

# ATTACHMENT AND SOCIALIZATION SKILLS AMONG PET OWNERS: BASIS FOR PROGRAM

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## Abstract

The main focus of the study was to determine the significant relationship between the level of observance of attachment and level of socialization skills among pet owners in the province of Laguna. The proposed enhancement program was to guide these pet owners. It would tackle, train, help these pet owners to get in track with increasing their socialization skills, and guide them on how to take care pet in a normal and psychologically healthy way.

Through stratified random sampling, the respondents of the study were one hundred (100) pet owners in Laguna. Adapted questionnaires such as Pet Attachment Scale (LAPS) and Social Skill Scale (SSS) were used as survey instruments for the gathering of data. Using the five-point Likert Scale, the simple mean and Pearson-r correlation, findings revealed that these pet owners highly observed levels of attachment such as Psychological and Physical aspects. There was a moderate positive correlation as to psychological and physical aspects with peer relationship and adaptability.

An enhancement program could shed light on what are the positive benefits of pet attachment particularly in physical and psychological aspect. It would serve as a tool to improve their socialization skills. Peer relationships and adaptability are also a part of human nature and it may be a positive behavior if these pet owners could be educated.

*Keywords: Attachment, socialization skills, basis program, pet owners*

## 1. Introduction

Well-being is a meaningful positive outcome for people and many sectors of society because it reveals that people believe their lives are going well. As it is, interacting with animals has been found to lower cortisol levels (a stress-related hormone) and blood pressure. Animals have been shown in other studies to reduce loneliness, increase feelings of social support, and improve mood. People nowadays have pets in their homes: For some, it serves as a stress reliever, while for others, it serves as a member of the family who requires additional expenses regularly. Many pet owners are conscious that there is much more to unique human-pet relationships. Researchers from various fields have studied the nature and meanings of such relationships quantitatively, which is significant in determining how pet owners affects people's socialization skills. Having pets are increasingly being recognized by society as beneficial to our psychological and physical health are considered by many owners as authentic and affectional family members, studies also reported a large percentage of pet ownership in the Philippines.

There is a high prevalence of pet ownership. According to a Statista on pet ownership conducted by Rakuten (2022), 79 percentage of respondents in the Philippines stated that they owned at least one pet. In addition, there are an estimated 16 million dogs and cats in the Philippines. More than four out of ten Filipino households own a companion, with nearly ninety percent of them being dogs. Additionally, the pandemic-induced "Homebody Economy" increased pet ownership and the human-pet relationship, with more people spending time with their companions. In the pandemic year 2020, the number of dogs registered with PCCI increased by 9.5% to 93,320. And being among the top six dog populations worldwide.

The researcher will aim to determine what are the attachment or connections of pet ownership on how pet owners socialized with others and to explore the extent, nature, and quality of the evidence implicating the role and utility of pet ownership. Socialization skills are necessary for overcoming mental health issues and other implications.

Through the findings from this research, it will determine how pet ownership helps to lessen the problems encountered by pet owners in dealing with others that need better socialization skills to avoid pet owners having mental health conditions and also to determine what are the attachment of pet ownership on how pet owners socialized with others and to explore the extent, nature, and quality of the evidence implicating the role and utility of pet ownership. Socialization skills are necessary for overcoming mental health issues and other implications. Through the findings from this research, I will determine how pet ownership helps to lessen the problems encountered by pet owners in dealing with others that need better socialization skills to avoid pet owners having mental health conditions.

These theories were used in this study as a framework of the attachment and socialization skills of pet owners. These are the Attachment Theory by Beck and Madresh (2008, as cited in BMC Psychiatry, 2022) and Interpersonal Theory by Sullivan (1943, as cited in International Journal of Research, 2019).

This study did not only bring out the best in pets but as well as brought out the best in people. The evidence of how pets influence people more than they think they impact them. Numerous studies have proven that being psychologically close to others can improve happiness and well-being, whereas feeling socially isolated or excluded from others can have negative consequences. If pets are like close relatives to their owners, they may provide psychological benefits to the owner in the same way that close friends or family would. Because of this, the researcher's objective was to develop a study that can contribute to the field of psychology that arises to pets' role in serving to fulfill their owners' social needs. Along with this, the individual with one year or long-term years companionship of animals or pets is the best example for those pet owners who are much more experienced with being with their pets and what's the relationship of pet attachment in owners psychological and socialization skills.

