

The Impact of Stabbing Incident in Ilocos Norte

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Abstract

This study aimed to understand the impact of stabbing incidents on survivors in Ilocos Norte and to examine how they are living years after the traumatic event. Stabbing remains a serious form of violence in the Philippines and worldwide, often linked to social conflict, poverty, and substance abuse, yet limited local research has focused on the long-term experiences of survivors. To address this gap, the researchers used a qualitative phenomenological design to explore the lived experiences of five adult survivors from different towns in Ilocos Norte. Data were gathered through validated semi-structured interviews, recorded, transcribed, and analyzed using thematic analysis to identify shared patterns and meanings.

The findings revealed that survivors continue to experience lasting physical limitations, including chronic pain, reduced strength, and difficulty performing daily and work-related tasks. These physical effects often led to feelings of helplessness and reduced self-worth. Survivors also reported ongoing fear and anxiety, becoming cautious and avoidant in social situations to protect themselves from further harm. Despite these challenges, the participants demonstrated resilience. Many worked in farming, informal labor, or small businesses to rebuild financial stability. They also described meaningful lifestyle changes, such as avoiding alcohol, distancing themselves from risky situations, and prioritizing family and community responsibilities.

The study concludes that while stabbing incidents have strong and long-term physical, emotional, and economic effects, survivors are capable of adapting and rebuilding their lives. The findings highlight the importance of trauma-informed care, livelihood support, and community-based programs to promote recovery, strengthen support systems, and contribute to safer and more compassionate communities.

Keywords: Stabbing Incidents, Survivors of Violence, Lived Experiences, Ilocos Norte.

Chapter 1

The Problem & Its Setting

Introduction

A stabbing incident is fundamentally an act of interpersonal violence where an individual uses a sharp or pointed weapon, most commonly a knife, to inflict physical harm. These violent acts are not limited to a single location, occurring in diverse environments such as homes, public spaces, and workplaces, and they range from isolated assaults to more widespread, coordinated attacks. The root causes are often complex, frequently stemming from a confluence of factors including interpersonal conflicts, substance abuse, involvement in gang activities, and underlying mental health issues.

From an international perspective, stabbing incidents present a significant and growing public safety concern across the globe. Research, such as the comprehensive study by Amman et al. (2022), highlights the alarming scale of mass stabbing attacks, often noting they are perpetrated by single, male offenders and have a considerable link to reported mental illness. These incidents are a stark feature of urban violent crime worldwide, frequently associated with social deprivation and organized criminal activity.

In the Philippine setting, stabbing is a notable and tragic aspect of the country's struggle with violent crime. The Philippine Statistics Authority (PSA) recognizes it as a common method of homicide. Reports consistently show a rise in stabbing cases in major urban centers like Metro Manila, underscoring the urgent need for effective, targeted intervention strategies. This national context includes various incidents, from street fights and domestic violence cases to tragic events within school grounds. Locale-specific studies, especially those focusing on major cities, further delve into the socioeconomic and gang-related factors influencing these violent acts, providing crucial nuances for prevention.

Given the pervasive nature and devastating consequences of such violence, the general objective of this study is to understand the lives of the survivors of the stabbing incident in Ilocos Norte. By gathering detailed narratives, this research aims to shed light on their complex experiences, the challenges they face, and the remarkable resilience they exhibit in the aftermath of these traumatic events.

Background of Study

The problem of stabbings is a significant global concern, evidenced by international studies on mass stabbings, a rise in knife crime noted by the UK's Office for National Statistics, and its connection to poverty and gang activity. In the Philippines, stabbing is a common cause of homicide, according to the Philippine Statistics Authority, with spikes reported in major cities like Metro Manila. The issue is complex, involving youth gangs, domestic disputes, and socioeconomic factors. While existing local studies from Cebu and Davao are helpful, the text emphasizes the urgent need for focused, localized research, such as the study being conducted in Ilocos Norte.

This research is significant to Criminal Justice. By analyzing the complexities of stabbing incidents and their aftermath, the study directly contributes to the enhancement of the college's curriculum and the professional training of future law enforcement personnel. The findings will provide essential insights into violent crime dynamics and evidence-based prevention strategies, equipping students with a deeper, research-grounded understanding of the challenges they will face in their careers.

Despite the existing body of national and international literature, a significant research gap persists in the current understanding of stabbing incidents. Previous studies have a limited focus on the mental health impact on survivors and perpetrators. There is also a lack of evaluation on the effectiveness of specific prevention strategies, such as "free-knife initiatives." Finally, many studies have provided inadequate consideration of the socioeconomic factors that contribute to stabbing violence. This current study attempts to bridge these gaps by focusing on the lived experiences of survivors and the comprehensive impact of the trauma.

This qualitative study aims to explore the impacts of the stabbing incident on the survivors and the current life situation of the survivors of the stabbing incident.

Statement of the Problem

The main aim of the study is to understand the lives of survivors of stabbing incidents. Specifically, it seeks to answer the following questions:

1. What are the impacts of the stabbing incident on the survivors?
2. What is the current life situation of the survivors of the stabbing incident?

