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Solution focused thinking and resilience: mediating effect of depression, anxiety, and stress among young adults in Davao del Sur, Philippines

Pensamento focado em soluções e resiliência: efeito mediador da depressão, ansiedade e estresse entre jovens adultos em Davao do Sul, Filipinas

Pensamiento centrado en la solución y resiliencia: efecto mediador de la depresión, la ansiedad y el estrés entre los adultos jóvenes de Davao del Sur, Filipinas

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The concept of solution focused thinking is applicable in a collectivist country like the Philippines. Hence, a culturally fitted solution focused model can be developed.

Originality/value:
Being collective and solution oriented became a generational strategy among young Filipino adults when faced with crisis situations. Depression, anxiety, and stress, as a mediator, significantly increases resiliency level.

ABSTRACT

Studies on resiliency revealed Filipino's ability to bounce back from crisis situations. In this study, the mediating effect of depression, anxiety, and stress (DAS) on the influence of solution focused thinking (SFT) on the resilience of young Filipino adults in Davao del Sur was determined. A convergent mixed-methods design was utilized, allowing for the collection of data from both survey tools and semi-structured interviews. Using purposive random sampling, there were 519 respondents surveyed, and 8 participants interviewed. The statistical tools used were mean, standard deviation, and regression analysis, while Colaizzi's method was utilized to explicate the qualitative data. Results of the study revealed high level of solution-focused thinking and resilience; however, participants exhibited high levels of depression and stress, with severe anxiety. There was no direct relationship found between SFT and resilience, while DAS was found to have significant influence on resilience. Also, the mediating effect was significant reporting that SFT lowers DAS of respondents, and higher DAS increases resilience of young Filipino adults. The experiences of young Filipino adults further explained the results reporting themes on resilience-shaking adversities (uncertainty about life, psychological distress, and socio-economic and relationship issues), and resilience-building initiatives (ability to reframe one's thought, goal-oriented actions, and internal and external support). Corroborated findings were used as basis for an SFT program to reduce DAS symptoms and strengthen resilience of young Filipino adults in Davao del Sur.

Keywords: solution focused thinking, depression, anxiety, and stress, resilience, convergent mixed method, Philippines.

RESUMO

Estudos sobre resiliência revelaram a capacidade dos filipinos de se recuperar de situações de crise. Neste estudo, foi determinado o efeito mediador da depressão, ansiedade e estresse (DAS) sobre a influência do pensamento focado na solução (SFT) na resiliência de jovens adultos filipinos em Davao del Sur. Foi utilizado um projeto convergente de métodos mistos, permitindo a coleta de dados de ferramentas de pesquisa e entrevistas semiestruturadas. Usando amostragem aleatória intencional, 519 respondentes foram pesquisados e 8 participantes foram entrevistados. As ferramentas estatísticas utilizadas foram a média, o desvio padrão e a análise de regressão, enquanto o método de Colaizzi foi utilizado para explicar os dados qualitativos. Os resultados do estudo revelaram um alto nível de pensamento focado em soluções e resiliência; no entanto, os participantes apresentaram altos níveis de depressão e estresse, com ansiedade grave. Não foi encontrada nenhuma relação direta entre o SFT e a resiliência, enquanto o DAS teve influência significativa sobre a resiliência. Além disso, o efeito mediador foi significativo, informando que o SFT reduz o DAS dos entrevistados e um DAS mais alto aumenta a resiliência dos jovens adultos filipinos. As experiências dos jovens adultos filipinos explicaram ainda mais os resultados, relatando temas sobre adversidades que abalam a resiliência (incerteza sobre a vida, angústia psicológica e questões socioeconômicas e de relacionamento) e iniciativas de construção de resiliência (capacidade de reformular o pensamento, ações orientadas para metas e apoio interno e externo). As descobertas corroboradas foram usadas como base para um programa de SFT para reduzir os sintomas de DAS e fortalecer a resiliência de jovens adultos filipinos em Davao do Sul.

Palavras-chave: pensamento focado na solução, depressão, ansiedade e estresse, resiliência, método misto convergente, Filipinas.

RESUMEN

Los estudios sobre resiliencia revelaron la capacidad de los filipinos para recuperarse de situaciones de crisis. En este estudio, se determinó el efecto mediador de la depresión, la ansiedad y el estrés (DAS) sobre la influencia del pensamiento centrado en la solución (SFT) en la resiliencia de los adultos jóvenes filipinos en Davao del Sur. Se utilizó un diseño convergente de métodos mixtos que permitió recopilar datos tanto de encuestas como de entrevistas semiestructuradas. Mediante un muestreo aleatorio intencionado, se encuestó a 519 personas y se entrevistó a 8 participantes. Las herramientas estadísticas utilizadas fueron la media, la desviación estándar y el análisis de regresión, mientras que para explicar los datos cualitativos se utilizó el método de Colaizzi. Los resultados del estudio revelaron un alto nivel de pensamiento centrado en soluciones y resiliencia; sin embargo, los participantes mostraron altos niveles de depresión y estrés, con ansiedad severa. No se encontró una relación directa entre el SFT y la resiliencia, mientras que se observó que el DAS influía significativamente en la resiliencia. Además, el efecto mediador fue significativo, indicando que el SFT disminuye la DAS de los encuestados, y una DAS más alta aumenta la resiliencia de los jóvenes adultos filipinos. Las experiencias de los jóvenes adultos filipinos explican aún más los resultados que informan de temas sobre las adversidades que afectan a la resiliencia (incertidumbre sobre la vida, angustia psicológica y problemas socioeconómicos y de relación), y las iniciativas de fomento de la resiliencia (capacidad de replantear el pensamiento propio, acciones orientadas a objetivos y apoyo interno y externo). Los resultados corroborados se utilizaron como base para un programa de SFT para reducir los síntomas de DAS y fortalecer la resiliencia de los adultos jóvenes filipinos en Davao del Sur.

Palabras clave: pensamiento centrado en la solución, depresión, ansiedad y estrés, resiliencia, método mixto convergente, Filipinas.

INTRODUCTION

Filipinos are known to be resilient people. The ability to survive numerous life circumstances and deal them with humor and optimism were few of the demonstrations of Filipinos being resilient. However, research on resilience showed that this construct is influenced by several factors and is amenable to change (Dela Rosa et al, 2016). There is research reporting resilient people engage in a more proactive and healthy forms of coping and less likely engage in avoidant coping skills (Johnson et al., 2011). While other resilient people face stressful events utilizing their resources toward personal growth (Britt et al., 2001). The question is: how are Filipinos able to bounce back despite the varying challenges that undeniably affects life status quo?

