

Superstitious Beliefs Unveiling Truth

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Abstract: *This study aimed to discover and describe the truth behind superstitious beliefs. Also, to develop a boarder measure of belief that encompasses much wider, and much more diverse, forms of superstitions. There is a need for a more fine-grained understanding of the psychological functions of different superstition types, beginning with the fundamental positive versus negative distinction. It is an research used a qualitative inspired by an indigenous research methodology, pannakisarsarita. Based on the findings, the following conclusions are derived from this study. It has shown that despite a city's high level of urbanization, its citizens just cannot give up the long-standing customs they have acquired from their ancestors and forefathers. Some superstitious beliefs still exist. There are superstitious beliefs in the terms of the following: a. burial, b. healing c. harvesting d. planting and e. marriage. These beliefs guided their lives in ancient times and even today. While superstitious Beliefs of the participants affect them in terms of health, decision, and life It heals us if we believe: Parents 'decision, Grand- parents' decisions, Peers' decisions, and Faith Decisions. The Sta Cruz cultural esteem and high reverence for the deceased, marriage, planting and harvesting, and even faith healing are examples of these myths and practices.*

In light of the findings and conclusions of the study, the following recommendations are forwarded: The study suggests that faith healers can serve as excellent role models for secondary prevention, which involves early diagnosis and prompt treatment if properly advised to refer patients on time while maintaining their healing process, should only be non-harmful. Continue to carry out our traditions and custom regarding superstitious as part of our beliefs.

Keywords: Burial, Faith Healing, Harvesting, Marriage, Planting, Rituals, Superstitious Beliefs

1. Introduction

Superstitions and beliefs play a big part in human lives specifically in health concerns. People may depend on things that they think can help them get better. Individuals believe that illness and death might be averted by being good or bad. Thus, some people believe in superstition because it might lift them in any situation.

Lack of knowledge and ignorance are considered great hindrances to our nation's progress. The term or quote "You'll Never Know If You Won't Try" gives people the strength and nerve to try any belief just to make sure they will be uplifted and; hence, surpass. In the other quote "There's No Harm in Trying," some people also believe in what they call "AGPABANAW OR AGPABANAWA". This process is only known by a few people, especially those living in a rural area and termed "atang".

The *atang* ritual is thought to be a part of the cultural and religious contexts of the Ilocano people. This research argued that the Ilocanos' practice of *atang* ritual is compatible with the Catholic Doctrine of the Communion of Saints. The Results of the study revealed that the *atang* ritual has significant implications for the faith of the Ilocano Catholics in terms of the importance of remembering the dead as a way to elaborate the doctrine of the communion of Saints. Thus, the concept of the communion of saints can be understood in the context of food offerings for the dead (Corpuz, 2008).

A superstition is an irrational belief that an object, action, and an occurring event are somehow related. It is a belief or practice considered so irrational or supernatural. It arises from ignorance, a misunderstanding of the science of causality, a positive belief in fate or magical or fear of that which is unknown. It is commonly applied to beliefs and practices surrounding luck, prophecy, and certain spiritual beings, particularly the belief that future events can be foretold by specific unrelated prior events. The word superstition is often used to refer to a region.

Superstition and beliefs are, as part of life prologue causal events such as birth, adulthood, marriage and death. Most of these involve ensuring good luck, avoiding bad luck, and even making good things happen, more deeply fixed in one's everyday life. Having not enough information and a lack of knowledge is one of

the reasons why superstitious beliefs still exist; since it gives people good luck as they think of true and rational. Sometimes being ignorant, one believes everything even if it doesn't have enough information to prove it right. Be aware of the superstitious beliefs in our culture and how they affect our lives.