Theoretical Framework

The theoretical framework outlines key theories that help explain the research problem. The following theories are chosen for their relevance and are explained below:

Resilience Theory

Resilience Theory focuses on the ability of individuals, communities, or systems to withstand, absorb, and recover from adversity, trauma, or significant stress. It emphasizes coping mechanisms, adaptability, and support systems that foster resilience, enabling them to navigate and bounce back from challenges (Masten, 2001).

This theory can be applied to the study of stabbing incidents in Ilocos Norte, as it will examine the survivors' ability to withstand, absorb, and recover from trauma. It will focus on coping mechanisms, support systems, and adaptability, helping the survivors and their families deal with the aftermath of the violent incident.

Trauma Theory

Trauma Theory examines the impact of traumatic experiences on individuals, communities, and societies. It posits that trauma can disrupt an individual's sense of safety, identity, and relationships, leading to long-term physical, emotional, and psychological consequences. Trauma Theory highlights the importance of understanding the complex and varied responses to trauma, including post-traumatic stress disorder (PTSD), and informs the development of trauma-informed care and interventions aimed at promoting healing and recovery.

This theory can be applied to the study as it will examine the profound impact of violent experiences on survivors' emotional, psychological, and social well-being. It highlights how stabbing incidents can lead to long-term effects like anxiety, depression, PTSD, and altered worldviews.

Social Support Theory

The Social Support Theory (Cohen et al., 2015) emphasizes the importance of social connections in helping individuals cope with stress, trauma, and adversity. According to this theory, social support from family, friends, and institutions plays a crucial role in aiding recovery and rehabilitation. This theory is relevant to this study, as it provides a framework for understanding the impact of stabbing incidents on survivors and their current life situations, highlighting the importance of formal and informal support systems in their recovery.

Conceptual Framework

The researchers use the IPOO model, which illustrates the relationship between the four major components of the conceptual framework: input, process, output, and outcome. According to an Input-Process-Output-Outcome model, it is a functional graph that identifies the processing task required to convert input to output and its outcome. It defines the relevant objectives for the research process and maps out how they come together to draw coherent conclusions (Swaen, 2022).

The research was initiated with Input from the impacts of the stabbing incident on the survivors, and the current life situation of the survivors of the stabbing incident.

The process used a qualitative method through phenomenological design to explore the impact of the Stabbing Incident in Ilocos Norte. Data were collected through semi-structured interviews, allowing participants to share their thoughts and emotions. The interviews were transcribed, coded, and analyzed using thematic analysis to identify key themes reflecting the impacts of the incident and the survivors' current life conditions.

This output provided a comprehensive, analytical view of the documentary entitled *Recovery Journey of Survivors of Stabbing Incident in Ilocos Norte*, with a particular focus on its core themes, key findings, and broader implications for the community. It critically addressed the personal and social impacts depicted in the film, alongside the current life situations of the survivors, while underscoring the necessity for trauma-informed, holistic responses to violence.

The outcome of the study shows that the documentary increased viewers' awareness of the effects of violence on individuals and communities. It promoted empathy, encouraged support for victims, and emphasized the importance of safety and violence prevention.