A strengths-based approach that emphasizes people's resources and resilience is solution-focused thinking (Grant et al., 2012). This approach is known to foster purposeful and positive change, particularly during therapy. Solution-focused thinking differs from the more commonly known problem-focused approach; it encourages individuals to concentrate on creating desired changes rather than dwelling on the causes of their problems. Consequently, this thinking style is often associated with self-efficacy, resilience, and psychological flexibility (Kashdan & Rottenberg, 2010). Individuals who adopt a solution-focused approach concentrate on goals, resources, and pathways rather than succumbing to self-defeating coping mechanisms that emphasize weaknesses and deficits (Robinson & Tamir, 2011). Ultimately, this approach may enhance resilience among individuals.

Meanwhile, resilience varies across different life domains, times and environments; thus, it must be examined and explored in specific populations and environmental settings (Fletcher & Sarkar, 2013). Bonanno (2004) reported that resilience may be involved in psychopathological processes for mental disorders. This means that the level of a person's resilience can be a protective factor or risk factor. In the study of Dela Rosa et al (2016), they pointed out that people who are resilient are less likely to experience post-traumatic stress disorder (PTSD), depression, and alcohol abuse. Moreover, resilience can serve as both a protective factor and a risk factor, and it cannot be denied that it is influenced by intrinsic human factors.

Mental health issues are an intrinsic variable about resilience. Specifically, students face different stressors and challenges coming from school, peers, and family. Bitsko et al., (2018) reported that anxiety and depression have a complex connection between adolescents and young adults' psychological adjustments. College students, however, are not exempted from these challenges. Rotas and Cahapay (2020) noted that university students in the Philippines encounter struggles in their mental health due to the new mode of learning and other risks associated in post-pandemic. Hence, evidence has shown significant increases in the prevalence of mental issues such as anxiety, depression, and psychological distress (Al Omari et al., 2020). In fact, in the survey conducted by one of the proponents to random university students in Digos City, the result showed majority of students experiencing symptoms of depression, anxiety, and stress. With the post pandemic setting, this mental health issue is yet a continuous concern since learners experienced pandemic differently.

The solution-focused approach has been shown to help individuals expand their perspective and find solutions to their current problems. Focusing on problems can diminish motivation for change and hinder resilience for growth (McKergow & Stellamans, 2011). While mental health issues have been found to be negatively correlated with resilience (Hu et al., 2015), approximately 3.6 million Filipinos suffer from at least one type of mental, neurological, or substance use disorder (Maravilla & Tan, 2021). This situation prompted the research team to focus on determining the influence of solution-focused thinking on resilience among young adults in the province. The study also aimed to measure their levels of depression, anxiety, and stress as mediating factors in the causal relationship among these variables. Furthermore, the findings of this research project will serve as the basis for a solution-focused program for the youth of the province, aimed at enhancing resilience skills and improving overall quality of life.

This study aimed to determine the significant influence of solution focused thinking on the resilience of young Filipino adults in Davao del Sur. In addition, determine the mediating effect of depression, anxiety, and stress level on the resilience of the respondents. Specifically, this study sought to meet the following objectives:

1. *Determine the level of solution focused thinking of the respondents by municipality;*
2. *Determine the level of resilience of the respondents by municipality;*
3. *Determine the level of depression, anxiety, and stress of the respondents by municipality;*
4. *Find out if solution focused thinking significantly influences resilience of the respondents;*
5. *Find out if depression, anxiety, and stress significantly influence resilience of the respondents;*
6. *Find out if depression, anxiety, and stress mediate in the relationship between solution focused thinking and resilience of the respondents;*
7. *Describe the experiences of young adults in demonstrating resilience; and*
8. *Propose a solution focused program to address DAS and enhance resilience.*

Theoretical and Conceptual Framework

This study was anchored on Solution Focused Thinking, a core concept from Solution Focused Brief Therapy (SFBT) of Steve de Shazer and Insoo Kim Berg (1997). SFBT proposed a strength-based intervention that is founded in the belief that people must build resources and motivations enabling them to generate solutions to their problems. The theory assumes that people are more than capable of finding solutions to their problems than the therapists. Thus, an egalitarian stance is practice during therapy session. In addition, SFBT believed that people are capable of learning effective approaches that emphasize positive change, set goals for future opportunities, and utilize strengths to deal with challenging situations.

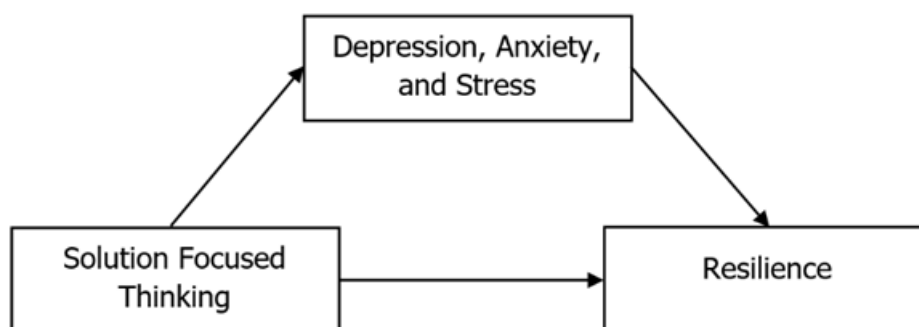
People who live with solutions focused thinking focused on what is right and working, see exceptions to problems that can be turned into a solution, make little changes that lead to bigger changes, goals are set in positive terms, and aim for a change for the better. As a result, experience of depression, anxiety, and stress can be addressed with a solution focused mindset. Beck (1997), a progenitor of cognitive therapy, claimed that depression, anxiety, and other forms of mental health issues are the product of cognitive distortions. People are assisted in therapy experiencing these issues is by changing one's frame of thinking. Moreover, he did not discredit the capability of people for solution focused thinking.

Further, resilience claimed to be a well-known characteristic of Filipinos is assumed to be shaped by one's mindset and experience. Reich (2006) highlighted resilience to comprise control, coherence, and connectedness. Control relates to the assumption of an individual about rebuilding life based on personal resources and strengths; coherence that serves as a mechanism for creating order and structure on one's life by finding meaning, direction, and reflecting to experiences; and connection that fuels being a human by receiving support from significant others and trusted members of the community.

Conceptual Framework

In this study, it was assumed that solution-focused thinking, as well as depression, anxiety, and stress, influences the resilience of young Filipino adults. Additionally, depression, anxiety, and stress are believed to mediate the relationship between solution-focused thinking and resilience.