According to Anwita Chattopadhyay, 2012, such irrational thoughts primarily come from ignorance. But merely having a degree of education does not impart proper knowledge. Knowledge is the assimilation of education, which enriches the soul, which creates a rational attitude, and eradicates irrational beliefs from a person. People are not aware of these things due to a lack of education. Education is a must but it is very difficult to change the thoughts and opinions of one's mind with normal education, thus, one needs to apply common sense (Sanjaw Banerjee of Haldia Institute of Technology). Superstitions can offer individuals a sense of understanding in absence of sufficient information to develop accurate causal explanations. Even smart, educated, emotionally stable adults believe in superstitions. They recognize not as rational. Some view that not all superstitions are true but just coincidence. Elders love to disagree that may and insist on things based on their beliefs and as a result of their observations and experiences from their long years of life. Now, it is at this point where the researchers would like to determine and unravel the truth behind these superstitions in burial, planting, harvesting, and healing and how every decision-making these elders have affected them because of what they believe has something to change their lives; hence, knowing the truth behind all these superstitious beliefs The researchers aim to discover and describe the truth behind superstitious beliefs. Also, to develop a boarder measure of belief that encompasses much wider, and much more diverse, forms of superstitions. There is a need for a more fine-grained understanding of the psychological functions of different superstition types, beginning with the fundamental positive versus negative distinction.

2

2. Materials and Methods

This research used a qualitative approach utilizing field ethnography inspired by an indigenous research methodology, pannakisarsarita. According to Agcaoli (2006), the ilokano word sarita means story, saritaan as talking story, and pakasaritaan as history. It is the sarita that comes out of saritaan. This methodology is utilized to contextualize and capture a framework that offers a public space for conducting and presenting research rooted in the knowledge and experience of the Ilokanos and their descendants. Pannakisarsarita is method that Tejano (2022) utilized in which he defined as "Pannakisarsarita-recognizing the focus on the contextual life of language and languaging (use of language, ie communication, everyday conversation, oral and written literature), pannakisarsarita refers to active conversation among the research participants to understand local communicative practices The researchers used the FGD to assemble a group of individuals to discuss a specific topic, aiming to draw from the participants' complex personal experiences, beliefs, perceptions, and attitudes through moderated interactions. The researchers recalled the demonstration of assertiveness and refusal of their answers in the interviews. After validating the answer, used the FGD Gandeza, C. C., Santisteban, C. A. V., Galay, M. J. R., Pendaden, M., Ilagan, M. A. N., & Tolentino, J. M. A. (2023). The researchers reviewed the participants' responses in the form of coding. The researcher used the Thematic Approach, by interviewing the participant's answers as reflected. After that, the results of the collected data were analyzed, analyzed, and interpreted according to the coding, categorization, and participants met the criteria set.

3. Results and Discussion

This study generally aimed to discover and describe the truth behind superstitious beliefs. Also, to develop a boarder measure of belief that encompasses much wider, and much more diverse, forms of superstitions. There is a need for a more fine-grained understanding of the psychological functions of different superstition types, beginning with the fundamental positive versus negative distinction. As such, this chapter presents the findings and outputs of the study.

Superstitious Beliefs

As emerged from the responses of the selected participants, findings in this chapter described the superstitious beliefs in the terms of the following: *a. burial, b. healing c. harvesting d. planting and e. marriage.*

BURIAL

Given these discoveries on the superstitious belief on burial, this implies that Filipinos adhere to superstitious beliefs and it is part of the rich tradition of our country. Superstitious beliefs were their guide to daily life in ancient times and even today. There are things to observe while going to a burial or funeral as a sign of respect to the bereaved family. Some things are prohibited to do as the participants reiterated in their sharing of knowledge and experiences. This is their strong belief that if you don't follow, one of the members of the family will also die. Their ancestors keep doing it and there is nothing wrong if following superstitions. The memorial services for the deceased, often involve burial. Following a death, the family will host a wake for their loved one for up to seven days. In the majority of the Filipino community, the deceased will be maintained at home in a coffin. The casket has beautiful floral and lighting decorations.

Prohibited Act- In Front of the Coffins:

Cleaning and weeping: Researchers find out that Cleaning and weeping are prohibited to wipe the mirror and it should be left dusty because if you wiped it there will be the next one to die. The participants (P1, P2), began sharing their knowledge. They stated:

Yes, son, you are not also allowed to sweep that is what they said, and picking up only. Because if you sweep, all of you will be swept off also (die), that is what the old woman saying (P1)

All just have I know about that, we should avoid sweeping in---, cleaning like that...and eating near the coffin (P2) P3 added: They said that it Is prohibited to wipe the mirror and it should be left dusty because if you wiped it there will be the next one to die

Not allowed to Work: It is also forbidden that the family is not allowed to work because it is a big disrespect to your loved ones who is died. P2 and P3 stated:

All just have I know about that, we should avoid sweeping in---, cleaning like that...and eating near the coffin at hmm (sound of vehicles), wait, I think my working when there is burial will make them mad and disregard their feelings.) (P2) The forbidden thing is that the relatives of the person who died should not work.