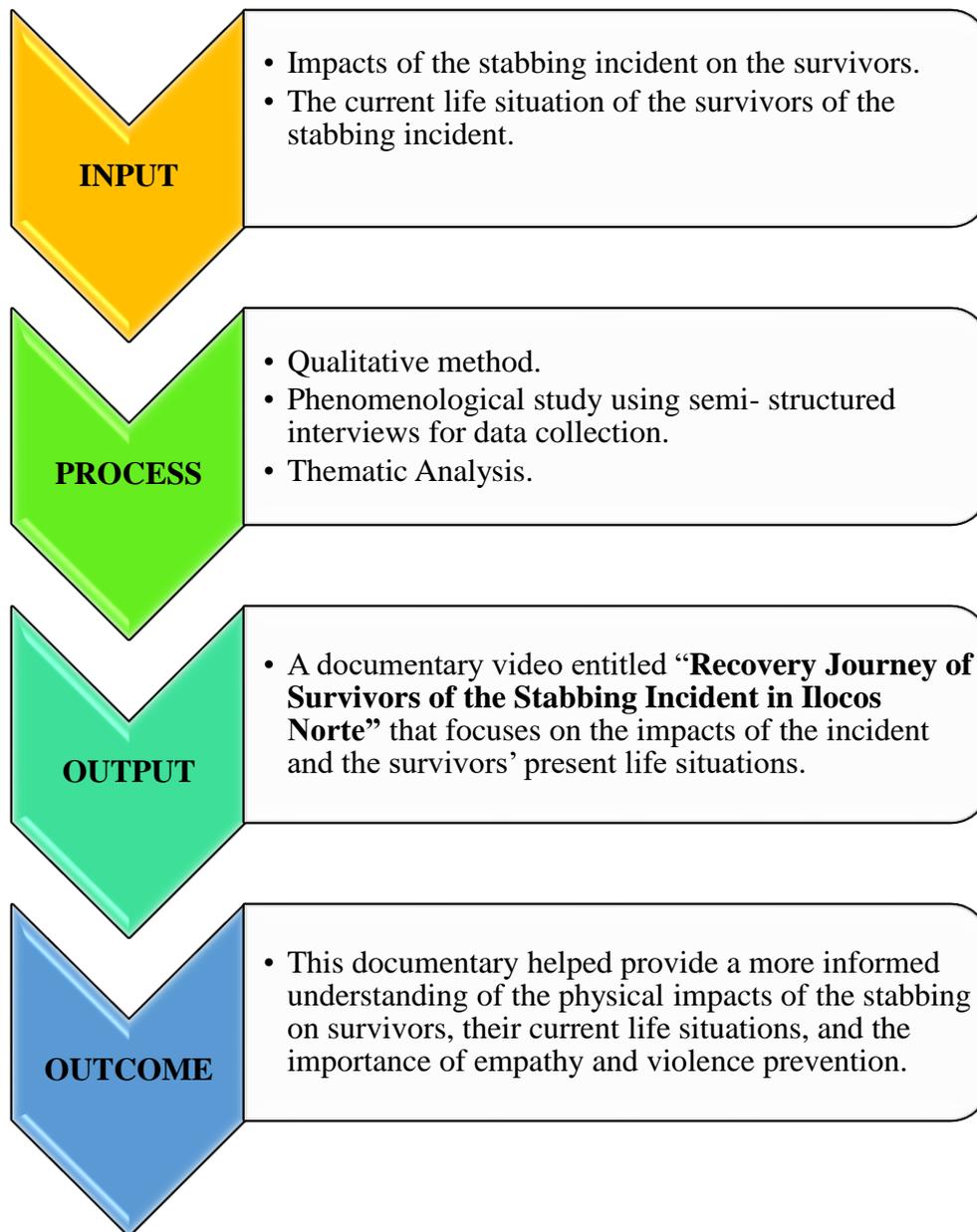


Figure 1. Paradigm of the Study

Significance of the Study

This study offers an understanding of the experiences faced by the survivors of stabbing incidents in overcoming their challenges and is expected to benefit the following:

- **Stabbing Incident Survivors.** This study provides a platform for survivors of stabbing incidents to share their experiences and voices to be heard, promoting healing, empowerment, and recovery.
- **Families.** This research will contribute to a better understanding of the impact of trauma, which can help families of survivors provide more effective support, ultimately strengthening family relationships and promoting recovery.
- **Local Government Unit (LGU).** The research will provide an empirical basis to inform local government policies and programs aimed at preventing violence, promoting public safety, and providing support services for survivors of stabbing incidents.

- Philippine National Police (PNP). It can offer valuable insights for the Philippine National Police in developing evidence-based strategies for preventing and responding to stabbing incidents, ultimately contributing to a safer community.
- Community. The study can raise public awareness about the impact of violence and emphasize the importance of community support for survivors, promoting a more empathetic and inclusive environment for those affected.
- Future Researchers. This study serves as a foundation for researchers seeking to explore the physical, emotional, and social challenges faced by injury survivors. It will provide important data for future studies aimed at improving rehabilitation and support systems.

Scope and Delimitation of the Study

The study focused on the lives of survivors of stabbing incidents. Specifically, the impacts and current life situation of the survivors of the stabbing incident.

The study included five survivors from Ilocos Norte who had been recovering for 10 to 20 years after their stabbing incidents. The research was conducted during the first semester of S.Y. 2024-2025 through the second semester of S.Y. 2025-2026.

Definition of Terms

To ensure clarity and consistency, key terms in the study are defined both technically, based on scholarly meanings, and operationally, based on how they are used and measured in this research.

Stabbing Incident. This is an event where a person is stabbed or pierced with a sharp object, resulting in a physical injury that requires medical attention.

Stabbing Incident Survivor. This is an individual who has experienced a stabbing incident and is still alive, as evidenced by their ability to participate in an interview and share their experiences.

Impact. In this study, impact refers to the effects experienced by individuals as a result of the stabbing incident.

Current Life Situation. This refers to the present circumstances, experiences, and challenges faced by individuals, particularly survivors of the stabbing incident, encompassing physical, emotional, social, economic, and daily life aspects. It describes their current state of well-being, difficulties, and adaptations after the traumatic event.

Chapter 2

Review Of Related Literature and Studies

This chapter presents a review of both local and international literature and studies relevant to the research topic, The Impact of Stabbing Incidents in Ilocos Norte. It aims to provide a theoretical and contextual foundation for understanding the effects of such incidents on individuals and communities.

Evaluation of Stabbing Assault Injuries in a Tertiary Emergency Department

This retrospective observational study examined stabbing assault injuries among 648 patients admitted to a trauma center in Turkey, identifying the anatomical sites of injuries and associated clinical outcomes.

The majority of wounds involved the extremities, thorax, and abdomen, with significant proportions requiring surgical intervention, hospitalization, or intensive care support.

The study also found that stab wounds contributed substantially to intentional violence cases, reflecting broader public health concerns about interpersonal violence and trauma burden on emergency healthcare systems. The severity of injuries, complications, and mortality rates underscores the critical need for robust trauma care and preventive measures to mitigate stabbing incidents.

Mechanism of Penetrating Injury and Long-Term Outcomes for Survivors

This study compared outcomes for survivors of penetrating violence, distinguishing between stabbing and firearm injuries over 3 years. It found that stabbing victims faced high risks of reinjury by stabbing or assault and were significantly more likely to die by drug or alcohol overdose compared with other trauma victims.

The findings highlight the importance of integrated intervention strategies that combine violence prevention with substance abuse treatment, as stabbing survivors showed distinct risk profiles that require tailored support beyond immediate medical care.

