the five statements with a scale from 1 to 5 with 5 being the highest rating (highly secured), 4 as Secured, 3 as Moderately Secured, 2 as Least Secured and 1 as Not Secured.

**Food Security of Respondents**

The respondents replied that their access to food is least secured as shown in Table 8 with the entire weighted mean from 1.66 – 2.65. They claim that their income is enough to meet their daily food needs and that the presence of fresh fruit is not a priority.

The above data was also supported byReference [2]. It stated in their report on “Gender Equality and Food Security: Women’s Empowerment as a Tool against Hunger” that poor education and health indicators for women limit their access to resources and opportunities. Through emphasizing empowerment, benefit flows become

self-sustaining. Empowerment aims at creating a ladder of opportunities for individuals and households to improve their security as well as their quality of life[4].

Table 8. Mean and Interpretation of Food Security

Statement	Mean	Rating	Interpretation
1. My/Our income is enough to meet our daily food need.	2.49	Seldom	Least Secured
2. I am able to prepare/cook nutritious and balance meal for my family.	2.39	Seldom	Least Secured
3. I am creative in preparing meal for my family.	2.27	Seldom	Least Secured
4. I have no worry in meeting the food need of my family every week.	2.15	Seldom	Least Secured
5. There are always fresh fruits in our daily meal.	1.95	Seldom	Least Secured
<b>OVERALL</b>	<b>2.25</b>	<b>Seldom</b>	<b>Least Secured</b>

**Life Skills Development**

Life skills development refers to trainings provided to people for the enhancement of their skills with the expectation that they would eventually use the learned skills for the improvement of their livelihood. In this study, respondents were asked to rate themselves of the following criteria: time management, social competence skills, achievement motivation skills, task leadership skills, emotional control skills, active initiative skills and self-confidence skills. A scale from 1 to 4 with 4 (Skilled) being the highest rating and 1 (Not at all) as the least was used in the survey.

**Overview of the 7Life Skills Development**

*Time Management Skills*

This refers to the ability of the respondents to efficiently manage their time.

*Social Competence Skills*

This refers to the ability of the respondents to communicate with people and be with people.

*Achievement Motivation Skills*

This refers to ability of the respondents to perform the tasks being given to them and whether the best effort was given.

*Tasks Leadership Skills*

This refers to ability of the respondents perform when given the opportunity to lead people.

*Emotional Control Skills*

This refers to the ability of the respondents to be calm in times of stress, anxiety, and when things go wrong.

*Active Initiative Skills*

This refers to the ability of the respondents to actively react to circumstances and be involved in things.

*Self-confidence Skills*

This refers to the ability of the respondents to do anything they want and that they will be able to succeed once they believe that they are empowered.

**Overall Life Skills of Respondents**

It can be seen in Table 9, the highest mean in the overall life skills of the respondents, which is the achievement motivational skills. Reference [5] wrote that achievement motivation is the extent to which the individual is motivated to achieve excellence and put the required effort into action to attain it.It implies that the respondents can handle the tasks being given to them and that they are giving their best effort. It is also interesting to note that the respondents possess self-confidence once they are empowered.

Table 9. Weighted mean and interpretation of Overall Life Skills

Life Skill	Mean	Rating	Interpretation
Time Management Skills	3.27	Some of the time	Moderately Skilled
Social Competence Skills	3.05	Some of the time	Moderately Skilled
Achievement Motivation Skill	3.36	Some of the time	Moderately Skilled
Task Leadership Skills	2.58	Seldom	Slightly Skilled
Emotional Control Skills	2.99	Some of the time	Moderately Skilled
Active Initiative Skills	3.21	Some of the time	Moderately Skilled
Self-confidence Skills	3.35	Some of the time	Moderately Skilled
<b>OVERALL</b>	<b>3.12</b>	<b>Some of the time</b>	<b>Moderately Skilled</b>

However, the respondents rated themselves to have slightly skilled in task leadership and it indicates they have very little skill in making people work for them. Also, it is noteworthy that the emotional control skill is quite low which infers that the respondents are not quite good when faced with stressful situation. With these findings, the training needs of the respondents should be holistic covering even task leadership and emotional control skills so that these respondents will be equipped to handle start up business on their own

**Skills Development Training**

The respondents of the study were asked of the different trainings they have attended and who were the organizers of the trainings they have attended.