## Methodology

This quantitative study utilized a descriptive method particularly descriptive correlational research and employed the stratified random sampling technique in selecting the respondents. The research gathered one hundred (100) respondents on a chosen pet owners in Laguna who had owned their pets for one year or longer for this study. The instruments used were a validated adapted questionnaires Lexington Attachment to Pet Scale or LAPS to determine the level of pet attachment with reliability level of 0.875 and Social Skills Scale for Pet Owners or SSS, this scale identify individuals' socialization skills with reliability level of 0.812. These adapted instruments were taken through Google Forms for ease of access and convenient way of data gathering.

## Results and Discussion

**Table 1.1** Level of Observance of Attachment among Pet Owners in terms of Emotional Aspects

| Indicators in terms of Emotional Aspects                | $\bar{X}$   | VI           | Rank |
|---------------------------------------------------------|-------------|--------------|------|
| 1. Quite often, I confide in my pet.                    | 4.84        | SA           | 2    |
| 2. My pet knows when I'm feeling bad.                   | 4.69        | SA           | 3    |
| 3. I feel sad when I leave my pet alone during the day. | 4.86        | SA           | 1    |
| 4. *I am not very attached to my pet                    | 4.58        | SA           | 4    |
| <b>GENERAL ASSESSMENT</b>                               | <b>4.74</b> | <b>SA/HO</b> |      |

Reverse scores with \*\* item no. 4

Legend: 4.20 – 5.00 Strongly Agree (SA)/ Highly Observed  
 3.40 – 4.19 Agree (A)/ Observed  
 2.60 – 3.39 Neutral (N)/ Moderately Observed

1.80 – 2.59 Disagree (D)/ Almost not Observed  
 1.00 – 1.79 Strongly Disagree (SD)/ Not Observed

Table 1.1 shows that the level of observance attachment among pet owners of Laguna in terms of Emotional Aspects had a general assessment of **4.74** which was verbally interpreted as **Strongly Agree or Highly Observed**. All indicators were verbally interpreted as Strongly Agree or Highly Observed. Furthermore, the indicator "Quite often, I confide in my pet" had the highest computed mean of 4.84 which was verbally interpreted as Strongly Agree or Highly Observed. Meanwhile, the indicator "\*I am not very attached to my pet." A reversed score had the lowest computed of 4.58 and was interpreted as well as Strongly Agree or Highly Observed.

This implies that pets have a unique role for owners; having attachment to pet makes owners feel less insecure about their emotions. Looking at, being next to, or talking with a pet might makes you feel at ease and provide companionship and can practice their social skill, but it can also make you uncomfortable and worry or anxious. Owners must consider the positive and bad aspects of their attachment to their pets to support individuals during socialization distress. Coordinated with pets also builds trust for your pets.

**Table 1.2** Level of Observance of Attachment among Pet Owners in terms of Psychological Aspects

| Indicators in terms of Psychological Aspects                                            | $\bar{X}$   | VI           | Rank |
|-----------------------------------------------------------------------------------------|-------------|--------------|------|
| 1. Quite often, my feelings toward people are affected by the way they react to my pet. | 4.82        | SA           | 6    |
| 2. I love my pet because it never judges me.                                            | 4.89        | SA           | 3    |
| 3. My pet understands me.                                                               | 4.84        | SA           | 5    |
| 4. I think my pet experiences feelings the same way people do.                          | 4.94        | SA           | 2    |
| 5. *I think my pet is just a pet.                                                       | 5.00        | SA           | 1    |
| 6. My pet helps me get through tough times.                                             | 4.88        | SA           | 4    |
| <b>GENERAL ASSESSMENT</b>                                                               | <b>4.90</b> | <b>SA/HO</b> |      |

Reverse scores with “\*” item no. 5

Legend: 4.20 – 5.00 Strongly Agree (SA)/ Highly Observed  
 3.40 – 4.19 Agree (A)/ Observed  
 2.60 – 3.39 Neutral (N)/ Moderately Observed

1.80 – 2.59 Disagree (D)/ Almost not Observed  
 1.00 – 1.79 Strongly Disagree (SD)/ Not Observed

Table 1.2 shows that the level of observance attachment among pet owners of Laguna in terms of Psychological Aspects had a general assessment of **4.90** which was verbally interpreted as **Strongly Agree or Highly Observed**. All indicators were verbally interpreted as Strongly Agree or Highly Observed. Moreover, the indicator “I think my pet is just a pet.” A reversed score had the highest computed mean of 5.00 which was verbally interpreted as Strongly Agree or Highly Observed. Meanwhile, the indicator “Quite often, my feelings toward people are affected by the way they react to my pet.” Had the lowest computed mean of 4.82 and was interpreted also as Strongly Agree or Highly Observed.