Some say that they were "ag dung-dungsa, "and some will get dizziness, and headache because they're family and they shouldn't work.(P3)

Sleepy: The result found that "ag dung-dungsa, " is also prohibited because it can cause dizziness, headache, migraine, aneurism, and others. P3 narrated:

Some say that they were "ag dung-dungsa, "some will get dizziness and headache because they're family and they shouldn't work.

Eating Near the Coffin: You are disrespecting your loved ones; it seems you are eating his food. P2 stated:

All just have I know about that, we should avoid sweeping in---, cleaning like that...and eating near the coffin makes them disrespected.(P2)

External Factors-Outside the Coffins

Bad Luck: Many people believe in bad luck, and that's why as much as possible they are abiding by these acts in going to funerals.

The Wearing of Green and Red: Wearing of Green and Red and cutting of nails are prohibited to wear that color during the wake of deceased relatives. If there is someone wearing green, told them to go back and change because there is someone who will die next and we did that sending back home that person who comes to sympathize, to contradict what will be happening next. One of the recurring themes that appeared in the participants' transcripts is the wearing of green and red. The majority of the participants stated that they are prohibited to wear that color during the wake of their deceased relatives as P1, P2, and P3 shared:

If there is someone wearing green, we told him/her to go back and change because there is someone who will be dying next and we did that by sending back home that person who comes to sympathize, to contradict what will be happening next. (P1) Even red, it's not good. There were elders before said that red is better than green because green represents the consecutive number of deaths (P3) They will also ban the wearing of green clothes because if you wear that and if you don't believe and you will be the next one to die.(P4)

Eating Beans: You are not allowed to cook black beans or any kind of beans for one year and not be served for this whole year. If you will eat it can cause rashes or hives, as a sign that the person has eaten circle shape food during mourning. Participants began sharing:

Eating beans is bad, as well as horseradish and that's true. When our father died, we don't cook black beans for one year and not be served for this whole year. (P1)

Hmm because our ancestors said we will be having something to our body because of the effect of that beans Hmm they said his/her body will. there will be the existence of rashes or hives, as a sign that the person has eaten circle shape food during mourning(P2)

P5 believe also: Eating dishes like grain/seed make also grows circles on the face. That's what they say.)

Taking a Bath: Results show that you are not allowed to take a bath in your own house; you are disrespecting, keeping away and sending away your family members that are died.

You cannot also take a bath in your own house. That's what our grandparents do when my grandfather died. She was taking a bath at our cousin's house. (P3)

Pagpag: If you are from a funeral, you must not directly go home instead go to another place and that is "pagpag." Right after the burial, it needs to wash your hands with warm water because he/she will follow you. P3 narrated her experience:

If you are from a funeral, you must not directly go home instead going to another place and that is "pagpag." Right after the burial, it is a need to wash hands with warm water (P3)

Engage women and men are forbidden to the go-to burial: The engaged women and men cannot go to the funeral and even the pregnant engaged women, it is prohibited. They will die.

The engaged women and men cannot go to the funeral and even the pregnant engaged women, it is prohibited. The kids in their womb will die. (P5)

The candle should be lit: The flames represent that someone has died. Candles are important to light the way of the departed loved ones in their way while walking, that's what they said. There is a fire there that will serve as a light for him to walk in the afterlife. If you let the candle not light his/her soul will go to hell. P5 narrated:

And then those candles, it's not permissible for the family to remove them I can't believe it. When I was watching the wake of my grandmother and grandfather, I had to replace the candle with a new one. They said if I will not put a candle or flame, it's become dark, the path of my beloved grandmother will also be dark. (P5)

Sickness will occur to the members of the family or something bad will happen. Eating some beans will make u sick for one year. It is better to abide by these beliefs as a way of our forefathers in the wake of the dead. Bad luck also happens to the members of the family if you don't follow superstitious beliefs. A bad situation is brought on by undesirable outcomes like the one that they observed at a funeral or burial by the participants. Unexpected results, such as bad luck, are unfortunate. This is a list of signs believed to bring bad luck according to superstitions. Either this faith on specific occasions or objects will bring good or bad luck.

