

Unveiling the Mystical Realm: Exploring Superstitious Beliefs Among Fisherfolk

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Abstract: This study explored the superstitious beliefs of fisherfolk communities in coastal barangays of Iloilo and how these beliefs shaped their daily practices, cultural identity, and interactions with the environment. Using a qualitative phenomenological design, the study documented the beliefs, traced their generational transmission, and analyzed their meanings and social functions through thematic and narrative methods. Five key themes emerged, including caution and silence, protective rituals, sacred timing, symbolic objects, and spiritual omens, which revealed how deeply embedded these beliefs were in the community's worldview. Despite lacking a scientific basis, they endured through oral tradition and shared experiences, providing structure, emotional comfort, and ecological wisdom. The study concluded that these beliefs were vital cultural tools that guided behavior, preserved ancestral knowledge, and fostered resilience. It recommended their recognition and integration into cultural education, conservation programs, and sustainable development initiatives to ensure their preservation and continued relevance in modern community life.

Keywords: Superstitious Belief; Fisherfolk Communities; Indigenous Knowledge; Cultural Practices; Phenomenological Study.

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I. INTRODUCTION

Superstitious beliefs are deeply woven into the daily lives of Filipinos. More than just ancient stories, these beliefs act as important guides that influence everyday actions and decision-making. Rooted in tradition and culture, they are valued not only for their perceived ability to ward off misfortune but also for the sense of discipline and caution they instill. In many parts of the Philippines, these age-old beliefs continue to influence behavior and attitudes. Passed down orally from grandparents to parents and then to children, they are treasured like family heirlooms, stories that carry both warnings and wisdom. Elders, in particular, take these beliefs seriously, using them not only to protect but also to teach. These beliefs help instill moral values, proper behavior, and respect for customs. For many Filipinos, superstitions are more than practices, they are reflections of identity. They remind us of where we came from, what we hold dear, and how deeply we are connected to our ancestors and one another. By embracing these traditions, we also preserve the cultural fabric that unites generations of Filipinos.

The Philippines, an archipelago comprising over 7,600 islands and surrounded by vast bodies of water, is rich in marine resources. Fishing serves as a major livelihood for many Filipinos, particularly those living in coastal areas. Individuals who depend on this occupation are commonly referred to as fisherfolk. To ensure safety and abundance in

their daily catch, many continue to practice age-old superstitious beliefs. These traditions, passed down through generations, are believed to bring good fortune, protect them from harm at sea, and guide their actions before and during fishing trips. For fisherfolk, these beliefs go beyond simple traditions; they form a way of life deeply grounded in culture and influenced by their strong connection to the sea.

This study aimed to explore the cultural importance of shrimp and its link to local traditions, beliefs, and everyday practices. By examining the superstitious beliefs and cultural attitudes associated with shrimp in a particular community, it seeks to reveal the social and cultural factors that influence these perceptions. Such insights are valuable in understanding how traditional knowledge and beliefs continue to influence community behaviors and interactions with natural resources. Furthermore, the results of this study can offer valuable insights for industries and businesses that depend on fishing, either as a primary food source or as an essential component of the local economy.

Understanding these cultural dimensions can help inform sustainable practices, promote cultural sensitivity, and support community-based economic development.

The study aimed to: (1) Document and thematize the superstitious beliefs practiced by the Fisherfolks; (2) Understand the cultural meanings and significance of these beliefs; (3) Trace the origins and how these beliefs are passed

down through generations; (4) Examine how these beliefs influence the community's daily practices and decisions; (5) Identify the social and psychological roles these beliefs play in their lives; (6) Explore any variations or types of superstitious beliefs within the community; and (7) Make a storybook based on the gathered data.