The findings of the study reveal that being attached to a pet feels good to feel needed, and to have someone or something that gives unconditional love. Owning a pet is not just having a thing, based to pet owners they considered their pets as family members, friends, children and a way to keep it because of the nonjudgmental fondness they received from their pets.

**Table 1.3** Level of Observance of Attachment among Pet Owners in terms of Physical Aspects

| Indicators in terms of Physical Aspects                               | $\bar{X}$   | VI           | Rank |
|-----------------------------------------------------------------------|-------------|--------------|------|
| 1. My pet helps me to be more physically active.                      | 4.58        | SA           | 3    |
| 2. I take my pet along when I go jogging or walking.                  | 4.84        | SA           | 2    |
| 3. My pet goes to the veterinarian for regular checkups and vaccines. | 4.55        | SA           | 4.5  |
| 4. I enjoy having a pet riding in the car/motor with me.              | 4.55        | SA           | 4.5  |
| 5. I play with my pet quite often.                                    | 4.90        | SA           | 1    |
| <b>GENERAL ASSESSMENT</b>                                             | <b>4.68</b> | <b>SA/HO</b> |      |

Legend: 4.20 – 5.00 Strongly Agree (SA)/ Highly Observed  
 3.40 – 4.19 Agree (A)/ Observed  
 2.60 – 3.39 Neutral (N)/ Moderately Observed

1.80 – 2.59 Disagree (D)/ Almost not Observed  
 1.00 – 1.79 Strongly Disagree (SD)/ Not Observed

Table 1.3 shows that the level of observance attachment among pet owners of Laguna in terms of Physical Aspects had a general assessment of **4.68** which was verbally interpreted as **Strongly Agree or Highly Observed**. All indicators were verbally interpreted as Strongly Agree or Highly Observed. Moreover, the indicator “I play with my pet quite often.” Had the highest computed mean of 4.90 which was verbally interpreted as Strongly Agree or

Highly Observed. Meanwhile, the indicator “My pet goes to the veterinarian for regular checkups and vaccines.” And “I enjoy having a pet riding in the car/motor with me.” Had the lowest computed mean of 4.55 and both was interpreted as well as Strongly Agree or Highly Observed.

This suggests that having a pet can have positive effects on humans. A dog's or other pet's natural need to be walked may contribute to the owner's increased physical activity and the development of a stronger bond with the pet. The link between pet and owner can be strengthened through playtime.

**Table 2.1** Level of Socialization Skills of Pet Owners in terms of Adaptability

| Indicators in terms of Adaptability                                                                                                                                                                                         | $\bar{X}$   | VI           | Rank |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------|------|
| 1. I fit in well in a new situation.                                                                                                                                                                                        | 4.56        | SA           | 4    |
| 2. I can easily talk to another pet owner.                                                                                                                                                                                  | 4.78        | SA           | 2.5  |
| 3. I'm always open to criticism.                                                                                                                                                                                            | 4.83        | SA           | 1    |
| 4. I feel happy to go to new place or park.                                                                                                                                                                                 | 4.78        | SA           | 2.5  |
| <b>GENERAL ASSESSMENT</b>                                                                                                                                                                                                   | <b>4.74</b> | <b>SA/VH</b> |      |
| Legend: 4.20 – 5.00 Strongly Agree (SA)/ Very High      1.80 – 2.59 Disagree (D)/ Low<br>3.40 – 4.19 Agree (A)/ High                      1.00 – 1.79 Strongly Disagree (SD)/ Very Low<br>2.60 – 3.39 Neutral (N)/ Moderate |             |              |      |

Table 2.1 shows that the level of socialization skills of pet owners of Laguna in terms of Adaptability had a general assessment of **4.74** which was verbally interpreted as **Strongly Agree or Very High**. All indicators were verbally interpreted as Strongly Agree or Very High. Moreover, the indicator “I'm always open to criticism.” Had the highest computed mean of 4.90 which was verbally interpreted as Strongly Agree or Very High. Meanwhile, the indicator “I can easily talk to another pet owner.” And “I feel happy to go to new place or park.” Had the lowest computed mean of 4.55 and both was interpreted as well as Strongly Agree or Very High.