The Rising Burden of Penetrating Knife Injuries

This epidemiologic analysis reported an increasing incidence of penetrating knife injuries recorded over several years at a major trauma center in London, showing that such cases accounted for nearly 12% of all major trauma alerts. The data revealed a spike in injuries during evenings and weekends, with a majority involving thoracic and abdominal trauma.

By documenting trends in knife violence across demographic groups, this study emphasizes how stabbing incidents contribute to healthcare burdens and underscores the need for targeted public health interventions and violence reduction strategies.

Injury by Knife Crime among Children and Socioeconomic Deprivation

This observational study focused on children presenting with knife crime–related injuries, finding a strong association between socioeconomic deprivation and risk of stabbing injuries. Children from poorer areas were disproportionately represented among victims, suggesting broader structural factors influencing vulnerability to violent acts.

The study also discussed gang involvement and community violence, recommending multifaceted prevention efforts that address underlying social issues in addition to crime enforcement.

Exploring the Contributory Factors of Homicide Victimization in Pampanga (Philippines)

This descriptive study in Pampanga analyzed homicide data from 2019–2022, finding that stabbing and hacking with bladed instruments were among the most common methods of violent crime, often associated with heated arguments and alcohol use.

The research highlighted the role of situational and contextual factors in violent incidents, noting patterns of occurrence in public and private settings and recommending community-based crime prevention programs informed by local data.

Location and Types of Crimes in the Philippines: Insights for Crime Prevention and Management

This national study examined crime patterns across Philippine regions using government data, categorizing index crimes, including crimes against persons. It revealed variations in crime incidence by location and suggested that targeted policing and surveillance could reduce violent crimes, including stabbing incidents.

The research provided insight into how socio-structural interventions and law enforcement strategies can inform local violence reduction efforts, highlighting the need for localized crime surveillance and response planning.

Datasets of Fire and Crime Incidents in Pampanga, Philippines

This study presented crime incident data from Pampanga, showcasing temporal and spatial characteristics of various crimes documented by local agencies. While not focused solely on stabbing incidents, it illustrated patterns in violent crime reporting that can help contextualize stabbing within broader crime dynamics.

The data emphasizes how crime trends fluctuate over time and season, providing information that can assist policymakers in allocating resources and designing preventive strategies tailored to local conditions.

Epidemiology of Knife Injuries at a Major Hospital (Egypt)

This epidemiologic study of knife injuries at Ain Shams University Hospital in Egypt found that knife-related injuries comprised 22.9% of all emergency cases, with most victims recovering completely. The study recommended establishing surveillance systems to monitor and prevent knife violence, reflecting the importance of data collection in violence prevention.

Although focused on a different region, the findings reinforce the global significance of strategic prevention efforts for knife and stabbing incidents.

Age-Related Injury Patterns Resulting from Knife Violence

This cohort study of 3,583 patients highlighted that stab wounds in younger people often involved multiple body regions and that knife violence trends have increased across age groups. The research called for expanded educational and outreach initiatives aimed at reducing weapon carriage and awareness of risks.

It also underscored that even physically “minor” stab wounds can have significant psychological and social consequences, especially among younger victims.

A Combined Experimental and Numerical Study of Stab Penetration Forces

This forensic and biomechanical study quantified the forces involved in stabbing events using experimental and numerical models. Although not focused on social outcomes, it provided scientific

insight into physical injury mechanisms, which can inform forensic analyses and legal interpretations of stabbing incidents.

The study's findings may aid medical professionals and investigators in reconstructing stabbing events and assessing severity based on physical variables such as blade type, force, and tissue interaction.

Synthesis

The reviewed literature shows that stabbing incidents pose significant challenges across multiple domains: clinical outcomes, psychological effects, social risk factors, crime patterns, and even forensic understanding. International studies provide robust evidence on epidemiology, injury patterns, and behavioral implications, while local philippine research situates these issues within the community and crime context. Together, these works support the need for localized research into the impacts of stabbing incidents such as those experienced in Ilocos Norte to inform tailored intervention, recovery, and prevention strategies.

Chapter 3

Research Methodology

This chapter discusses the process and approach used by researchers to collect, analyze, and interpret data in order to answer specific research questions. It involved choosing the right methods and techniques for data collection, as well as determining how to analyze the data effectively.

Research Method and Design

The researchers used a Qualitative Method in this study. This approach enables the collection of rich, detailed data that captures the complexities and nuances of survivors' experiences. Qualitative methods refer to research techniques that are used to gather non-numeric data and provide insights into the underlying reasons, opinions, and motivations behind human behavior (Creswell, J.W, 2013).

Additionally, the researchers employed a Phenomenological Approach, which focuses on understanding individual's lived experiences and how they interpret and make sense of these experiences. The phenomenological approach is a qualitative approach that explores how individuals perceive and make sense of their lived experiences regarding a specific phenomenon. It aims to capture the essence of these experiences through rich descriptions, often using in-depth interviews, to understand the subjective realities and meanings survivors attach to their experiences (Creswell, J. W., 2013).

Population and Locale of the Study

The population of this study consisted of a total of five (5) survivors of stabbing incidents who had experienced serious physical injuries at least four to five years before the research. These participants were selected using purposive sampling, a non-probability technique where participants are chosen because they possess specific characteristics and knowledge relevant to the study's purpose (Creswell, 2013). The selection criteria ensured the participants were adult residents of the locale, survivors of a stabbing incident, and were willing to share their experiences.