Figure 1. Conceptual framework showing the relationship of the variables of the study



Note. Authors' development

Hypotheses:

- Ho₁* *Solution focused thinking significantly influences resilience of the respondents.*
- Ho₂* *Depression, anxiety, and stress significantly influence resilience of the respondents.*
- Ho₃* *Depression, anxiety, and stress mediate in the relationship between solution focused thinking and resilience of the respondents.*

METHODS

Research Design

This study utilized a convergent design, where both quantitative and qualitative data were collected simultaneously. Creswell (2014) stressed that merging these forms of data can provide a complete understanding of the study that either of the approach alone can generate. In doing so, the quantitative and qualitative phases were done concurrently. The collection of data, analysis, and explication were done accordingly in response to the research problem. Finally, corroboration of findings of the study were done to arrive at clear and complete understanding of the results.

Respondents and Setting of the Study

There were 519 respondents who answered the survey, and eight participants had undergone semi-structured interviews. Quota sampling was employed for the survey where pre-defined quotas were identified for each municipality and city, ensuring that respondents met the characteristics proportional to the sample identified. Meanwhile, the participants in the interview were chosen using purposive sampling guided by its established inclusion and exclusion criteria: a.) Young adults are 18 to 25 years of age; b.) Either man or woman; c.) Studying either in senior high school or college; d.) Resident of the province of Davao del Sur; e.) those who scored moderate to severe in the depression, anxiety, and stress scale. Participants excluded are those with difficulty in communication due to language and/or disability, and scores in DAS were mild.

In addition, the province is composed of nine municipalities and one city. People of the province include Cebuano, Muslim, and dominant indigenous cultural groups include Blaan, Bagobo, Kaulo, among others.

Instruments

The quantitative data was obtained using a four-part survey. The first part sought for the demographics of the respondents which include name, age, and municipality. Second, the dimensions of solution focused thinking. Third, measure the depression, anxiety, and stress of respondents. Lastly, the resilience level of the young Filipino adults.

The following tools were utilized: a.) Solution Focused Inventory of Grant et al. (2012), b.) Depression, Anxiety, and Stress Scales (DAS-21) of Lovibond, S.H. and Lovibond, P.F. (1995), and c.) Brief Resilience Scale of Smith et al., (2008). All these tools employed Likert scale.

Simultaneously, qualitative data was obtained using the interview guide established by the research team. The interview guide was developed focused on the experience of young adults in demonstrating resilience. The research questions include the central question: what are the experiences of young adults being resilient? In pursuit of the central question, the following sub-questions were answered: what are the descriptions of young adults of resiliency? What solution focused thinking strategies have they applied to strengthen resilience? And for the past one year, what personal experience that challenged their resilience? Details of the interview can be found in appendix C.

Both tools for quantitative and qualitative data have undergone validation to ensure its appropriateness for the participants of the study. Survey questionnaires and interview guide were validated by one registered guidance counselor and one professional teacher with expertise aligned in the field of psychology and social sciences. The validation form of the college was used following the criteria suitable for each method. The researchers, after the initial conduct of the survey, did some modifications to the checked interview guide ensuring questions are dependable.

Data collection

Two phases were undergone by this study. Before the conduct, it underwent series of reviews (quarterly from December 2023 to September 2024) from the panel of experts and necessary permission from the parties involved was sought. Henceforth, all documents essential in the review process such as interview guide, informed consent, and other pertinent documents were checked and reviewed to ensure that it captured the central focus of the study. This includes the Research Development and Innovation Office of the college, Barangay and Sangguniang Bayan officials.

The quantitative data was obtained through the adapted survey questionnaires, namely Solution Focused Inventory, Depression, Anxiety, and Stress Scales (DAS-21), and Brief Resilience Scale. The research team visited the nine municipalities and one city of the province of Davao del Sur.

For each municipality or city, a barangay was conveniently chosen. The researchers set a schedule with each barangay for the in-person conduct of the survey. One to two hours' time was scheduled for each barangay. The allotted time also varied depending on the availability of residents who voluntarily responded to the call for participation.

Meanwhile, the qualitative data collection was conducted simultaneously. Two of the research team members sought for participants who would agree to participate in a semi-structured interview. The interview for each participant lasted for 25 to 40 minutes. The responses of the participants were recorded, and consent was sought prior to the interview. Furthermore, respondents from the survey and participants from the interview were given a token of appreciation for their voluntary participation.

Data Analysis/Explication

With consideration to the nature of mixed method design, two approaches in analyzing the data were taken by the researchers. The quantitative data were analyzed using mean, standard deviation, and regression analysis with reference to objectives 1 to 6. Meanwhile, objective 7 involved qualitative data analysis.

The qualitative data was obtained through Colaizzi's (1978) method of analysis. Specifically, the researchers have undergone the following steps in analyzing the qualitative data: First, the researchers created and organized the data files. They transcribed the audio recordings from the interviews, read through the text, made margin notes, and formed initial coding. Second, the researchers identified significant narratives of the participants that are critical and directly relevant to the phenomena under investigation. Then, formulated meanings of the significant statements were created. This time maintaining analysts' observation of bracketing to ensure biases will not affect the findings. Fourth and fifth, clustered themes were generated putting together all similar codes or formulated meanings under the same category. All emergent themes were identified into an exhaustive description ensuring that the findings in terms of richness and completeness to provide description of the phenomenon under study are met. Sixth, the fundamental structure of was established by making amendments of the identified themes. Thus, eliminating ambiguity in the whole description. Finally, validation of the qualitative findings through member-checking was conducted with the interview participants.

Furthermore, the quantitative and qualitative results were integrated using joint display. The approach assisted the researchers in merging and connecting results from both methods by providing them with new insights. Both similarities and differences in the results from separate analysis were determined. Thus, it resulted in convergence between data.

Ethical Considerations

To ensure that respect for subjects' rights, needs, values, and desires in the conduct of the study, recommendations from the school technical panel were followed. This includes safeguards to protect the rights and privacy of the informants, namely anonymity and confidentiality. No personal and identifying information of the participants was revealed in the manuscript. The recordings and documents containing participants' signatures, contact numbers, social media accounts, and business addresses would be disposed of, ensuring that it must be irreversible with no chance of recovery. Before beginning the survey and interviews, the informed consent was presented and discussed so that the participants would have a clear understanding of the study's goal (See appendix A).

Trustworthiness was established guided by the four criteria of Guba and Lincoln (1985), as cited in Dezin and Lincoln (2018), concerning the use of credibility, transferability, dependability, and confirmability. The credibility was established with the use of standardized survey questionnaires and validated interview guide. Member checking was conducted with the eight participants to check if the written output was the same as what they shared. The researchers ensured the vividness of the research procedure presenting a detailed and rich description of the findings to extend its applicability to other contexts. In this manuscript, the research where the study was based was also presented highlighting the theoretical perspective as a guide. Finally, confirmability audit was conducted by a pool of experts of the institution. The researchers are connected to ensure the appropriateness of the procedure and accuracy of the findings, interpretations, and conclusions of the study.