Table 10. Ranking of Trainings Attended by Respondents

Trainings Attended	Training Provider	Number of Attendees	Rank
Livelihood Skills Training	4ps, FDS, DSWD, TESDA, Brgy., Company, Government, Cynthia Villar, GAD	170	1
Proper waste disposal method	FDS	127	2
Gender and Development (VAWC, Magna Carta of Women)	FDS, GAD	125	3
Disaster Risk Reduction Management	FDS, Rescue, GAD	123	4
Health Education	FDS, HealthCenter, GAD	123	5
Financial Management	FDS, TESDA, Brgy., Company, GAD	117	6
Responsible Parenting Community Organizing and Training Skills	FDS, GAD	114	7
	FDS, GAD	71	8

*Trainings Attended by Respondents*

The training that the respondents mostly attended was the livelihood skills training conducted by different organizations with proper waste disposal method, gender and development, health education, financial management and responsible parenting to be having almost similar number of attendees. However, community organizing and training skills was ranked as the least conducted since very few of the respondents were able to attend this kind of training.

**Desired Skills for Economic Development**

The respondents of the study were asked whether they are still interested in attending other training or not and what other trainings they want to attend in the future.

*Respondents interested to attend other training*

The respondents of the study were asked whether they are still interested to attend other life skills development training and a good percentage of 70% said yes whereas 30% said no. This is a good indication that these respondents are looking forward to life skills training that would help them improve their livelihood.

Table 11. Respondents interested to attend

<b>Interested to attend other life skills development training</b>	<b>Frequency</b>	<b>Percentage</b>
Yes	343	70%
No	147	30%
<b>Total</b>	<b>490</b>	<b>100%</b>

**Reasons for being interested to attend other training**

The respondents of the study were asked of the reasons for being interested to attend other life skills development training and almost half of the respondents stated that it is to learn more and very small portion of about 10% said that it is to start a small business. And also the result implies that respondents who wish to attend are not interested to put up their own business but it is mostly to learn and earn an extra income.

Table 12. Frequency and percentage distribution of reasons for being interested to attend other life skills development training

<b>If interested to attend, why?</b>	<b>Frequency</b>	<b>Percentage</b>
Help my family	67	20%
Learn more	200	58%
Start a small	33	10%

business		
Extra income	43	13%
<b>Total</b>	<b>343</b>	<b>100%</b>

**Reasons for not being interested to attend other training**

The respondents who were not interested to attend future trainings were asked of the possible reasons for refusal and it was found out that majority have no time to attend the training. The second reason for not attending is that the respondents have no money to spend for attending the training which could be justified based on the salary these respondents are receiving from their jobs. Lastly, the reason that these respondents used was they are too lazy to attend the training.

Table 13. Respondents not interested to attend other life skills development training

<b>If not interested to attend, why?</b>	<b>Frequency</b>	<b>Percentage</b>
No time to attend the training	102	69%
No money to spent for attending the training	23	16%
Too lazy to attend the training	22	15%
<b>Total</b>	<b>147</b>	<b>100%</b>

**Desired trainings of Respondents**

The respondents were asked of their desired trainings and surprisingly the respondents this time are quite aware of what life skills can bring them thus the desire to start a small business was ranked as number one. The top 2 to 5 spots are: financial management, soap making, baking and pastries and candle making.

Table 14. Frequency and ranking of desired trainings

<b>Skill</b>	<b>Frequency</b>	<b>Rank</b>
Starting a small business	286	1
Financial Management	179	2
Soap Making	147	3



Baking and Pastries	135	4	Emotional		No or negligible
Candle Making	121	5	Control Skills	0.025	relationship
Meat Preservation	117	6	Active		
Urban Vegetable			Initiative		No or negligible
Gardening	116	7	Skills	0.020	relationship
Fruits and Vegetables			Self-		
Preservation	106	8	confidence		No or negligible
Recycled Materials			Skills	0.125	relationship
Products Making	92	9			
Fish Preservation	91	10			
Water Lily Products					
Making	90	11			
Others	2	12			

### Summary of Findings

This study investigates the relationship of life skills to the food security determinants of selected women in Muntinlupa City. The results of this study would likewise be the basis for the desirability of livelihood training.