The study was conducted in the Province of Ilocos Norte, involving residents from Banna (1), Pasuquin (2), Piddig (1), and Laoag City (1).

Data Gathering Tool

The study utilized a semi-structured interview guide and a recording device to collect data from survivors. The semi-structured interview guide facilitated in-depth and open-ended discussions, allowing the researchers to explore the core content of the study: the impact of the stabbing incident and the current life situation of the survivors, flexibly and adaptively. The recording device accurately captured the interviews, enabling verbatim transcription and analysis. These tools were chosen for their ability to yield rich, detailed data, provide flexibility in exploring emerging themes, and ensure accurate data capture, ultimately providing insight into the complex experiences of the survivors.

Prior to data collection, the semi-structured interview guide underwent validation by experts to ensure its questions were clear, relevant, and aligned with the study's objectives. Following validation, a pilot test was conducted with a non-participating survivor to identify any ambiguities in the questions and assess the flow of the interview.

Data Gathering Procedure

Upon validation of the interview guide, the data gathering procedure involved conducting in-depth semi-structured interviews with 5 survivors of stabbing incidents in various towns in Ilocos Norte. Prior to the interviews, survivors were informed about the study's purpose and procedures, and their consent was obtained. The interviews were conducted in a safe and comfortable setting, and survivors were encouraged to share their experiences openly. The conversations were recorded using a recording device, and the researchers took notes to capture additional context and observations. The interviews were later transcribed verbatim, and the transcripts were reviewed for accuracy to ensure the quality of the data. Additionally, follow-up questions were asked for clarification when needed. The collected data were then subjected to thematic analysis to draw conclusions and provide recommendations aimed at enhancing support systems for individuals recovering from stabbing incidents.

Treatment of Data

The researcher used Thematic Analysis as the method for analyzing the qualitative data collected from the survivors' narratives. This approach, which focuses on identifying and interpreting recurring patterns across responses, was selected to gain a deeper understanding of the shared experiences and meanings of survivors attached to the traumatic event (Terry et al., 2017). The process involved systematically coding the data, examining patterns that captured significant aspects of the survivors' experiences, and defining both explicit and implicit themes in relation to the research questions.

The thematic analysis followed a systematic process in which researchers familiarized themselves with the interview data, assigned codes to relevant segments, grouped related codes into broader themes, and finally interpreted them in relation to the research question to inform the study's conclusions and recommendations.

Ethical and Considerations

The study prioritized ethical considerations by ensuring survivors' confidentiality, anonymity, and informed consent. Survivors were fully informed about the study's purpose, procedures, and potential risks, and their consent was obtained before the interviews. The researchers also ensured a safe and comfortable setting for the interviews, being sensitive to the potentially traumatic nature of the topic. Survivors' autonomy and right to withdraw from the study at any time were respected, and their emotional well-being was prioritized throughout the data collection process.

Chapter 4

Presentation, Interpretation, and Analysis of the Data

This Chapter presents the data collected from the respondents, highlights the main themes from their answers, and explains the meaning of the findings in relation to the study

The survivors of the stabbing incidents in Ilocos Norte were attacked while helping others, showing their courage and willingness to support their community. As a result of the incident, they faced lasting physical, emotional, and financial challenges. Many experienced injuries that affected their daily activities and work, while emotionally, they dealt with fear and trauma from the attack. Despite these difficulties, the survivors demonstrated resilience, continuing to help others and contribute to their communities even after the incident.

The Impact of the Incident on the Survivors

In this study, the impact of the stabbing incident on the survivors refers to the effects they experienced as a result of being attacked while helping others. This study identified key themes that illustrate how the incident affected their lives:

Limitations of Physical Functioning

Limitations of physical functioning refer to restrictions in a person's ability to perform regular physical tasks due to injury, illness, or chronic conditions, impacting mobility, strength, and overall physical capacity (Sullivan & Adams, 2010).

This theme referred to the survivors' physical limitations caused by their injuries, which prevented them from performing daily tasks and work. As a result, their ability to be independent and contribute to household responsibilities was severely affected, leading to challenges in mobility, pain management, and the ability to earn a living.

This assertion is supported by the statement of participant number 1, a participant from Banna, Ilocos Norte.

“Ita pilay nakon saanen, saanko kabaelan tay araramiden idin ta pilay ngaroden baldadon, madi nakaubra tapos idi ket agtutugaw la ububraekon”

(I was injured back then, and I couldn't do anything because I was already hurt, so I didn't push to do work. I couldn't work, and back then, I would just sit while I did all the work.)

Participant no. 3, from Pasuquin, Ilocos Norte, additionally supported the theme, underscoring: “Diak makapigpigsan, diak maka bagbagkat ti nadadagsenen kasdiay. Saan a kasla tay pwersak idin arigna inggudwa pay ketdin.”

(I can’t carry or lift heavy things anymore; I’m not as strong as I used to be, especially since my strength has even decreased more now.)

And later, participant number 4, from Pasuquin, Ilocos Norte, stated:

"Nakapoyak ti lamiisen gapo tay pinnaka disdisgrasyak ken tay pinnakabagkongkon. No tay pigsak idi ket saan a kasla idin."

