



Theorizing Filipino Concept of Pahinga (Rest)

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Abstract

The heavily industrialized society in the Philippines has brought about a cultural change in the lifestyle and mindset of Filipino people focused on their needs. This has resulted in a civilization that forcibly embraces a never-ending work world —the lack of *pahinga* (rest). Contributing to constructing local knowledge and paradigms, this paper aims to interpret the Filipino epistemology of rest, *pahinga*, from the existing narratives of workers and members of various social institutions such as family, education, and economy. Using qualitative research and phenomenological methods, the researchers spoke to participants aged 28-44, using semi-structured approaches or *pakikipagkwentuhan*, to find out about their way of rest and how they achieve it. Employing interpretative phenomenological analysis traditions, the study found that of those interviewed, *pahinga* (rest) had different dimensions, including the rest of the *labas* (body) and *loob* (mind). Participants of the research generally mentioned that it seems that because of the obligation of performing as a member of their family and society, their rest is almost non-existent or limited. In conclusion, associated concepts interrelated to theorizing *pahinga* have been found: *pagod* (fatigue), *sarili* (self), *lipunan* (society), and *ginhawa* (relief). People tend to prioritize survival than valuing the importance of social, psychological, and physical rest —revealing systemic problems faced by groups of Filipinos in current modern society.

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