II. THEORETICAL FRAMEWORK

This study is anchored on Blumer's (1969) Symbolic Interactionism, which emphasizes how individuals create and share meanings through social interactions. Superstitious beliefs, deeply rooted in symbols and cultural interpretations, are passed on and reinforced within communities. Among the Shrimp Folks, symbolic meanings are attached to specific actions, rituals, or events, influencing their behavior, daily practices, and decision-making processes (Thompson, 2024).

Supporting this idea is Julian Steward's (1955) Cultural Ecology Theory, which explains that culture develops and adapts based on the surrounding environment. This theory is especially relevant to the Shrimp Folks, whose livelihood depends on natural resources. Their superstitious beliefs often emerge from close observation of environmental patterns—such as tides, moon phases, and weather—demonstrating how their cultural practices are shaped by ecological factors.

Moreover, the study draws on Functionalism as advocated by Malinowski and Durkheim. This perspective suggests that Functionalism views cultural beliefs and practices—including superstitions—as mechanisms that sustain social stability, cohesion, and psychological well-being. Durkheim emphasizes collective consciousness and the sacred/profane distinction, while Malinowski focuses on individual coping in uncertain situations (Unicara, 2016).

Lastly, the Theory of Cultural Transmission supports this study by illustrating how beliefs and traditions are shared across generations through storytelling, rituals, and everyday practices. This theory supports the investigation of the historical development, persistence, and variations of superstitious beliefs within the community (Sociology, 2024).

III. LITERATURE REVIEW

Torreon and Tiempo (2021) highlight that rituals based on superstitious beliefs are practiced by fisherfolk to secure abundant catches and ensure safety while at sea. Their study emphasizes that these rituals are not just cultural customs but also serve as sources of strength and reassurance amid the uncertainties of a fishing livelihood.

Falculan (2023) explores how cultural beliefs and superstitions influence the fishing practices of fisherfolk in Odiongan, Romblon. The study highlights the significance of traditional knowledge, such as interpreting moon phases and tidal patterns, in informing fishing practices. It also reveals how these beliefs contribute to responsible fishing and help preserve marine ecosystems.

Tahiluddin (2023) examines the traditional weather forecasting techniques used by fishers in Tawi-Tawi, which are deeply rooted in indigenous beliefs and superstitions. These time-honored methods are crucial for determining the optimal timing of fishing and sailing activities, demonstrating how cultural wisdom is integrated into the daily decisions of coastal communities.

IV. METHODOLOGY

This study used a qualitative research design that adopted a phenomenological approach. The phenomenological method helped explore and understand the lived experiences and meanings that participants attach to their superstitious beliefs and cultural traditions.

A. Research Locale

The study was conducted in Iloilo, a coastal community known for its fishing industry. The areas were selected due to the strong presence of traditional fishing practices and cultural rituals among local fisherfolk.

B. Participants and Sampling Technique

Participants included fishers, elders, community leaders, and family members involved in fishing activities. Purposive sampling was used to select individuals who have direct experience with or knowledge of superstitious beliefs related to fishing. Approximately 15 key informants were selected, ensuring a variety of perspectives based on age, gender, and fishing experience.

C. Data Collection Method

To gather descriptive data, the following tools were used:

- In-depth interviews – The researchers conducted semi-structured interviews to collect personal stories and insights from the participants.
- Focus group discussions (FGDs) – To elicit collective beliefs and observe shared cultural norms.
- Participant observation – The researchers observed daily routines, rituals, and fishing practices to contextualize superstitions in real settings.
- Field notes and documentation – Rituals, sayings, or objects connected to beliefs were documented through notes and photographs.

D. Data Analysis

The data were analyzed using two complementary methods:

- Thematic Analysis. It was used to identify recurring themes, meanings, and patterns across responses. Themes were drawn from coding the transcripts and clustering similar ideas.
- Narrative Analysis. It was used to explore individual life stories and how beliefs are transmitted and interpreted across generations.
- Both analyses were guided by Cultural Ecology Theory, Functionalism, and Cultural Transmission Theory.