It can be suggested that aside from the physical benefits that pet owners may receive, it can also improve social adaptability. When the owner takes their pet to the park to play, walk, and encounters other people with or without their pets, they can easily start a conversation, indicating that they increase socialization skills.

**Table 2.2** Level of Socialization Skills of Pet Owners in terms of Interpersonal Ability

| Indicators in terms of Interpersonal ability                                                                                                                                                                                                                      | $\bar{X}$   | VI           | Rank |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------|------|
| 1. I am able to connect with other people.                                                                                                                                                                                                                        | 4.71        | SA           | 2    |
| 2. *I don't know how to make friends.                                                                                                                                                                                                                             | 4.36        | SA           | 3    |
| 3. I listen to someone till the last.                                                                                                                                                                                                                             | 4.73        | SA           | 1    |
| <b>GENERAL ASSESSMENT</b>                                                                                                                                                                                                                                         | <b>4.74</b> | <b>SA/VH</b> |      |
| Reverse scores with “*” item no. 2<br>Legend: 4.20 – 5.00 Strongly Agree (SA)/ Very High      1.80 – 2.59 Disagree (D)/ Low<br>3.40 – 4.19 Agree (A)/ High                      1.00 – 1.79 Strongly Disagree (SD)/ Very Low<br>2.60 – 3.39 Neutral (N)/ Moderate |             |              |      |

Table 2.2 shows that the level of socialization skills of pet owners of Laguna in terms of Interpersonal Ability had a general assessment of **4.74** which was verbally interpreted as **Strongly Agree or Very High**. All indicators were verbally interpreted as Strongly Agree or Very High. Moreover, the indicator “I listen to someone till the last.” Had the highest computed mean of 4.73 which was verbally interpreted as Strongly Agree or Very High. Meanwhile, the indicator with the reversed score “I don't know how to make friends.” Had the lowest computed mean of 4.36 was interpreted also as Strongly Agree or Very High.

The findings implies that pet can serve as a topic of casual conversation for owners even when not accompanying their owner, easily to connect with others and can listen to someone as same interest in the topic can result a stronger socialization skill.

**Table 2.3** Level of Socialization Skills of Pet Owners in terms of Peer Relationship

| Indicators in terms of Peer relationship         | $\bar{X}$   | VI           | Rank |
|--------------------------------------------------|-------------|--------------|------|
| 1. I feel understood by my co-pet owners I know. | 4.54        | SA           | 3    |
| 2. I enjoy helping others.                       | 4.89        | SA           | 1    |
| 3. *I feel distant from other pet owners.        | 4.46        | SA           | 4    |
| 4. I am able to relate to my peers.              | 4.73        | SA           | 2    |
| <b>GENERAL ASSESSMENT</b>                        | <b>4.66</b> | <b>SA/VH</b> |      |

Reverse scores with “\*” item no. 3

Legend: 4.20 – 5.00 Strongly Agree (SA)/ Very High

1.80 – 2.59 Disagree (D)/ Low

3.40 – 4.19 Agree (A)/ High

1.00 – 1.79 Strongly Disagree (SD)/ Very Low

2.60 – 3.39 Neutral (N)/ Moderate

Table 2.3 shows the level of socialization skills of pet owners of Laguna in terms of Peer relationship. It had a general assessment of **4.66** which was verbally interpreted as **Strongly Agree or Very High**. All indicators were verbally interpreted as Strongly Agree or Very High. Moreover, the indicator “I enjoy helping others.” Had the highest computed mean of 4.89 which was verbally interpreted as Strongly Agree or Very High. Meanwhile, the indicator with the reversed score “I feel distant from other pet owners.” Had the lowest computed mean of 4.46 was interpreted also as Strongly Agree or Very High.

The finding of the study revealed that correlate with co-pet owners, they mean a deep attachment, connection, and understand that they have with their pets. Participation in pet-relation activities with other pet owners, such as pet services (grooming, going to veterinarian), can also decrease isolation and loneliness, which can further improved socialization skills.