(My body became weak, especially in my back, because of my worst accident and the most serious injury I had. My strength now is not like before.)

In addition, participant number 5, from Laoag Ilocos Norte stated:

“Limitado laengen iti maubrak no maipangep kadaytoy imak ta idi ngamin nabagsol toy immak, adda naala nga urat a konektado ditoy yan iti ramayko.”

(The work I can do is now limited because back then, my arm was injured, and a nerve connected to this part of my hand was affected.)

The responses from participants across different regions in Ilocos Norte highlighted the physical limitations and emotional impacts of injury, which hindered their ability to perform work tasks. This theme underscored the broader challenges faced by individuals with physical injuries, affecting their ability to contribute to daily tasks and work demands.

The participants collectively illustrated the significant effects of physical injuries on their ability to work, pointing to both immediate pain and long-term challenges in regaining strength and confidence. They described feelings of helplessness, frustration, and ongoing discomfort, demonstrating how injuries impact not only physical ability but also emotional well-being.

Foster et al. (2023) discussed the role of both physical and psychological factors in the recovery from musculoskeletal injuries and their effect on work capacity. The study noted that emotional distress, including feelings of helplessness and frustration, could delay physical recovery. It also emphasized the need to address both physical rehabilitation and psychological support for a successful return to work. Similarly, Koppenhaver et al. (2022) explored how musculoskeletal injuries affect workers' mental health, revealing that guilt and frustration from not being able to contribute were common during recovery. These emotional barriers were found to slow rehabilitation and potentially lead to long-term disability.

Apprehensive

Apprehensive means feeling anxious or fearful about something that might happen (Merriam-Webster, 2025).

Based on the participants' statements, apprehension can be defined as a feeling of fear, anxiety, or nervousness rooted in past negative experiences, trauma, or the anticipation of harm or blame, which leads individuals to feel uneasy, cautious, or avoidant in certain situations.

This assertion is supported by the statement of participant number 1, from Banna, Ilocos Norte.

“Adda tay pinagbuteng sir kasjay namnaminsan nerbyos.”

(Sometimes I feel fear, like anxiety or nervousness.)

And also, participant number 2, Willy from Piddig, Ilocos Norte, stated that;

“Adda tay pinagbuteng no makitak isuna. Adda bassit tay pinagalyawko nokwa, kase saan ko a maikkat diay pinakabagkongna kanyak, saanko paylaeng maikkat, saanko malipatan.”

(“I feel fear when I see him, there’s still a bit of trauma in me, because I can’t forget what he did to me. I still can’t let it go, I can’t forget it.”)

In addition, participant number 5, JM from Laoag City, Ilocos Norte, said that;

“No adda gulon, saanak a makialalamen ta baka ison to manen ti pakaisagsamakakon.”

(If there’s trouble, I don’t get involved anymore because I’m afraid I might be the one blamed.)

The participants responses how fear influenced their behavior and decision-making. Reflecting a general caution in response to perceived risk, indicating that prior negative experiences sustained avoidance behaviors in later interactions. Demonstrating avoidance of potentially problematic situations even when no immediate threat was present.

The participants' statements reflected an apprehensive state, wherein fear and prior exposure to adverse events shaped avoidance strategies and decision-making. These findings are consistent with empirical research, demonstrating that avoidance in response to perceived threats is a persistent and adaptive mechanism for managing exposure to risk.

These statements align with behavioral research showing that exposure to threat-related cues systematically shifts individuals toward avoidance behaviors, even when such avoidance results in suboptimal outcomes (Wendt, Löw, & Höglinger, 2022). Prior experiences with adverse events reinforce this pattern: learned associations between negative encounters and environmental cues influence subsequent behavioral choices (Xue, Liu, Zhang, & Li, 2021).

Avoidant behaviors were also observed to persist beyond the presence of an immediate threat. Laboratory studies have demonstrated that once fear-associated avoidance patterns are established, individuals

continue to act cautiously to reduce potential exposure to negative consequences (Wendt et al., 2022). Additionally, research on risk-based decision-making shows that perceived threats bias individuals toward risk-averse choices, prioritizing minimization of harm over engagement (Loewenstein, Weber, Hsee, & Welch, 2001).

The Current Life Situation of the Survivors

In this study, the current life situation of the survivors refers to how the survivors were living after the stabbing incident while helping others. This study identified key themes that show how the incident affected their present lives.

Financial Recovery

Financial recovery refers to the process of restoring financial health and stability after experiencing financial difficulties, loss, or instability by addressing setbacks, rebuilding financial resources, and improving overall financial well-being (turn0search1, 2024).

As reflected in the experiences of participants who take on farm work or other income-generating activities to provide for themselves. The process of restoring financial stability by engaging in available work and side jobs to meet basic needs and support daily living.

This assertion is supported by the statement of participant number 1, from Banna, Ilocos Norte.

“Ti ubrak ita ket para bantay iti taltalon ken no adda agayab nga agdalos mapanak met no sagpaminsan.”

(My job now is to look after the farm, and if someone calls me to clean, I sometimes go.)

In addition, Participant no. 2, from Piddig, Ilocos Norte, stated that;

“No adda agpaubra, innak met, no adda agpawiring adda sidelineko met mapan agubra a ta adda pangsuposupmi ti makan.”