RESULTS AND DISCUSSION

Presented in Table 1 is the demographic profile of the respondents of the survey in terms of sex, age, and municipality. As shown, the distribution of respondents is almost equal for sex while 82.85% are composed of 18-20 years old. Meanwhile, quota sampling was obtained with respondents coming from different municipalities and city of Davao del Sur. The 28% of the respondents were taken from the City of Digos, followed by Sta. Cruz, Matanao, and Hagonoy with 12.56%, 11.56%, and 10.40% respectively. The smallest number of respondents are from Kiblawan (5%) and Padada (6.55%). As declared in the limitations of the study, the researchers randomly selected available students in their respective areas during the data gathering.

Level of Solution Focused Thinking

There were five quantitative objectives that were answered by this study. The first one is the level of solution focused thinking of the respondents measured by problem disengagement, goal-orientation, and resource activation.

Presented in Table 2 is the level of Solution-focused thinking of the respondents that were analyzed in three dimensions. Results show that respondents from different municipalities report an average to high level of solution-focused thinking. This indicates that there is a strong emphasis in terms of problem disengagement, goal-orientation and resource activation. Data reveals problem disengagement with a \bar{x} 3.32, suggesting that there is a varied response of respondents among municipalities. Conversely, goal-orientation and resource activation present a high-level score from respondents with a \bar{x} of 3.76 and 3.60, respectively. This indicates a strong focus among respondents in achieving their goals and responsiveness to utilization of resources. The data implies that respondents are adept to solution-focused thinking which enables them to effectively visualize their objectives, create practical action plans, and recognize and utilize available resources (Selwyn & Gran, 2019).

Table 1. Demographic Profile of the Respondents of the Study

Demographics	Sample (n)	Percentage
Sex		
Male	256	49.33%
Female	263	50.67%
Total	519	100%
Age		
18-20	430	82.85%
21-25	89	17.15%
Total	519	100%
Municipality/City		
Malalag	32	6.17%
Matanao	60	11.56%
Magsaysay	46	8.86%
Digos City	113	21.77%
Kiblawan	26	5.01%
Bansalan	48	9.25%
Sulop	43	8.29%
Padada	34	6.55%
Sta.Cruz	63	12.14%
Hagonoy	54	10.40%
Total	519	100%

Note. Authors' development

Table 2. Level of Solution Focused Thinking by Municipality

	Problem Disengagement	Goal-Orientation	Resource Activation	Overall
Digos City	3.34	3.87	3.76	3.66
Matanao	3.26	3.74	3.64	3.55
Magsaysay	3.23	3.52	3.54	3.43
Malalag	3.31	3.87	3.60	3.59
Kiblawan	3.52	3.92	3.90	3.78
Bansalan	3.23	3.49	3.45	3.39
Sulop	3.41	3.68	3.53	3.54
Padada	3.35	3.84	3.48	3.56
Sta. Cruz	3.32	3.91	3.58	3.60
Hagonoy	3.24	3.76	3.53	3.51
Overall	3.32	3.76	3.60	3.56
Description	Average	High	High	High

Note. Authors' development

As indicated, Municipality of Kiblawan was regarded as the highest in terms of problem disengagement, goal-orientation and resource activation with a \bar{x} of 3.52, 3.92, and 3.90, respectively accumulating an overall \bar{x} of 3.78. In contrast, Municipality of Bansalan reveals the lowest overall score in all dimensions (\bar{x} = 3.23 in problem disengagement, \bar{x} = 3.49 in goal orientation, \bar{x} = 3.45 in resource activation), accumulating a \bar{x} of 3.39. Even so, data on Table 2 further suggests that young Filipino adults, if not all, are engaged in solution focused thinking when dealing or faced with life difficulties.

Problem disengagement, goal-orientation and resource activation constitute some of the most significant solution-focused thinking dimensions. According to Cavanagh and Grant (2010), problem disengagement allows a person to shift focus from problem to resources to solutions or other alternatives that work for the problem. While goal-orientation provides purpose and direction focused on solutions than problem (Van de Velde, 2024). Resource activation encourages the person to tap into their strengths and positive experiences that reinforce their notion of resilience through proactive means against challenges (Karahana & Hamarta, 2020). These three dimensions work together to make young adults better in handling and facing life's challenges. The result of the study also reflected what de Shazer and Berg (1997) considered as the capability of learning effective approaches towards change, goals, and discovering strengths.

Level of Depression, Anxiety, and Stress

The level of depression, anxiety, and stress of the respondents cannot be analyzed by summation of the three dimensions. DAS-21 is based on a dimensional rather than a categorical conception of psychological disorders. Hence, differences among the experience of depression, anxiety, and stress symptoms were essential in the interpretation. In this study, DAS was presented by municipalities.

Table 3. Level of Depression, Anxiety, and Stress by Municipality.

	Depression	Anxiety	Stress
Digos City	16	18	18
Matanao	18	19	20
Magsaysay	19	21	18
Malalag	17	23	19
Kiblawan	17	18	18
Bansalan	20	21	21
Sulop	18	18	19
Padada	18	19	19
Sta. Cruz	18	21	19
Hagonoy	16	19	17
Overall	18	20	19
Description	Moderate	Severe	Moderate

Note. Authors' development

Results from Table 3 reported that young Filipino Adults in Davao del Sur experience severe anxiety symptoms while depression and stress as reported symptoms were moderate. This result indicates that young Filipino adults of the province, today, when faced with life challenges suffer from severe anxiety. This conforms to the study of Labasano (2020) among Grade 11 students indicating that 17.4% suffer from severe anxiety while 51.1% were of extremely severe cases. Four out of five young adults in the Philippines were found to be at significant risk of anxiety (Serrano et al., 2023). This is also consistent with the research of Flores et al. (2018) that indicates high level of anxiety are associated with younger age, female gender, higher depression, lower quality of life.

Specifically, data shows that Municipality of Bansalan, despite having the highest Σ of 20 for Depression, indicates the same level of depression as other municipalities which is moderate. This suggests that young adults of Davao del Sur experience the same level of depression regardless of its geographical location and economic status. This conforms to the report of Puyat et al. (2021) on depressive symptoms among young adults in the Philippines. Their research indicates that 8.9% of young Filipino adults experience moderate to severe symptoms. In addition, in a study of 1,203 Filipinos from low-income communities, mainly rural, 21% of the participants experience depression which was associated with older age, higher distress and anxiety, and lower quality of life (Flores, et al. 2018).