Positive Inputs

Eating the "atang" will give you strength and courage: Eating the atang of our loved ones will give you his/her blessing. Then they say it's good if you are afraid of the dead. It gives you braveness and courage to face your fear and you will no be longer afraid anymore. P5 narrated her experience:

Why they are giving food?)(And you know more. they may still be able to eat)(Yes, that's what they said)(Maybe he can still eat, his blessing. You can't eat but the blessing. Then they say it's good if you are afraid of the dead, He/She should be the ones to eat in order to be brave, and that's the reason why they eat the atang". I also didn't do it before but with my cousin Enrico Veehan I did feed him to make him brave. By the way, they even said that when you ate the food offered "atang", you would not be afraid anymore.

Praying for The Souls (Novena): Nine (9) days praying for the soul of the deceased relatives after he/she is buried. It is very important to cleanse his/her sins and pray for his/her soul to go to heaven.

P3 and P5 stated: *"We are praying for their souls"(P3) There are 9 days of praying for the soul of the deceased relatives after he/she is buried; and also praying for her/his soul during the wake. And one thing about belief in the deceased is just like doing what is right for her/him, like praying for obligation for them to pray for their souls. (P5)*

Using Black Shawl/Morning Veil: The black shawl thing in their head; it reflects you are mourning; it gives "pakikiramay" to our loved ones who passed away. P3 and P4 shared their knowledge about superstitious beliefs in burial:

The black shawl thing in their head; it is necessary to wear that black thing on the head as a sign of it grieving. It is also oneness to the bereaved family..hmmm.. wearing a black veil. Why does a widow or non-married person necessary the one needs to remove the shawl? Because if it is married there are instances that the partner will be the next one to die. (P3) Here they said your husband is here merging his soul with you, I feel like I'm different, they say he's the one who speaks angrily because why didn't I put up wearing the black veil and I have plenty of free time they said, when he's angry I said maybe but at the mercy of God that is no longer the case. (P4)

5

This implies that in helping the soul of the deceased member of the family, a prayer or novena is conducted for his safe journey to heaven and peace. The same is through with the lighting of the candle to help him/her in his journey to the world of the dead. Thus eating the "atang", food given to the deceased will make you brave and stronger. A black veil can represent despair and grief. It could also be an indication to others that you want to grieve alone. Mourning veils are worn at modern funerals as well. We can say that this superstitious belief is part of the tradition and culture of the Filipinos in conducting the funeral and burial of their relatives. These few superstitious beliefs are well known to the locals and natives. They are instructed by the elders to do what they are told, to respect and revere our forefathers, who are the sources of many superstitions still practiced today. This practice is one of the fundamental customs and we grow up with it.

According to (Luna, et al., 2019), somehow the supernatural beliefs and practices of their ancestors still exert a major influence on the daily lives of modern Filipinos.

In addition to this, (Wakefield, et al., 2017), there is valuable information collected in the fact that our respondents had maintained the practice of superstitions until the present time even though technology has already taken over the modern world.

According to Taher, M et. al (2020), Without providing a natural or scientific explanation, superstition connects one event to another; in some cases, superstition also incorporates chance. The idea of "luck" is also acknowledged as a psychological and philosophical concept that influences people's behaviour when actively present in them, making them more cautious and avoid doing the specific belief.

HEALING

The integrating forces that repair, transform, maintain, and nurture the whole person (body, mind, and spirit) at each stage and in every dimension of existence are what cause the healing. Achieving or acquiring completeness as a person entails healing.

Illness cannot be cured by the doctor: The sickness that cannot be cured by a doctor the people who believe in this go to faith healers to be cured.