### Relationship of Food Security to the Respondents Life Skills

Pearson’s Correlation Coefficient (r) or Pearson’s r was used to validate whether a relationship existed between Food Security and Life Skills. Table 15 shows the summary of the interpretation of correlation coefficient result.

In this study, variables used are food security and life skills which consist of time management, social competence, achievement motivation, task leadership, emotional control, active initiative, and self-confidence. The computed r of all life skills is shown in Table 15. All life skills show no or negligible correlation with food security and this denotes that life skills has no relationship with the perceived food security of respondents.

*The following were the findings of the study:*

1. As to age, the highest percentage of representation came from the age bracket 17-25 years old which is about one-third of the respondents or 32%.
2. In terms of civil status, majority of the respondents are married with about 68%.
3. For educational attainment, the highest percentage of respondents is high school graduate with 40%.
4. Speaking of the length of residence, the highest percentage of respondents’ lives in Muntinlupa City for about one to three years only with 33%.
5. Workers in the family are the head of the family with almost half of the respondents or 58%.
6. It is unfortunate that 32% of the workers are working as extra and when combined probationary/casual and casual groups represent almost half of the respondents.
7. In terms of the monthly income of respondents, the highest percentage of 29% is the income bracket of 10,001-13,000.
8. The respondents replied that their access to food is least secured with the entire weighted mean from 1.66 – 2.65. They claim that their income is enough to meet their daily food need and that the presence of fresh fruit is not a priority.
9. When it comes to time management, the respondents manage their time efficiently and they are conscious of making the most out of their time.

Table 15. Correlation of Food Security and Life Skills

Life Skill	r	Interpretation
Time		
Management Skills	0.017	No or negligible relationship
Social		
Competence Skills	0.043	No or negligible relationship
Achievement		
Motivation Skill	-0.021	No or negligible relationship
Task		
Leadership Skills	0.062	No or negligible relationship

10. For social competence, it can be inferred that respondents are moderately or acceptably skilled in dealing with other people which is an important factor in starting up a small business.

11. In achievement motivation skills, it can be said that the respondents are reasonably or acceptably motivated when it comes to attaining the desired goal.

12. For task leadership, it can be inferred that the respondents are good when a task is to be done; however, they have very little skill in making people work for them.

13. When it comes to emotional control skills, it can be stated that the respondents of the study acceptably stayed calm when things go wrong.

14. In active initiative skills, respondents reacted positively and that they are active and energetic.

15. For self-confidence skills, it can be inferred that the respondents are satisfactory and that they have trust in themselves.

16. In the overall life skills of the respondents, achievement motivational skills scored the highest.

17. The trainings attended by the respondents were noted and these were livelihood skills training conducted by different organizations with proper waste disposal method, gender and development, health education, financial management and responsible parenting.

18. All life skills show no or negligible correlation with food security. Therefore, this denotes that life skills has no relationship with the perceived food security of the respondents.

### **Conclusion**

From the above findings, therefore the study concludes women are part of food security in the community and that they should be given priority in terms of education and livelihood to participate in food production of the family. It was also explained that life skills could assist them in meeting and sustaining the daily challenges in the family. Furthermore, it was revealed that there is no significant relationship of life skills and food security determinants.

### **Recommendations**

The following would be the recommendations of the study:

1. Improve local policy on food security, education and employment.
2. Increase effort for agricultural products by promoting home or backyard gardening.
3. Collaborate with social services such as health and education to improve economic condition of the respondents.
4. Local government should ensure that food access by the respondents can be achieved by promoting price watch in supermarkets, groceries and other commodity establishments.
5. Encourage the respondents to attend livelihood seminars and training to lower and in the long run eradicate unemployment in the city.

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