In addition, data above shows that Municipality of Malalag has the highest Σ of 23 for Anxiety which is interpreted as extremely severe. Whereas Digos City, Municipality of Kiblawan and Sulop has the lowest Σ of 18 indicating a severe level of anxiety. Nonetheless, anxiety had been reported to be significant in terms of its level among young Filipino adults in Davao del Sur. This trend is consistent with an umbrella review conducted by Tan et al (2023) on the prevalence of anxiety in college and university students where results yielded a median of 32.00% and ranged from 7.40 to 55.00%.

Furthermore, Municipality of Bansalan has the highest Σ of 21 for stress indicating young adults' experience a moderate level of stress. While Digos City, Municipality of Kiblawan and Hagonoy only experience mild levels of stress with an average score of 17. This conforms to the study of Regencia et al., (2024) where prevalence rate of severe to extreme levels of stress amongst early and late emerging adults were only 13%.

Level of Resilience of the Respondents

Presented in Table 4 is the level of resilience of the respondents of the study. As indicated, young Filipino adults in Davao del Sur reported high level of resilience (\bar{x} = 3.54). This suggests that they have developed control, coherence, and connectedness in facing life circumstances.

Table 4 also shows that Municipality of Magsaysay obtained the lowest level of resilience (\bar{x} = 3.40). An average level of resilience was reported by the respondents of this study. On the contrary, the highest level of resilience was presented in Municipality of Kiblawan (\bar{x} = 3.75), Digos City (\bar{x} = 3.62), and Municipality of Malalag (\bar{x} = 3.60). These results suggest that resilience among young adults in the province varies. It must be noted that Davao del Sur is composed of diverse population with each municipality faced with adversity for the past years.

This high level of resilience confirms the study of Greenberg et al. (2016). They reported that resilience in young people is particularly important as it contributes to their ability to handle stress, overcome challenges, and develop into well-adjusted adults. Additionally, supportive relationships with family, peers, and mentors play a crucial role in fostering resilience (Masten, 2014). Protective factors such as social skills, academic competence, and positive role models also contribute to resilience (Greenberg et al., 2016). As reported in Ungar and Theron (2020), resilience evolves more than the quality of a person. They revealed in their systematic review that being resilient requires support to mental health and well-being to better able manage stressful situations atypically high. Moreover, Filipinos are known of its resiliency. This resilience has been shaped by a combination of cultural, social and historical factors.

Table 4. *Level of Resilience of the Respondents by Municipality*

	Resilience	Description
Malalag	3.60	High
Matanao	3.53	High
Magsaysay	3.40	Average
Digos	3.62	High
Kiblawan	3.75	High
Bansalan	3.37	High
Sulop	3.53	High
Padada	3.55	High
Sta.Cruz	3.58	High
Hagonoy	3.49	High
Overall	3.54	High

Note. Authors' development

Influence of Solution Focused Thinking to Resilience

As shown in Table 5, the significant value of the solution -focused thinking to resilience is .132. This likely represents the effect size or the regression coefficient, which tells us the magnitude relationship between solution-focused thinking and resilience. Since the significant value of .132 is higher than the alpha level of .05, this indicates that there is no significant influence between solution-focused thinking and resilience. Although the results give a positive value, it only indicates a low relationship between solution-focused thinking to resilience, meaning they have no direct effect.

Table 5. *Significant Influence of Solution Focused Thinking to Resilience*

	Sum of Squares	Df	Mean Square	F	Sig.
Regression	.439	1	.439	2.279	.132 ^b
Residual	99.313	516	.192		
Total	99.752	517			

Note. Authors' development

The result of this study contradicts with the report of Avci and Ataç-Öksüz (2023) reporting the significant relationship of resilience and solution-oriented thinking among nursing students in Turkey. They concluded that student's solution focused thinking skills must be assessed, hence determining its applicability in the curriculum to increase student's resilience. Aligned with this recommendation is the report of Taherkhani et al. (2023). They investigated the effect of positive thinking training towards resilience and life satisfaction. Their study shows that positive thinking significantly enhanced both resilience and life satisfaction, while the strengths of adults and being optimistic thinking will improve their well-being and individual's resilience. The reported findings claim the relationship of solution focused thinking to resilience. This suggests that being a positive thinker or solution-focused thinker has a significant influence on an individual's resilience. Meaning, individuals could be resilient when they encounter problems but instead of focusing on the problems themselves, they divert it to the solution of those problems.

In the context of therapy, Sağar (2022) who studied resilience among university students, found that the principles of solution focused are effective in increasing resilience levels. Similarly, Hendar et al. (2020) revealed the effectiveness of Solution-Focused Brief Therapy (SFBT) to clients and reported that when individuals focused on solutions and leverage their strengths will have a positive impact on their resilience. On the one hand, de Shazer (2021) in his findings on the effectiveness of Solution-Focused Brief therapy was found to have a positive impact on resilience levels; however, the correlation was relatively low. This means that there are other factors that can be attributed to developing resilience.

In the context of this study, demographic profiles such as age, gender, geographical location, and levels of depression, anxiety, and stress are identifiable factors that may have influenced the result. Hence, Avci and Ataç-Öksüz (2023) stressed in their study findings among nursing students that demographic factors such as gender, economic status, and grades predict level of resilience. More than this, there are strategies that contribute to psychological resilience along with self-efficacy such as solution focused approaches to learning, self-reflection, and skills practice. Deniz and Tasgin (2023) in their study highlighted that it can be integrated in the curriculum of students. Meanwhile, Bucknell et al. (2022) highlighted in their study on adaptive self-reflection and resilience that the variables have no direct relationship. Self-reflection is conceptually related with solution orientation approach.

Influence of Depression, Anxiety, and Stress to Resilience

Depression, anxiety and stress are considered negative psychological states that can influence an individual's resilience. Table 6 shows a result of .000 which refers depression, anxiety and stress to have a strong significant influence on an individual's resilience. This result indicates that depression, anxiety, and stress, as categorically interpreted, have a direct relationship with developing resilience.

Table 6. Significant Influence of Depression, Anxiety, and Stress to Resilience

	Sum of Squares	df	Mean Square	F	Sig.
Regression	95.488	1	95.488	516.369	.000 ^b
Residual	95.420	516	.185		
Total	190.908	517			
Regression	103.208	2	51.604	303.036	.000 ^c
Residual	87.700	515	.170		
Total	190.908	517			

Note. Authors' development

The result of the study conforms to the study of Chengjie Lyu et al. (2022) on the relationship between resilience, anxiety and depression. Their cross-sectional study found that higher levels of resilience are associated with lower levels of anxiety and depression. This means that as anxiety and depression go down, their resilience rises. Their study highlighted the importance of enhancing resilience as a strategy for reducing anxiety and depression.