There are other mothers that go first to the hospital and if they have really been in the hospital for a long time, it is not treatable; they go to a faith healer. Yes, they can treat it sometimes but if it is internal. We will be healed right and go to the Baglan. If the doctor doesn't cure this (P2)

You need to believe in them so that you will be cured: In God's mercy, sometimes it's true. If you believe you will be cured. As stated by some participants about their knowledge:

I tried to consult a Faith Healer. Yes, son, There is a thing that grows in my body. In God's mercy, sometimes it's true, like that. But like what they said if it is exactly then it can be cured (P1)

Not demand payment a true faith healer- will never demand payment from the patient because it is not compulsory, payment from the patient is just for a donation that will be put to the altar of the patron Saint of the healer. It is not a business to sell something that will use by the person who wants to be healed.

If you're really a healer you will never demand payment from the patient because it is not compulsory, payment from the patient is just for a donation that will be put to the altar of the patron Saint of the healer. (P3) My experience wasn't like that because, for example, you will ask oil for ointment, and you will just give cash for a candle in return. They never become rich, their life is still the same; their house and they are still farmers. (P4)

After evaluating the participants' accounts, it emerged that Faith Healing requires faith. People go to faith healers because they believed that they can be cured. If you don't have faith, don't go to faith healers because you cannot be cured. Sick people look for any way to get better. A true faith healer doesn't ask for payment but instead donations as one of the participants shared. Thus the donation is used to buy oil for the patients.

In a survey conducted in Germany, 62% of people were found to be superstitious. In a study conducted in India, 60% of the patients believed in luck and superstition concerning illnesses. Exaggerated beliefs and ideas have found their place in people's communications and eventually turn into strong beliefs and can even affect health behaviors. Researchers emphasize how beliefs become more important in times of illness than at any other point in life and contribute to the acceptance of the meaning of illness.

In addition to the study conducted by Sharma, D.B (2020), they found that faith healers didn't charge any money for the services given to the community. If the person wanted to give, some might take the money, while some refused to take or said to donate to the temple. Some also gave gifts to these faith healers, if work was accomplished, that is, if the person was cured, the problem solved or the wish fulfilled.

According to a study by Mishra N. et al., easy accessibility, faith in a particular healing system or healer, and high reputation were all significant factors in the decision to seek aid from various sources.

HARVESTING/PLANTING

A ritual is a series of events involving gestures, words, actions, or items that are carried out in a predetermined order. The customs of a group, including a religious community, may dictate rituals. Set of rites or series of an action and activities that are routinely done on some occasions including planting and harvesting which the people of Sta Cruz are doing this sort of rituals.

Chose the day (Full moon, New Moon): Choosing the day is very important especially if you believe in the pattern of the moon; full moon is good for planting and the fruits of your plants will grow and be healthy. If you plant during the new moon, your plants will not grow. P1 began sharing her ideas and knowledge:

In planting it is just nothing to us but they choose the day because there is, yes they choose the day because of the moon, full moon, and the fruits of your plants are not good, that is what the old women said. In God grace son, sometimes I followed, and it's real. They said that if you plant during the new moon, your plants will not grow all like that, and it 's true, we did that.(P1)

Rituals (Food Offering, Dance, Talking to the Plants, Padara): Food offerings, dancing, talking with the plants, "padara", or food offerings to the Anitos, and Anitas are very important to have an abundant harvest the plants will increase also if you dance and be happy when you are planting.P1, P2 and P3 began sharing her knowledge:

The plants will increase if they dance, there is also that sir, you will be especially happy when you finish planting rice, especially the more expensive salary.(P1)

Just like when you will build a house, there should..., kill a chicken because the blood of the chicken will help us bless our ancestors.(P2)

About planting rice, there's a belief of people that before planting the plant... Pray to our Father in Heaven that he will let the plant grow. There's also about offering

In harvesting (rice). So, for example, the rice plant, they will offer so that it will have an abundant harvest. (P2)

If you're going to plan, to the superstition belief of elders before, you need to have a specific time of fertilizing, just like that because there(P3)

What did they call that? (Paningit)? What is that? The...so that it will not grow.

Just like, if they're not gonna pinpoint the supposed or exact date...

Given these findings, the purpose of this research is, It is part of the culture of the Filipino people to engage in some rituals and ceremonies for planting and harvesting for the abundant harvest of crops as the participants responded in the interview, some of our ancestors do this and passed these rituals to their children's descendants. We are doing some of these rituals in asking for the Anitos's guidance to bless the people's planting and harvesting. Ask them to guard the plants in any kind of natural calamities or disaster. Thus the people continue doing these rituals and ceremonies until now. For them to have a bountiful harvest, they choose the right date to plant the crop.