(Whenever there’s available work, I go for it. If there are side jobs, I take them too, so we have something to support ourselves with, especially food.)

These accounts reflect a livelihood strategy characterized by income diversification and the utilization of informal work arrangements to manage economic uncertainty. The responses provided by the participants illustrate adaptive strategies employed by individuals to maintain financial stability in the context of limited or irregular employment opportunities.

Consequently, the participants’ experiences underscore the role of adaptive income strategies, including informal employment and side work, as critical mechanisms for financial recovery and resilience in economically constrained contexts.

According to Chen et al. (2024), this approach aligns with existing research, which demonstrates that individuals facing unstable or insufficient formal employment often rely on informal work or side jobs as

supplementary sources of income. Engaging in such activities enables households to support daily expenditures and sustain their livelihoods during periods of financial vulnerability.

Change in Lifestyle

Change in lifestyle refers to the alterations in an individual's daily habits, routines, or behaviors, often resulting from health issues, personal decisions, or environmental factors, which may affect physical, social, and emotional well-being (Anderson & Taylor, 2015).

This theme highlighted how the participants' experiences motivated them to reform their lifestyles, replace harmful habits with positive behaviors, and prioritize personal growth, family welfare, and community contribution.

Participant number 1 stated that;

“Dadduma adda agawis nga aginom mapan nak met ngem saanak uminom, iwiwasak dagita bisyon sipod idi napasamak kanyak daydiay nga insidente.”

(Sometimes, there are people who invite me to drink, and I go with them, but I don't drink. I have avoided those vices ever since that incident happened to me.)

Participant number 2 also added that;

“Itan a ket, naminpinsan a pinagbalaliwkon, naikkatkon iti pinaginom, amin a bisyo naikkatko aminen.”

(Now, I've changed in many ways, I quit drinking, and I gave up all my vices completely.)

Participant number 3, also supported this theme, stated that;

“Wen a, talaga a mangliklikak nukwan kasdiay a talagan iwiwasakon. Isu diak unay makiininom ti adayon, umininomak latta ditoy balay nukwan solsolok.”

(Yes, I really avoid situations like that because I want to stay away from them. That's why I don't often drink outside, I just drink here at home sometimes, when I feel like it.)

Participant number 4, supported the theme, narrated;

"Ita, adda negosyokon a pagbaywak. Agpabayoak kadagiti mais; aggangangak iti tuyo tapno adda ti ilakok metlaeng. Aglaklakoak pay iti bagas. Ket no adda ma-gatangak nga irik, baywek lattan tapno adda ilakok. Tapno uray kasano man, makatulongak met kadagiti pamilyak ken kadagiti agkasapulan ti tulong."

(Now, ma'am, I already have a business. I mill corn for a living. I also buy dried fish and resell it, and I sell rice as well. When I'm able to buy rice (unmilled rice), I have it milled and then sell it. This way, I can somehow help my family and those who are in need.)

Participant number 5, further supplemented the theme, stating;

“Isu nga ita, no agayabda ti inumen mapanak met ngem saanak unay agtagayen, tapos no adda gulon saanak a makialalamen ta baka isun to man ti pakaisagsamakakon.”

(So now, if they invite me to drink, I go with them, but I don't really drink much. And if there's trouble, I don't get involved because that might be what could get me into trouble.)

Their narratives reflect self-awareness, resilience, and proactive coping strategies, demonstrating how individuals can alter behavior to improve their well-being and social responsibility. The statements from the participants reveal a common theme of behavioral change and avoidance of risky habits, particularly alcohol consumption, as a response to personal experiences and a desire for positive lifestyle changes.

The participants' statements converge on the idea that behavioral change involves self-awareness, avoidance of high-risk situations, moderation or abstinence, and engagement in meaningful activities.

According to Kelly, Stout, Slaymaker, and Tonigan (2012), examined the role of social and behavioral strategies in maintaining long-term recovery from substance use. Their study found that individuals who avoid high-risk environments, participate in prosocial activities, and cultivate supportive social networks are more likely to sustain abstinence. These findings illustrate real-life applications of evidence-based strategies for behavior modification.

Rationale

Violence, particularly in the form of stabbing incidents, has far-reaching consequences beyond the immediate physical injuries. The documentary "Recovery of Survivors of Stabbing Incident in Ilocos Norte" captures the lived experiences of victims, highlighting not only the trauma they endured but also the ways they cope and rebuild their lives. In alignment with the research title, "The Impact of Stabbing Incident in Ilocos Norte," this study aims to understand the multidimensional effects of such violent events, physical, psychological, social, and economic, on survivors.

The documentary reveals that survivors face a variety of challenges following stabbing incidents. Physically, victims experience injuries that require medical attention and may affect their daily functioning. They confront trauma, fear, anxiety, and lingering stress, which can impact their mental health and overall quality of life. Socially, the incident often alters relationships with family, friends, and the community, as survivors navigate trust issues and social reintegration.

The rationale for this study is rooted in the significant and multifaceted impact of stabbing incidents on survivors in Ilocos Norte. The documentary underscores that recovery involves more than physical healing; it encompasses psychological resilience, behavioral adaptation, and social reintegration. By investigating these experiences, the research aims to provide valuable insights into the consequences of violence and inform strategies for prevention and survivor support. Ultimately, this study highlights the importance of addressing the broader impact of stabbing incidents to foster safer communities and empower survivors in their journey toward recovery.