On the other hand, the American Journal of Psychiatry (2010) published that those individuals who suffered from depression exhibit an enhanced resilience after managing and overcoming their mental health issue. Similarly, the Journal of Personality and Social Psychology (2012), wherein researchers explored stress-related growth, reported that individuals who experienced and overcame severe stress and depressive episodes have reported to increase their resilience afterward.

Depression, Anxiety and Stress as a Mediator Between Solution-focused Thinking and Resilience

Table 7 presents the result of depression, anxiety and stress as a mediator of the relationship between solution-focused thinking and resilience. The significant value of .000 indicates that the mediation effect is statistically significant. This suggests that solution-focused thinking lowers levels of depression, anxiety and stress and further suggests that higher levels of depression, anxiety and stress, in turn, increase resilience.

Table 7. Depression, Anxiety and Stress as a Mediator Between Solution-focused Thinking and Resilience

	Sum of Squares	df	Mean Square	F	Sig.
Regression	5.862	1	5.862	32.214	.000 ^b
Residual	93.890	516	.182		
Total	99.752	517			
Regression	7.895	2	3.947	22.131	.000 ^c
Residual	91.857	515	.178		
Total	99.752	517			
Regression	10.322	3	3.441	19.775	.000 ^d
Residual	89.430	514	.174		
Total	99.752	517			

Note. Authors' development

Various studies examine how depression, anxiety and stress mediate the relationship between solution-focused thinking and resilience. Although, limited studies can be found like the results of the study. Closely related findings include the study of Havnen et al. (2020) that stated how resilience can influence the effects of an individual's stress. They reported that individuals with higher levels of resilience in themselves will likely experience fewer negative outcomes in response to stress in comparison to those individuals who have lower resilience. Also, Habibi et al. (2016) demonstrated that participants who are more in solution focused thinking showed notable improvements in their positive mood that tends to reduce stress

and depressive symptoms. This means that solution focused thinking is effective in reducing depression, providing evidence that individuals who focus on solutions rather than their problems can lead to improvements in their mental health.

The role of depression as a mediator of the relationship between solution-focused thinking and resilience was reported (Smith & Doe, 2020). The study found out a significant relationship between depression, stress and anxiety and solution- focused thinking. It also showed a result of a significant relationship between depression, anxiety and stress and resilience. On the other hand, a different lens was presented in Karahan and Hamarta (2020). They revealed that the subscales of solution focused thinking are predictors of the level of depression, anxiety, and stress, and psychological well-being of university students. More so, the results of this study may imply that solution-focused thinking positively affects resilience indirectly by reducing negative psychological states such as depression, anxiety and stress. The mediation is highly statistically significant. Therefore depression, anxiety and stress mediate the relationship between solution-focused thinking and resilience. This also means that one-way solution-focused thinking enhances resilience by reducing the negative impacts of depression, anxiety, and stress, which in turn strengthens an individual's resilience.

Experiences of Young Filipino Adults in Demonstrating Resilience

The qualitative phase provides an explanation on remarkable areas identified in the quantitative phase. This phase analyzes the respondents' answers to a series of interview questions primarily focusing on aspects derived from experiences of young adults being resilient. The interview transcripts were extracted into codes that are categorized to main ideas and clustered based on the similarity of their aspects. This has derived into two general overarching themes: Resilience-shaking Adversities and Resilience-building Initiatives.

Resilience-Shaking Adversities

One general theme that is observed based on the participants' responses was adversities that challenge their resilience. These adversities that affected them include uncertainty about life, psychological distress, and socio-economic and relationship issues.

Uncertainty about life

Participants noted their worries about what life brings ahead. They are troubled with the present situation, and they experience anxiety, leading them to question their worth in this world. Some of the participants' verbatims include:

Akoang gina-problem ron kay akoang future. Kung asa ko padulong...kung unsa akong adtuan (T2, L237-238,P5).
(My problem now is my future. Where will life take me, where will I go.)

Daghan kaayo ug mga activities (school)... Naa na pod pag abot sa balay sugo sa mama. Maglibog ka sir unsay unahan nimo ba . kung unahan ba nimo pagskwela ba nimo o sa imong pamilya (T7, L306-308, P6).
(There are a lot of activities in school. Besides, my mother relies many chores for me at home. I am sometimes torn on what I have to do first, if I should put education or family first.)

Naay times nga ma-question nako akoang worth as tao, Sir (T6, L35, P1).
(There are times that I would question my worth as a person.)

Psychological distress

With the challenges faced, the participants reported experiencing anxiety and depression symptoms. They feel that the problems encountered are too big for them to handle. This made them feel depressed and anxious. In one of the interviews, one of them said.

Naay times nga down na down na jud ko sa akong sarili (T5, L34-35,P2).
(There are times that I felt really down.)

One of them felt overwhelmed from uncontrollable situations in personal and academic endeavor.

Magkapoblema kay kanang daghang activity. Daghan mga buhatonon,usahay nay mga project nga dili nimo mahimo (T8, L66-L67, P2).
(I felt problematic because of many activities. There are a lot of things to do; sometimes there are projects I cannot accomplish.)

Natrauma man gud ko ato that time (school)... Tapos nagdagdag patong nabagsak ko. Kato pong problema namo sa pamilya. Kanang walay kwarta bitaw (T8, L344-L351, P7).
(I was traumatized that time (school)...then, my failing grade has added up to it. We also have financial problems in our family.)

Socio-economic and relationship issues

The participants were vocal on their economic hardship. They stressed about lack of money and other resources to support their day-to-day needs, studies, and other needs outside of home and school. In addition, they highlighted some concerns in their family that were also giving them a hard time. Some of their expressed experiences were:

Usahay kay kanang kwarta. Labi nag daghan kaayug bayronon. Like karon wala pay klase pero daghan na kaayo ug bayronon labi na sa simbahan. Isa man gud ko ka altar server ug daghan bayronon ba, mao ng makapa stress sa akoo. Asa man ko manguha ani oy? Asa ko mangita ani? (T3,L237-241,P5).

(Sometimes, it's a financial problem. Specially, when there are a lot of miscellaneous to pay. Just like now, the school year has not yet started but there is a lot to pay especially at church. I am an altar server and there is a lot to pay, something that really stresses me. How will I pay them?)

Lima mi kabook mag igsoon. Kami kay magdalagahay pod mi, human kay naa gud mi murag mabuhay nga sala, gusto lang namo mag explain kung unsa ang tinood nga nabuhay ana. Usahay pasakitan na lang mi dayon ba (T7, L322-326, P6).

(We are five siblings in our teens. When we get to commit a mistake, we would want to have a chance to explain ourselves. But sometimes they will hurt us right away).