V. RESULTS AND DISCUSSION

Based on the responses gathered from fisherfolks regarding their superstitious beliefs, five themes using Braun and Clarke (2006) emerged: (1) Preserving Abundance Through Caution and Silence; (2) Rituals of Protection, Cleansing, and Timing; (3) Sacred Time and Cosmic Favor for Abundance; (4) Lucky Objects and Nature as Symbols of Prosperity; and (5) Spiritual Interactions and Omens in the Marine World.

➤ *Theme 1: Preserving Abundance Through Caution and Silence*

The belief that nature's gifts, like fish harvests, must be approached with respect, discipline, and humility. Practices such as staying silent while fishing, avoiding grilling the first catch, not discarding parts of a shark, and observing taboos (like not bringing eggs or garlic) reflect spiritual and ecological values meant to sustain abundance. These customs teach that resource use is not just physical but also spiritual, requiring reverence, order, and self-restraint to ensure continued blessings from nature.

The superstitious beliefs 1, 2, 9, 12, and 21 emphasize a cultural framework where caution, restraint, and harmony with the sea are key to ensuring continuous abundance. They reflect how traditional ecological knowledge and spiritual beliefs are intertwined in guiding sustainable and respectful fishing practices.

Garavito-Bermúdez & Boonstra (2022) examine how fisherfolk's ecological knowledge, including tacit and spiritual understandings, shapes sustainable practices and interaction with marine ecosystems, highlighting the importance of caution and harmony embedded in cultural beliefs.

➤ *Theme 2: Rituals of Protection, Cleansing, and Timing*

This theme highlights how communities use ritual actions, taboos, and scheduled practices to maintain spiritual purity, ward off harm, and ensure balance between the human, natural, and spiritual realms. The examples show that people believe certain substances, times, and places can carry either blessings or danger, thus requiring ritual intervention or avoidance to preserve health, safety, and ecological harmony.

These superstitious beliefs highlight how ritual practices are used to protect both the environment and the community. They promote health, spiritual cleanliness, and harmony with nature. By guiding behavior and timing through traditional customs, these beliefs help maintain ecological balance, ensure a safe harvest, and preserve cultural identity.

According to Prasetyo (2023), the ritual acts as a strong medium for promoting environmental awareness and safeguarding local heritage, symbolizing a spiritual connection that nurtures ecological consciousness.

➤ *Theme 3: Sacred Time and Cosmic Favor for Abundance*

This theme underscores the belief that certain periods—marked by specific dates, seasons, or natural events—are considered cosmically aligned or spiritually favorable for human activities. In many traditional communities, success in farming, building, or even childbirth is believed to be influenced by acting in harmony with these sacred times. The two examples below illustrate this belief system in action.

The success of building the greenshell sanctuary—and ultimately achieving a bountiful harvest—depends not only on technical or environmental factors, but also on spiritual timing. By aligning construction with cosmically favorable dates (8th, 18th, 28th) and natural signs (a week after rainfall), the community expresses a belief in unseen forces that govern abundance. These practices reflect a deeper cultural understanding that prosperity is achieved through harmony with both natural rhythms and spiritual laws, reinforcing the importance of sacred timing in traditional ecological knowledge.

Lee (2025) explores how spiritual practices—such as timing rituals—can reinforce ecological restoration efforts. She emphasizes that aligning human activities with natural and spiritual rhythms fosters deeper commitment to the land.

➤ *Theme 4: Lucky Objects and Nature as Symbols of Prosperity*

This theme reflects the belief that certain natural elements—due to their rarity, form, or vitality—hold symbolic power to attract good fortune, abundance, and spiritual favor. They are seen not just as natural curiosities but as carriers of positive energy and omens of prosperity. These beliefs reveal a deep cultural connection with nature, where environmental elements are not only resources but also spiritual symbols and active participants in the community's well-being and fortune. The elements of nature—especially rare or symbolically significant ones—are believed to hold spiritual energy that can influence human success, particularly in fishing. By using or bringing these objects (e.g., bamboo with abnormal nodes, blooming plants, rare trees, water in unbroken bamboo, or black ants) during livelihood activities, communities express the belief that nature itself is a source of fortune. This reinforces a worldview where humans must stay attuned to natural signs and symbols, respecting and harnessing them not only for material gain but also to maintain balance with the unseen forces that govern abundance.

