

## Customs

Being corrected or correcting another person in public is unacceptable behavior. People often say "yes" in order to grant all requests.

When asked to join a family meal, the offer must be refused, until asked a second time, and then the offer may be accepted.

Time consciousness and time management are not usually important attributes. A Filipino person may show up very late to an appointment. Hospitality is a prime quality. Filipinos readily go out of their way to help.

Non-verbal language, such as pointing with one's lips, is a main element in communication. Lifting the eyebrows is a general greeting. A long lift of the eyebrows is used to ask a question.

## Drugs/Alcohol

Drugs: Illegal drug trade is a serious national concern. The two most valuable and used drugs are marijuana and methamphetamine.

Alcohol: Women are expected not to drink alcohol in public.

## Religious Practices

The Philippines is the only nation in Asia to be Christian. About 80 percent of the people are Roman Catholic and the rest of the population is made up of Muslims, Buddhists, Taoists, and other Christian denominations.

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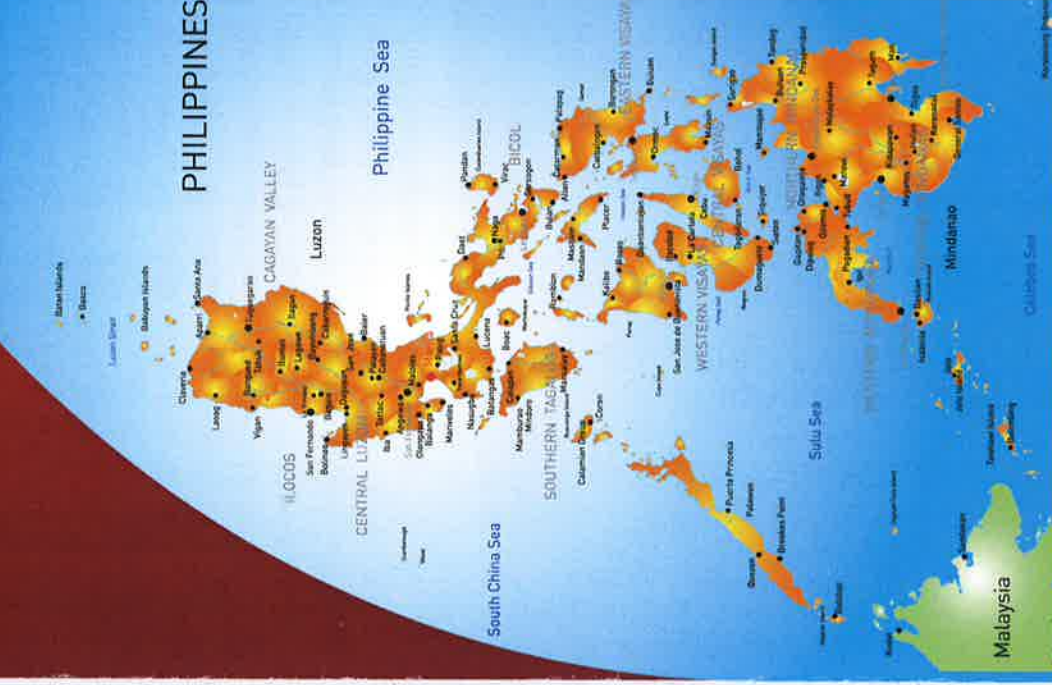
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# Filipino's Culture



# Who are the Filipinos?

## Background

The Republic of the Philippines is a nation consisting of about 7,000 islands, for a total area of about 100,000 square miles. The Philippines is found on the Pacific Rim of Southeast Asia. Located near Malaysia, Indonesia, Vietnam and China, the population was about 98 million in 2013.

The islands are volcanic in nature and the climate is hot and humid due to the country's location to the equator. The cool months are November through January and the summer months of April and May are believed to be the hottest. Typhoons can occur June through November.

The official language is Filipino, which consists of Tagalog and other native languages, and English. About half of the Filipino people speak Filipino fluently. English is primarily used in school, the courts, and the government. The Philippines is actually the third leading country of English speakers.

## Family Structure

The extended family is the most important societal unit. Women's closest friends are those from her family. One child stays in the home to take care of parents and grandparents. This child is usually a daughter. The home may consist of children from extended family and aunts and uncles who are single. Due to the mother and father working outside the home, grandparents are the primary caregivers to children. Multiple houses may be located on one lot to keep the family close.

## Medical Practices

Traditionally balance is key in the Filipino culture. A person is believed to become ill when there are too many hot and cold shifts. An individual can also become ill when there is a sudden change in weather. To cure a person of illness, one must restore the balance. To restore this balance, one can use prayers and rituals, herbal plants, and massage of body tissue and bones.

Western medicine The Health Care Law of 1995 gives citizens free basic health care.

Children receive free vaccines. People living in rural areas ride the bus for hours to reach a hospital. Ambulances are funded by lotteries or are gifts from congressmen. Private hospitals are considered to be better than public hospitals. Kasamas (companions) stay with patients during hospital stays. Kasamas help with nursing chores by talking with the doctor, getting food trays, and giving baths.

## Children

Family members raise infants. When children are young, they are sent to live either with aunts or grandparents for an extended period of time. Infants are usually held when awake until they can walk. Children are included in every activity and learn by observing others.

Usually, one member of the family will remain with a sleeping infant since infant mortality is quite high. Children are rarely left alone due to the adults' desire for company. Children are not pressured to be potty trained or eat at the table. They typically eat off of their parents' plate until the age of six. Children must learn obedience, authority, and have a religious faith.

## Education

Filipinos have a deep regard for education, which they view as a primary avenue for upward social and economic mobility. From the onset of United States colonial rule, with its heavy emphasis on mass public education, Filipinos internalized the American ideal of a democratic society in which individuals could get ahead through attainment of a good education.

Middle-class parents make tremendous sacrifices in order to provide secondary and higher education for their children.



## Death

The beliefs around death are largely based on the Catholic views. Men are reserved during the grieving process while women openly grieve. It is common for women to cry, hug the castret, and swoon because showing a lot of emotions for the dead is viewed as more respectful. Showing a lot of emotion also is believed to show that the person was very loved. A wake, or a vigili, that typically lasts three to seven days, is held in a home where people gather to respect the deceased. During a wake, the castret is surrounded by flowers and funeral lights. No expense is spared for a funeral and as a sign of condolence, people make financial donations to the family to help with burial and funeral costs.