Uncertainty about life, psychological distress, and socio-economic factors are interconnected (Reiss et. al., 2019). It significantly contributes to increased anxiety and stress, particularly during life changes, including socio-economic aspects (Wu et al.,2020). Meanwhile, among university students, approximately 65% reported experiencing psychological distress due to academic pressures and social isolation prompting a need to facilitate mental health intervention (Giovenco et al.,2022). Moreover, many students are experiencing financial difficulties that hinder their academic pursuits and overall well-being, emphasizing the urgent need for improved financial support systems in higher education (Bartley et al., 2024). These emphasize the relevant comprehensive strategic intervention to aid mental well-being among students.

Resilience-Building Initiatives

This second overarching theme focused on the strategies employed by the participants in strengthening their resilience amidst life challenges. Themes that comprised this overarching theme were the participants ability to reframe one's thought, set goal-oriented actions, and utilization of internal and external support.

Ability to reframe one's thought.

Participants shared about their strategy of diverting attention to objects, people, or situations that can distract them from their problem. They also noted that always focusing on the problem will not solve it. Hence, reframing the mind to finding solutions was a good approach to dealing with life challenges. The participants highlighted response relating to this theme includes:

Ah. Gina-ano naku Sir, ginalingat nako akong atensyon Sir. Kanang ginalingaw nako akoang sarili like magtugtog kog gitara, mag play ug drums. Kana lang Sir. Ginabalhin naku akoang atensyon ba, dili naku ginapukos sa problema (T6, L184-L186, P4).

(Sometimes I would divert my attention. I would enjoy myself playing guitar or drums. I would lend my attention on other things and would not focus on the problem.)

Dili lang jud kaayo hunahunaon, Sir. Basta hunahunaon nimo ug mayo murag ma depressed ka murag ana ba (T7, L152-L154, P3).

(Do not really overthink. If you will overthink about it, it's as if you will be depressed.)

Dapat dili nimo padak-on imong problema. Ang dapat nimong buhaton kay kung unsa nang imuhang gidalang problema i-set aside nimo. Dili lang nimo siya padak-on pa... Mangita ka ug paraan para masolusyonan (T2,L290-293,P5).

(You need to make sure the problem wouldn't get bigger. All you need to do is to set-aside whatever problem it is. But make sure it won't build up. You need to find ways to solve it.)

Goal-oriented Actions

This theme is described by the participants as an act of discerning and checking problematic situations to be addressed. This will allow them to strategize and solve existing problems. They also considered transforming one's feeling into motivation to help them decide and plan what actions to take. Some of the participants' expressions on these are:

Kanang kuan sir hunahunaon nako kung kani sya angay ba ni sya buhaton para ma-overcome nako ni nga problema. Ug unsay buhaton nako, mangita ba kog... mga strategies ma-overcome nako ang problema (T4, L105-L108, P4).

(I would think carefully if this is the right thing to do to overcome the problem. And sometimes, I would find strategies to overcome this problem.)

Akong ginabuhay nga inspirasyon nga... kaning kamingaw nako ron kay buhaton nako ni nga motivation ba para makahuman (T5,L164-165,P5).

(I would consider this longing as inspiration and motivation to finish my education)

Some of the participants set goals with consideration of time and resources. They also strived to be independent when setting goals and solving problems. Some of their verbalizations are:

Kuan, Ma'am. Nag-apply kog scholarship. Tapos, ano nag part job (part-time job) gani ko. Mintras nag-swela ko Ma'am nag-trabaho sab ko. Kay para (para) ang income nako sa trabaho naa pud koy pang-allowance naa pud koy pang tuition (T1, L138-L140, P3).

(I applied for a scholarship and while I am studying I have a part-time job, so I would have allowance and at the same time I could pay for my tuition)

Yes po, makatabang ang independence sa akong kay ikaw naman ang maghunahuna kung unsaon nimo pagkuan sa kwarta , pagbudget sa imong kwarta. Ikaw na pod ang muhatag sa imong sarili, unya ah makahunahuna ka nga... usahay makaya man diay nimo nga bisan kuan walay suporta sa akong ginikanan (T5,L91-94,P4).

(Yes. Independence is really helpful because you get to decide for your own finances, you get to also provide for you own. Aside from that, you will also realize that you can survive despite not having a support from your parents.)

Internal and External Support

The participants referred to self-directed attitude, positive mindset, and faith to God as means of internal resources. They find these essential to be resilient. Similarly, they also find external support beneficial. Support from friends, family, and significant others. Participants verbalizations are as follows:

Ginahimo ginamotivate nako ang akoang kaugalingon. Kini problema ra ni so mas... ma-express or kanang ma-evolve gud, kanang mapalambo pa nako akong kaugalingon nga kini kaya naku ni problemaha ni. Himoon gyud ko ni nga inspiration para ma-up akoang kaugalingon ug makuha pud nako ang goals gud (T3, L153-158,P3).

(I motivate myself. I can handle this problem and this will contribute to a better change for me. I will make this an inspiration to elevate myself to attain my goals.)

Akoang gipinaagi gyud nako na pag-ampo gyud like kanang unta mahuman ra ko ni, kay kung problemahon nimo na mag-problema sad pud ka (T3, L106-108,P2).

(Prayers are really my means; that I would accomplish things, because if you will dwell on the problem, then, you will be problematic.)

Para sa akong ..ah modool ko sa akong ginikanan. Human magpatambag pod ko kung unsaon pagsulbad ani, pagsulbad ato,sa akong problema (T5,L139-140,P4).

(To me, I would approach my parents and seek advice how to resolve my problem)

As of now, kay naa koy uyab Sir. Gustohon man naku Sir na mag-open ko sa akoang pamilya pero naay hindrance, naga-hindrance sa akong Sir ba nga dili ko mu-open up sa ilaha ba kay wala ko naanad pagkabata (T6, L196-200, P4).

(As of now, I have a lover. As much as I wanted to open to my family, there's a hindrance, I was not used to it since I was a child.)

Young Filipino adults' resilience is associated with many factors. One of these is the ability to reframe one's thoughts. While facing an uncertain and difficult situation people can find hope and positivity in it. Rand et al. (2020) found out that hope is a predictor of a student's performance in college, while optimism was reported to lower down negative affect experience by a student over the course of a semester. The same was also found in Usán et al. (2022) who reported on the relationship of self-efficacy, optimism, and academic performance of students. On one hand, students became successful because of their ability to set goals and resources. High performing students are dominated by their internal educational, cognitive, professional motives, life meaning, and have established goals (Litvinova, 2022). She also added that external motives, planning, thinking through, and detailing actions on intended goals had been contributory to average performers in school.