Objective

- To educate the community about the prevalence and impact of stabbing incidents.
- To raise awareness about the physical, psychological, and social consequences experienced by survivors of stabbing incidents.

- To highlight the importance of trauma-informed support and interventions for survivors within the community.
- To promote empathy, understanding, and solidarity toward survivors of violent incidents.
- To encourage community participation in violence prevention and safety initiatives.
- To use the documentary as a tool to foster discussions on responsible behavior, conflict resolution, and mental health awareness.
- To inspire viewers to take proactive steps in creating a safer, more supportive environment for individuals at risk of or affected by violent incidents.

Strategy

The researchers aim to coordinate with DCCP, College of Criminal Justice Education, for posting and promoting the advocacy of the video through their school's official platform and other official channels. To implement the production and dissemination of a documentary that highlights the experiences and recovery of stabbing incident survivors in Ilocos Norte, raising community awareness about the impacts of violent incidents.

Research Output

Stabbing incidents are a form of violence with far-reaching consequences that affect survivors physically, psychologically, socially, and economically. The documentary "Recovery of Survivors of Stabbing Incident in Ilocos Norte" captures the lived experiences of victims, emphasizing not only the trauma they endured but also the coping strategies and resilience they employed to rebuild their lives. In line with the research title, "The Impact of Stabbing Incident in Ilocos Norte", this study seeks to explore the multidimensional effects of stabbing incidents on survivors and highlight the importance of community awareness and support.

The documentary reveals that survivors face significant challenges following stabbing incidents. Physically, they endure injuries that require medical attention and may limit daily functioning. Survivors experience trauma, anxiety, fear, and stress, which can affect mental health and overall quality of life. Socially, relationships with family, friends, and the community may be strained as survivors navigate trust issues and reintegration into society. Recovery is therefore not only physical but also involves psychological resilience, behavioral adaptation, and social reintegration.

This research aims to educate the community about the prevalence and impact of stabbing incidents, raise awareness about the physical and social consequences faced by survivors, and highlight the importance of trauma-informed support. It also seeks to promote empathy, understanding, and solidarity, encourage community participation in violence prevention initiatives, and use the documentary as a tool to foster discussions on responsible behavior, conflict resolution, and mental health awareness.

To maximize reach and advocacy, the researchers plan to collaborate with the Data Center College of the Philippines, Laoag City, College of Criminal Justice Education to post the documentary on official platforms and other authorized channels. By documenting the experiences of survivors and sharing their

stories, this study emphasizes the importance of supporting recovery, fostering safer communities, and empowering individuals affected by stabbing incidents in Ilocos Norte.

Chapter 5

Summary of Findings, Conclusions, Recommendations

This chapter contains the summary of findings, research conclusions, and recommendations of the study.

Summary of Findings

The study identified key themes showing that the incident caused Limitation of Physical Functioning, reduced mobility, loss of strength, chronic pain, and weakness, which restricted survivors' ability to perform daily, work, and household tasks, leading to helplessness and diminished self-worth. Survivors also developed Apprehension marked by fear and avoidance, becoming cautious in social interactions, avoiding conflict, and perceiving ongoing threats even without immediate danger.

However, survivors are actively working toward rebuilding stability and sustaining their everyday lives. They focused on financial recovery through informal employment and farming, despite enduring physical and economic constraints. Additionally, survivors report Changes in Lifestyle, including avoiding harmful habits, withdrawing from high-risk situations, and prioritizing family, well-being, and community involvement, with some engaging in small businesses and productive activities to rebuild their lives.

Conclusions

This study revealed that the incident had profound and lasting physical and socio-economic effects on survivors, significantly disrupting their daily functioning and sense of self. Despite experiencing physical limitations and persistent apprehension, survivors demonstrated resilience by adopting strategies and making meaningful lifestyle changes aimed at recovery and stability. These efforts highlight their capacity to adjust, rebuild, and find ways to regain purpose and self-worth in the face of ongoing challenges.

Recommendations

In light of the summary of findings and conclusions of this study, several recommendations were made to address the issues faced by survivors of stabbing incidents in Ilocos Norte.

- **Strengthen Barangay Health Services.** The barangay health center should provide regular health monitoring, basic rehabilitation support, and referrals to hospitals or specialists for survivors with physical injuries.
- **Implement Livelihood and Skills Development Initiatives.** The barangay may develop livelihood programs, skills training, and small-scale income-generating projects to help survivors improve financial stability and regain independence.
- **Enhance Community Support and Reintegration.** The barangay should encourage inclusive community activities and support networks that foster social participation, reduce stigma, and help survivors rebuild confidence and trust within the community.

- **Peer Support and Counseling Groups** to establish support groups within the barangay where survivors can share experiences, receive emotional support, and access guidance from trained facilitators to promote mental health and recovery.
- **Family Members** provide emotional, financial, and social support that significantly contributes to the recovery and reintegration of survivors.
- **Local Government Units (LGUs)** should have developed community-based support programs, including livelihood assistance, skills training, and financial aid, to help survivors regain economic stability and independence.
- **Future Researchers** can build on these findings to develop interventions, policies, and preventive measures that address the broader impacts of stabbing incidents.

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