**Table 2.4** Level of Socialization Skills of Pet Owners in terms of Attitude and Behavior

| Indicators in terms of Attitude and Behavior                              | $\bar{X}$   | VI           | Rank |
|---------------------------------------------------------------------------|-------------|--------------|------|
| 1. I see people as friendly and approachable with their pets.             | 4.76        | SA           | 6    |
| 2. I look up to others and make them inspiration in owning numerous pets. | 4.80        | SA           | 4.5  |
| 3. I'm good to understand pet owners' feelings towards their pets.        | 4.80        | SA           | 4.5  |
| 4. I'm not used to sharing my problem with others.                        | 4.84        | SA           | 3    |
| 5. I talk to other pet owners about my pet's capabilities and tricks.     | 4.61        | SA           | 9    |
| 6. I am happy to work on my own.                                          | 4.77        | SA           | 7    |
| 7. I feel friendly with people who have a pet; I smile and say “hello”.   | 4.88        | SA           | 1.5  |
| 8. I am comfortable asking other pet owners to play with their pets.      | 4.74        | SA           | 8    |
| 9. I easily approach another pet owner.                                   | 4.88        | SA           | 1.5  |
| <b>GENERAL ASSESSMENT</b>                                                 | <b>4.79</b> | <b>SA/VH</b> |      |

Legend:

4.20 – 5.00 Strongly Agree (SA)/ Very High

1.80 – 2.59 Disagree (D)/ Low

3.40 – 4.19 Agree (A)/ High

1.00 – 1.79 Strongly Disagree (SD)/ Very Low

2.60 – 3.39 Neutral (N)/ Moderate

Table 2.4 shows that the level of socialization skills of pet owners of Laguna in terms of Attitude and Behavior had a general assessment of **4.79** which was verbally interpreted as **Strongly Agree or Very High**. All indicators were verbally interpreted as Strongly Agree or Very High. Moreover, the indicator “I easily approach another pet owner.” And “I feel friendly with people who have a pet; I smile and say “hello”.” Both had the highest computed mean of 4.88 which was verbally interpreted as Strongly Agree or Very High. Meanwhile, the indicator “I talk to other pet owners about my pet's capabilities and tricks.” Had the lowest computed mean of 4.61 was interpreted as Strongly Agree or Very High.

This implies that having attach to a pet as companion increased social interactions among others and lead to have more friendly approach by the strangers. This showed that pet owners are more likely to experience social contact, conversation and can be a significant in socialization skills for others.

**Table 3** Test of Significant Relationship between the Level of Attachment and Level of Socialization Skills among Pet Owners in Laguna

| Level of Observance of Attachment | Level of Socialization Skills | r value | P value | Remarks         | Decision              |
|-----------------------------------|-------------------------------|---------|---------|-----------------|-----------------------|
| Emotional Aspects                 | Adaptability                  | .130    | .197    | Not Significant | Accept H <sub>0</sub> |
|                                   | Interpersonal ability         | .049    | .630    | Not Significant | Accept H <sub>0</sub> |
|                                   | Peer Relationship             | .080    | .429    | Not Significant | Accept H <sub>0</sub> |
|                                   | Attitude and Behavior         | .149    | .138    | Not Significant | Accept H <sub>0</sub> |
| Psychological Aspects             | Adaptability                  | .075    | .460    | Not Significant | Accept H <sub>0</sub> |
|                                   | Interpersonal ability         | .098    | .331    | Not Significant | Accept H <sub>0</sub> |
|                                   | Peer Relationship             | .362**  | .000    | Significant     | Reject H <sub>0</sub> |
|                                   | Attitude and Behavior         | .194    | .053    | Not Significant | Accept H <sub>0</sub> |
| Physical Aspects                  | Adaptability                  | .244*   | .014    | Significant     | Reject H <sub>0</sub> |
|                                   | Interpersonal ability         | .186    | .063    | Not Significant | Accept H <sub>0</sub> |
|                                   | Peer Relationship             | .232*   | .020    | Significant     | Reject H <sub>0</sub> |
|                                   | Attitude and Behavior         | .028    | .785    | Not Significant | Accept H <sub>0</sub> |

\*\*Correlational at the level 0.01

\*Correlational at the level 0.05(Two-tailed)

Table 3 shows that there was significant relationship between the level of observance attachment and level of socializing skills among pet owners in the Province of Laguna. The r values .362, .244 and .232 were interpreted as with moderate positive to high positive correlation as to correlate Psychological and Physical aspects to Peer relationship and Adaptability. The computed probability values .000 were lesser than the level of significant ( $P < 0.05$ ); thus, the null hypothesis was rejected.