Fongzossie et al. (2023) documented how Baka fishers use 176 plant species not just for physical utility but also for “hunting luck”, psychoactive enhancement of dogs, courage, or animal attraction.

➤ *Theme 5: Spiritual Interactions and Omens in the Marine World*

The theme reflects the deep-seated belief that the ocean is not merely a natural resource but a spiritual realm inhabited by unseen beings that influence human life and

marine harvests. This theme highlights how coastal communities interpret unusual events, rare creatures, or poor yields as signs from the spirit world, often guiding their behavior and decisions.

Fisherfolk view the marine world as a spiritually governed space where unseen beings influence natural events and human outcomes. These beliefs instill caution and reverence toward the sea, guiding behavior through symbolic warnings such as the appearance of rare fish or mermaids. They promote respectful interaction with nature, discourage exploitation, and help maintain harmony between humans and the spiritual realm. Ultimately, these beliefs serve as cultural mechanisms for regulating actions, preserving traditional knowledge, and reinforcing the community's connection to its environment.

Da Silva et al. (2019) stated that coastal fishers perceive rivers and seas as inhabited by supernatural guardians, who enforce taboos and rules. These beliefs act as cultural checks on fishing practices—discouraging overexploitation and promoting respect for aquatic environments.

Superstitious Beliefs' Cultural Meanings and Significance

➤ *Theme 1: Preserving Abundance Through Caution and Silence*

Cultural Meanings: These beliefs reflect a deep cultural understanding that abundance in fishing is preserved through caution, silence, and respect for unseen spiritual forces. Actions such as avoiding noise, strong scents, or improper disposal of animal remains are not just practical; they are seen as symbolic gestures that maintain harmony with nature and the spirits believed to govern the sea.

Significance: They serve as cultural safeguards that regulate behavior, promote sustainable harvesting, and reinforce communal discipline. More than superstition, these practices preserve traditional ecological knowledge, foster spiritual respect for marine life, and ensure that the community's connection to their environment remains strong and reverent.

Van der Ploeg et al. (2017); Maliao et al. (2023) document how fishers avoid fishing on certain days (like Tuesdays and Fridays) and stay silent or avoid disturbing areas inhabited by nature spirits, practices they see as essential safeguards to prevent resource depletion and ensure sustainable harvests.

➤ *Theme 2: Rituals of Protection, Cleansing, and Timing*

Cultural Meanings: These beliefs express the community's understanding that spiritual purity, proper timing, and ritual acts are essential to ensure safety, abundance, and protection in their fishing practices. They reflect a worldview where the physical and spiritual realms are closely connected, and where missteps, such as bringing death-associated items or neglecting rituals, can disturb the delicate balance between humans, nature, and unseen forces.

Significance: These beliefs emphasize the importance of spiritual cleanliness, protective rituals, and proper timing in ensuring safety and abundance in fishing practices. They reflect a worldview where the natural and spiritual realms are deeply connected, and success depends on honoring sacred boundaries and performing prescribed rituals. By avoiding death-associated objects, using cleansing practices like smoking, and observing specific days, the community safeguards both their livelihood and spiritual well-being. These rituals preserve traditional knowledge, strengthen cultural identity, and maintain harmony between humans and unseen forces.

Mangahas (2020) documents how they use seasonal rites and boat cleansing rituals to “coax fish” and invoke ancestral spirits called *a'itu*. These rituals regulate gear use, ensure spiritual “cleanliness,” and invoke protection and abundance.