According to Santiaguél, & Alaric Francis (2019), it shouldn't be unexpected that early farmers did everything they could to assure a plentiful harvest because rice is the basic diet of the Filipino people. Ritual priests known as Mumbai in the Cordillera Region, just west of the Cagayan Valley, enlisted the help of their ancestral spirits (anitos) and the rice gods known as bul-ul to grant them favorable planting conditions and protection from pests and diseases so farmers could enjoy abundant harvests. Farmers in the Cordilleras' famed rice terraces adhered to a traditional calendar that was centered only on the crop. The rice calendar identifies the days for germination of seeds (Okalna), field preparation (Litongna), transplanting (Luyya), the beginning of the dry season (Upokna), weeding (Bakako), the flowering stage (Dawena), harvesting (Ladona), the beginning of the rainy season (Kitkitina), and the period of rest.

Early Leyte farmers relied on superstition rather than science to direct their rice growing. Author Richard Arens highlighted the numerous rituals carried out by farmers in Leyte, an island in the Central Philippines, for every stage of rice production to assure the health and safety of their harvests, in his book Folk practices and beliefs of Leyte and Samar. For planting the rice seeds, moving the seedlings, harvesting, and storing the paddy, there were numerous animistic rituals. The farmers invoked the spirits of anitos, fairies, and other supernatural beings in these rites to safeguard their harvests. Although the customs precede the spread of Christianity in the nation, they gradually came under its influence.

MARRIAGE

Marriage is the start of family and commitment. A culturally, frequently and legally recognized union is between two people known as spouses, also known as matrimony or wedlock. It establishes their mutual rights and obligations, as well as those of them with their children and in-laws. If a couple decided to start a family, they are doing some customs and tradition for them to have a blessed marriage.

The Date of Marriage: Choosing a number at a wedding is very important that will signify a "long-lasting" relationship. That's why some people prefer to have their weddings to hope for an enduring marriage. Participant 1 began sharing her ideas:

Of course, 28 and 8 are ascending, but only 28 and 8 are ascending (30) The old woman said that it is luckier, son. The full moon is not good, as well as the new moon, they said. Some couple at wedding tells that it is a blessing/lucky day if there is an 8 the on date of the wedding. (P1)

Throwing of Rice and Coins the married couple arrived they throw the rice then they will "agiballo" the bad spirit will leave. This will give blessings and have abundant give before moving into another house. P1, P3, and P4 stated their view regarding of throwing of rice and coins

Yes, of course when the married couple arrived they throw the rice then they will "agiballo" is like the spirit will leave they said. (P1)

And then about when you are in the house of the newlywed they were going to throw rice, why they do that? So that the blessings will come abundantly before moving into another house. For example, the house is newly built, you will move in, Salt will come first, the charcoal, for them not to experience lack... (P3)

They also said to throw rice after the wedding (P4)

Do not fit your wedding dress. There could be a reason for separation or they did not stay together for a long time. They might be together as a couple but it will end up in separation, in addition, It's forbidden to wear the bride's dress and the groom shouldn't see what he's going to wear up to the wedding because the wedding will not be continued and canceled or wedding cannot proceed. P1 stated:

That could be the reason for separation just like that they said again. They did not stay together like that. They might be together as a couple but it will end up in separation. That is what they are saying, maybe it's true because I witness that it is really happening and maybe anyone is "magsing" the other one just like that when

they fit their wedding dress. (P1) The same knowledge was echoed by P4 and P5 It's forbidden to wear the bride's dress and the groom shouldn't see what he's going to wear up to the wedding. It's like what they said the wedding will not be continued and cancelled. And the wedding cannot proceed. (P4)

Yes, it is not allowed to fit the wedding gown if it is not on the exact date of the wedding. The gown should be worn during the wedding because there is a tendency that the wedding will be canceled. (P5.)