Further, social support was highlighted to be a contributor for a person's engagement in school. However, it must be noted that life satisfaction is a mediator of this relationship. These was reported in the study of Chen et al. (2023) who later pointed out life satisfaction and academic motivation as players of the relationship of social support on academic engagement. The findings of this study simply conform to the report considering that internal resources include one's motivation and life satisfaction, and social support as an example of external influences, which in turn strengthen one's resilience.

Data Integration of Salient Quantitative and Qualitative Findings

Using a joint display approach, the quantitative and qualitative data were corroborated in this study. Based on the initial results, explanations are presented in this section on the level of solution focused thinking, depression, anxiety, and stress, and resilience, and the relationships of the variables of this study.

Merging-Converging. Results revealed that it is common among Filipino young adults to set goals and use various resources (internal and external) in dealing with various life situations. Filipinos are known for being good at setting goals, while strong family ties serve as primary support in any crisis. Ang and Diaz (2017) identified in their study the protective factors of Filipinos such as rationalization, resourcefulness, and humor. All of these are beneficial in planning and keeping the motivation to strive. On one hand, the family is the main source of strength and support for Filipinos (Garay et al., 2020). They added that experience of hardship, criticism, and sacrifice are common expression of this collective culture of Filipinos.

Disengagement with problematic situations, on the other hand, has been a strategy for some by reframing their thoughts about their problems. This can be related with Filipino culture of optimism. In a report of Dela Peña (2023), the Social Weather Station 2022 survey revealed that 49% of Filipinos are hopeful for a better life. Another trait of young adults reflective of the study findings is risk-taking or "bahala na" attitude. Nicomedes et al. (2020) presented a study finding stressing that high risks behaviors and socio-emotional engagements are examples of less good resilience. These are

behaviors of adults that can be considered maladaptive. On the contrary, a prior study claimed that “bahala na” attitude of Filipinos now involves the use of rational assessment of resources resulting to goal attainment (Menguito & Teng-Calleja, 2010). Moreover, these beliefs of young Filipino adults may not be the best indicator of active problem-solving but appears to be helpful to them in dealing with their problems.

Anxiety is severe among Filipino young adults. Their common concerns include worries about what life brings ahead for them, and their worth as a person. Sources of their anxiety are common examples of existential questions of humans. This means that this generation is conscious about the future and gets anxious when uncertainties come their way. In addition, stressors include socio economic hardship, and relational and financial concerns with family. They also experience symptoms of depression evidenced in their moderate rating in the dimension of DAS. Cebu et al. (2023) reported that students experience moderate to high level of academic anxiety. While the level of school related anxiety is different across age, these existential questions of young Filipinos also emanate from the struggle in school. More than this, in a study conducted by AXA Philippines in 2023, they found out that young people at age 18-to-24-year-old bracket experiences depression and anxiety. It is also important to note that this data is higher than global numbers (depression kick in at 35% vs. 27% globally, and anxiety is at 16% vs. 12% globally).

Although, it was not part of the study objectives, a factor on the moderate depression and stress symptoms, and severe anxiety among respondents can be the help-seeking behavior of today's generation. In the study of Vejano et al. (2021), they found out that attitude and help-seeking behavior towards mental health has a weak correlation. Thus, they pushed for establishing a proper initiative towards mental health. Even then, the solution focused thinking level of young Filipino adults is high. This results in moderate to severe depression, anxiety, and stress level. These DAS symptoms experienced by young adults made them more resilient. With young Filipino adults having high level of SFT, even if the depression or anxiety level of an individual increases, he is guided to notice the small ways to cope with problems and that small solutions begin to develop a sense of resiliency. As highlighted in Nicomedes et al. (2020), themes that relates to coping and resilience of Filipino people according to Felipe Landa Jocano were faith in God, humor, and community. Further, these were confirmed by the findings of this study.

Finally, to answer the last sub-problem of this study, a solution focused program was proposed by the researchers. From the findings of the study, the activities identified were anchored on the principles of Solution-Focused Therapy of Steve de Shazer and Insoo Kim Berg (1997). The program will enhance young adults' skills in adapting to a healthier coping mechanism and in generating solutions to problems grounded on utilizing internal and external resources. Also, the SFT program developed would allow the recipients to learn effective approaches that emphasize positive change, set goals for future opportunities, and utilize strengths to deal with challenging situations. Furthermore, the proposed activities in the 6-week intervention program were in response to the present depression, anxiety, and stress level of the young Filipino adults (18 to 25 years old) in Davao del Sur.

Limitations of the Study

The respondents of the study were young Filipino adults. The age bracket is 18-year-old to 25-year-old from various Barangays, Municipalities and City in Davao del Sur. The study did not include out-of-school youth coming from each area; thus, limiting the study results to students' perspective only. Also, one to two barangays for each municipality were pre-identified based on available gatekeepers known by the researchers. This limitation, however, is a fertile ground for future research that may cover a more diversified sample covering young adults regardless of socioeconomic status, education level, and age.

The number of interviewees for this study was limited to eight only. Although responses reached saturation, more transferable findings can be generated from a bigger number of participants. In the same way, focus group discussion can be integrated by other interested researchers on this topic. Replication of this study utilizing more data sources may be conducted.

FINAL REMARKS

This study concluded that young people from Davao del Sur are solution focused thinkers and resilient. Problem disengagement, goal orientation, and resources activation have been a few of the approaches in dealing with life challenging situations. On the contrary, they have moderate levels of depression and stress, and severe levels of anxiety. Contributory to these results were worries about the future, socio-economic situation, and family relationship issues. Solution focused thinking is not directly related to resilience of young Filipino adults. Although, using strategies anchored on it may help them to remain resilient through time.

Depression, anxiety, and stress experienced by young Filipino adults were significantly influential to one's level of resilience. Considering that solution focused was demonstrated by young adults, it is also imperative to say that this helps moderate their mental health issues symptoms; thus, increases their level of resilience by reframing thoughts, goal-oriented action, and use of internal and external support. The findings of the study confirm the collective and positive approach of Filipinos when dealing crisis situations.

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Contribution of each author to the manuscript:

Task	% of contribution of each author				
	A1	A2	A3	A4	A5
A. theoretical and conceptual foundations and problematization:	50%	20%	10%	10%	10%
B. data research and statistical analysis:	20%	20%	10%	30%	20%
C. elaboration of figures and tables:	20%	20%	20%	20%	20%
D. drafting, reviewing and writing of the text:	40%	15%	15%	15%	15%
E. selection of bibliographical references	20%	20%	20%	20%	20%
F. program development	50%	20%	10%	10%	10%

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There is no conflict of interest.

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