It is feasible to suggest that the observance attachment particularly in psychological and physical aspects has a significant relationship with the socialization skills in terms of peer relationship and adaptability among pet owners in Laguna. It suggests that the higher the attachment the higher socialization skills. According to Duvall's (2018) research, people who have a strong bond to their pets tend to spend less time alone than those who don't. When we looked at how human social skills interacted with pet attachment to predict mental health, simple effects showed that pet owners with low levels of human social interact were more likely to report high levels of loneliness and depression if they had a strong attachment to their pets. The complexity of the link between pet ownership, attachment or connection, and social engagement is highlighted by these results.

Furthermore, a non-significant was established between attachment in terms of emotional aspects and socialization skills in terms of adaptability, interpersonal ability, peer relationship, attitude, and behavior sub-variables based on the data showed. These findings suggest that while pet owners provide pet attachment and increase socialization, they may not necessarily lead to increased socialization skills. There is similar evidence to suggest that there is no significant relationship between pet attachment and socialization skills. A study conducted by Herzog and colleagues (2019) found that while pet ownership was positively associated with socialization, it was not significantly related to attachment of owners. Also similarly, a study by Mc Bicholas and Colis (2018) found that while pet ownership was associated with increased social contact, there is no significant relationship between pet attachment and socialization.

### The Enhancement Program for Pet Owners

As an output, a program for pet owners was developed which intended for the pet owners, psychology community, and other concerned communities to serve as a guide in improving their socialization skills. A proposed

program of seminars, activities and trainings would tackle the positive benefits or importance of pet attachment and socialization skills.

**Table 4** Proposed Enhancement Program for Pet Owners

**Fun Facts about your Pet:** Reasons to be Thankful as Pet Owners

| AREA OF CONCERN                                          | OBJECTIVES                                                                                                                | STRATEGIES/ ACTIVITIES                                                                                                           | TIME FRAME                    | OUTCOME                                                                                                     | SUCCESS INDICATORS/ EVALUATION                                                                          |
|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Warm up, Overview & Creating Positivity Emotional Aspect | To have a positive attitude, and communicating thoughts in sense of attachment and socialization.                         | Ice breaker game.                                                                                                                | July 2023 - August 2023       | Enhancing of skills thoughts and process and empathy.                                                       | 90% of the participants will have the connection or social interaction with one another.                |
| Psychological Aspect                                     | To enhance empathy and compassion                                                                                         | Sharing experiences or encounters of having or owning a pet/s.                                                                   | September 2023 – October 2023 | Positively impact a pet owner's social interactions.                                                        | Making them more understanding and compassionate towards others.                                        |
| Physical Aspect                                          | To strengthen the bond, build trust, and enhance communication.                                                           | Pet activities as opportunities such as goes to veterinarian, grooming, and having a pet riding in car/motor                     | November 2023 - December 2023 | Engaging in activities with their pet/s.                                                                    | Pet owners have a regular bonding with their pets.                                                      |
| Adaptability                                             | To encourage pet owners where they can connect with other owners and share experiences to fit in well in a new situation. | Organize regular meetups or social events for pet owners to interact and practice socialization skills in a relaxed setting.     | January 2024 – February 2024  | Join local pet communities or online forums. Going to a local pet-friendly events, parks, and organization. | Introducing themselves and their pet at any situations.                                                 |
| Interpersonal Ability                                    | To understand the importance and positive benefits of pet.                                                                | Seminar/Webinar<br>Entitled: "Alaga ko! Kasangga ko!"<br>Speaker: Eldrige Ho<br>Chairman & Expert in the field of pet ownership. | March 2024 – April 2024       | Positive reinforcement, establish a strong bond with their pet, trust and consistency.                      | 90% of the participants will have valuable insights in what to expect at every stage of owning a pet/s. |



