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BS PSYCHOLOGY 301

WEEK 5: MODULE 4

Output 3: Values-in-Action Cultural Analysis

“Kapwa in Everyday Lives”

In Sikolohiyang Pilipino, the concept of kapwa is considered the core of Filipino social identity (Shared Identity). According to Sikolohiyang Pilipino, kapwa refers to the recognition that the self is not separate from others but shared with them. This perspective mold how Filipinos build relationships, interacts and respond to the needs of other people. Unlike individualism that emphasize independence, Filipino culture highlights interconnectedness and being a collectivist. The concept of pakikipagkapwa therefore reflects how Filipinos maintain harmony, empathy, and mutual support in everyday life. This paper discusses my personal experience in a group research activity and explains how it reflects the Filipino value of kapwa and the different levels of pakikipagkapwa.

One situation where I personally experienced the value of kapwa was during our group research last year. As a group, we were assigned to work together in completing a research paper. During the process, one of my groupmates experienced personal challenges that made it difficult for her to complete her assigned tasks on time and missed the deadline of it. Instead of becoming frustrated or blaming her, our group chose to support her as a group and understand her situation. We discussed the problem as a one and decided to divide the tasks among ourselves so the work could still be finished before the deadline.

From my perspective, this experience clearly showed the Filipino value of pakikipagkapwa. At first, we practiced pakikisama, which focuses on maintaining smooth interpersonal relationships within the group. Rather than creating conflict, we chose cooperation and understanding. As we continued working together, our interaction developed into pakikipagpalagayang-loob, where there was trust and openness among the members. My groupmate felt comfortable sharing her situation, and we listened without judgment. Because of this trust, we were able to help her without making her feel excluded from the group.

The experience also reflected pakikiisa, which is the highest level of unity in Filipino social interaction. As group members, we treated the research project as a shared responsibility rather than focusing on individual performance. We believed that the success of the project depended on everyone working together and supporting one another. Instead of thinking only about our own tasks, we considered the well-being of the entire group.

From the perspective of Sikolohiyang Pilipino, this situation demonstrates how Filipino social behavior is guided by empathy and collective responsibility. Filipinos tend to view others as part of their extended self, which encourages cooperation and understanding. Enriquez explained that Filipino relationships gradually move from simple interaction to deeper unity. In my experience, our group began with basic cooperation but eventually developed genuine trust and mutual support. This shows how kapwa influences how Filipinos respond to challenges within a group setting.

My experience during our group research explains how the concept of kapwa is practiced in everyday life. Through cooperation, understanding, and shared responsibility, our group demonstrated Filipino values such as pakikisama, pakikipagpalagayang-loob, and pakikiisa. Instead of prioritizing individual success or win, instead we focused on supporting one another and maintaining a group harmony. Understanding kapwa through Sikolohiyang Pilipino helps explain why Filipinos emphasize relationships, empathy, and unity in social interactions. This experience strengthened my awareness as a Filipino that Filipino identity is deeply from the connection with others, highlighting the importance of compassion and cooperation in achieving shared goals.