This implies that marriage is a lifetime commitment. So every couple planning to be married, carefully analyze the situation before going to a serious stage of a relationship. There is no going back once they are bound by marriage. For the couple to have a blessed life after the marriage, they are abiding by our ancestor's superstitious beliefs. Carefully selecting the date of the marriage and throwing some rice and coins as a sign of prosperity and abundant marital union, while prohibiting wearing the wedding dress may result in the separation of the husband and wife.

Antipov, E. A., & Pokryshevskaya, E. B. (2020) there is a significant negative effect of the 13th on the popularity of both wedding and birth dates. However, some other effects associated with special dates and the cultural representations of unofficial holidays have a stronger effect. In addition, after controlling for many factors, February 29 and April 1 turn out to be desirable for weddings, but not for childbirth, implying the context dependence of cultural stereotypes.

Another common Filipino wedding superstition based on the group aligns with wedding dress fitting. Some Filipinos believe that wearing and fitting the dress before the wedding would bring bad luck (Cundangan, 2020)

BELIEFS

It is the ability to create hope and power for believers. Believing may create vision, willpower, resilience, and ignition and activation. Beliefs have something to do with our decision in life as the participants responded.

Parents' decision/Grandparents decision/Peers' decision: Research showed that experience is the best teacher because of their true testimonial experiences that they were healed by the faith healer. We also believe that we will be cured by their spiritual power. It is your decision if you believe in them or if you believe in the healing power of our lord Jesus Christ. P1, P2, P3 and P4 stated that:

Faith healer to who cure. A faith healer is someone who is called a spirit (P1)

It depends ma'am if, your beliefs in your life depend on what they said, but some people have different beliefs. (P2) No, our beliefs are just like when the child is fractured, go to "Baglan" once you a get massage, do not do it always to---, it will get worst if you do the massage always

It will affect his life, his health, and in how he decides his life now, yes ma'am, after all my decisions, in all your decisions there is still our God who follows, that's all I can say, sir. In all your decisions still with our lord and your decisions will not fail. (P3)

Yes, because there a lot of people were healed, so, I believe them. But the healer here, in Bugbuga, they said that. I'm in Manila at that time because I worked there.

Yes, I do believe it because I already encountered it, a faith healer. (P4)

This implies that the decision-making has something to do with the Parent's decision, the Grandparents' decision, Peer's decision and Faith's Decision on healing. Thus the participants healed when they believe in faith healers. Faith Healers can cure diseases; this is the early form of medicine, the traditional medicine of our forefathers. Faith Healing doesn't demand money as their compensation. They willingly help sick people to heal. People with illness seek ways to get better; this can be any kind of treatment as long they will be treated. There's nothing wrong with trying on faith healers, especially if it is for their good.

In the study conducted by Besa, A. S., Abusama, H. P., Lao, G. M., Abraham, E. G., de la Cruz, F., Duldulao, S. L., & Perocho, S. N. S. (2021), Based on their cultural traditions, they discovered that millennials continue to believe in the power of superstitions. Their beliefs continue to be influenced by their own experiences as well as those of their family, friends, and peers. There are only two options when confronted with an existing superstition: to believe it or not. However, some people may choose to dismiss the superstition as nothing more than a coincidence, while others may become alarmed and decide to take

extra precautions to avoid engaging in the particular practice. According to faith healers, people do have a healthy level of faith and follow the instruction correctly with guidance. One cannot genuinely snub somebody in Indian society since there are so many firmly ingrained ideas and values; ultimately, religion matters most article claims that prayer may be backed by varying degrees of faith and may therefore bring about all the advantages connected with the placebo response. Sharma, D.B. 2022,

4. Conclusion

Based on the findings, the following conclusions are derived from this study. The study has shown that despite a city's high level of urbanization, its citizens just cannot give up the long-standing customs they have acquired from their ancestors and forefathers. Some superstitious beliefs still exist. There are superstitious beliefs in the terms of the following: a. burial, b. healing c. harvesting d. planting and e. marriage and the people in Sta Cruz still believe these beliefs. These beliefs guided their lives in ancient times and even today. While superstitious Beliefs of the participants affect them in terms of health, decision, and life It heals us if we believe: Parents' decision, Grand- parents' decisions, Peers' decisions, and Faith Decisions. The Sta Cruz cultural esteem and high reverence for the deceased, marriage, planting and harvesting, and even faith healing are examples of these myths and practices.

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