|                                                                    |                                                                                                       |                                                                                                                                      |                         |                                                                                                          |                                                                                                                                                                              |
|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Peer Relationship                                                  | To observe and learn from each other's experiences, sharing tips, techniques and to make friends.     | Group socialization sessions where pet owners can bring their pets to interact with other pet owners in a controlled environment     | May 2024 – June 2024    | Engaging in community activities build a sense of belonging and social support for both pets and owners. | Foster a supportive friends or people where pet owners can ask questions, seek advice, and celebrate successes.                                                              |
| Attitude and Behavior                                              | To understand the importance of stimulation for pets, and enhance socializing skills.                 | (C.A.R.E) Conducted Attachment Relationships Effort. Exposure in community resources and emphasize positive reinforcement techniques | July 2024 – August 2024 | Incorporating exercise and training tricks of their pet into daily routines.                             | Basic self-socialize with other pet owners and different types of pets.                                                                                                      |
| Continued Educations about Pet Attachment and Socialization Skills | To provide recommendation s for further reading, training videos, and online communities for support. | Develop comprehensive resource materials such as handouts, brochures, and online resources.                                          |                         | Advance workshops or seminars for pet owners and want to further enhance their socialization skills.     | 90% of the individual who receives, reads the resources materials have opportunities for ongoing learning and social skills development. Guidelines for a healthy lifestyle. |

Some dimensions of the proposed enhancement programs for pet owners were based on the factors that affected these pet owners on how they could positively improve their socialization skills and see the worth of pet attachment. The basis of this key result area was based on the indicators with the lowest means. It was organized by the researcher with the support from the POS chairman, other volunteer pet owners, and most of the members of the pet owners' society. Funds were raised through solicitations to various communities. The enhancement program was conducted once a month, from July 2023 until February 2024. The proposed program developed which was intended for the pet owners, the psychology community, and other interested communities to serve as a guide.

In these activities, your pet provides important socialization skills but not at the expense of human social connectedness, but rather pets enhance attachment and social skills. It could be for the attachment to pets (relationship maintenance), showing that physical interaction with the pet could have more benefits and can help to increase pet owners' socialization skills.

In this enhancement program, it was important to ensure that the participants have hands-on opportunities to practice the skills and receive individualized guidance as necessary. The last session was an open discussion to address specific concerns, questions, and a recap of what they learned in the programs and encourage them to apply of what they learned.



## Conclusions

Based on the abovementioned findings of the study, the following conclusions have been obtained:

1. That pet attachment can have a beneficial relation on physical, and psychological aspects of pet owners' socialization skills in terms of peer relationship and adaptability among the pet owners in Laguna. It is noticeable since the pandemic started; pet owners have ample of time petting their pet.
2. That socialization skills (interpersonal ability, attitude and behavior) do not contribute to the emotional aspects of pet owners in Laguna. While pet owners provide pet attachment and increase socialization skills, they may not necessarily lead to increase socialization skills.
3. That pets can serve as attachment figures that can play an important role in psychological, serve as a source of comfort or trust, and unconditional love. On physical, serve as a stimulus exercise and easily to connect with others even when not accompanying, this bond form within human-pet.
4. That the proposed programs for pet owners are important and a great initiative to promote human-pet attachment and to strengthen their socialization skills.

## Recommendations

Based on the outlined findings and finalized conclusions, the following recommendations are highly encouraged:

1. Pet owners may consider the positive and bad aspects of attachment to their pet to support individuals during socialization. Pet has the unique role for owners, if you're not around it can make you worry or anxious, but also stroking your pet might make you feel at ease, coordinated with pet can build your trust to them.
2. Pet owners may make early socialization and habituation, it is important not only teaches owners how to interact with one another, but also helps to develop a sense of self.
3. Pet owners may keep up those attachment to pet and ensure pet is sociable to ensure that they both go on to be confident in any situation.
4. The program may be utilized effectively, especially in giving enough knowledge to pet owners about the importance and positive benefits of pet attachment particularly in physical and psychological. A training and guide to formulate activities that will help them to improve their social.
5. Future researchers may consider pursuing this study by providing an option for people who own more than one different type of pet or focus on a specific pet might better explain the level of these relationships, consider the length of owning a pet and gender of the respondents. Collecting the respondents' home language to determine if people chose to complete the questionnaire or survey in their home language.

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