➤ *Theme 3: Sacred Time and Cosmic Favor for Abundance*

Cultural Meanings: These beliefs reflect the idea that success in livelihood activities is influenced by both cosmic timing and natural signs. Choosing the 8th, 18th, or 28th of the month and waiting a week after rainfall are not arbitrary decisions but are believed to align human actions with favorable spiritual and environmental conditions.

Significance: These beliefs show how fisherfolk integrate sacred timing and natural cues into their livelihood decisions, believing that success comes from aligning with cosmic order and environmental rhythms. Observing lucky dates and building after rainfall reflects a deep cultural respect for unseen forces and natural cycles. Such practices not only guide behavior but also preserve traditional ecological wisdom, strengthen spiritual awareness, and maintain cultural continuity in community life.

Karjanto (2022) examines the Javanese calendrical system (“*pranata mangsa*”) used by farmers and fishers. It documents how community members follow a solar-based ecological calendar, verbally transmitted across generations, to predict seasonal conditions, including prime fishing times.

➤ *Theme 4: Lucky Objects and Nature as Symbols of Prosperity*

Cultural Meanings: These beliefs show that certain rare or natural elements are seen not just as physical objects but as carriers of spiritual energy and symbols of abundance. Their presence during fishing is believed to attract good fortune, ensure a successful catch, and maintain balance with the natural and spiritual worlds.

Significance: These beliefs highlight the deep symbolic relationship between nature and prosperity in fishing communities. Rare plants, trees, animals, and natural elements like water are believed to embody luck and spiritual energy, turning them into powerful charms when brought to sea. These practices promote respect for nature's uniqueness, preserve traditional knowledge, and reinforce a

worldview where natural signs are deeply connected to human success and well-being.

Hanazaki et al. (2023) detail how fishing communities across the Philippines, Brazil, Italy, and South America use plants and plant-derived items as both practical tools and symbolic charms to attract or guide fish.

➤ *Theme 5: Spiritual Interactions and Omens in the Marine World*

Cultural Meanings: These beliefs reveal a cultural worldview in which the sea is inhabited by unseen spiritual beings whose moods, signs, and interventions can influence fishing success. Fisherfolk interpret natural occurrences, like a failed catch or sightings of rare creatures, not as coincidences, but as spiritual messages or warnings that must be respected.

Significance: These beliefs demonstrate how fisherfolk interpret their environment through a spiritual lens, viewing marine creatures and unusual events as omens or messages from unseen beings. The presence or absence of harvest is not merely a physical outcome but a reflection of spiritual balance or disruption. These practices encourage caution, spiritual sensitivity, and moral behavior at sea—preserving both cultural identity and ecological respect.

Andaya (2016) details how sea spirits (*anito del mar*, *hantu*) are considered guardians of marine domains. Fisherfolk engage in rituals and follow taboos to maintain harmony with these entities. Sightings of unusual marine creatures, like oddly marked fish, whales, giant squid, are understood as spiritual messages indicating benevolence or wrath.

➤ *Origins and How These Beliefs Are Passed Down Through Generations*

Superstitious beliefs pass from one generation to another as part of a community's cultural heritage, sustained through storytelling, collective experiences, and everyday practices. These beliefs are often embedded in storytelling, rituals, and local customs, allowing them to endure and adapt over time. Elders play a vital role in transmitting these beliefs, ensuring that younger generations understand not only the practices themselves but also the values and lessons behind them. In this way, superstitions continue to shape behavior, strengthen cultural identity, and maintain a sense of harmony between people, nature, and the spiritual world.

Boyko (2020) describes superstitious belief as an illogical notion that an object, action, or event unrelated to a situation can somehow affect its outcome.

These are the common responses from the participants:

- ✓ Participant 1: I learned it from my grandparents. They told us stories when we were young, and we just followed.
- ✓ Participant 2: My parents taught me what they used to do when I was still young. They told me, it was what our ancestors had long believed.

- ✓ Participant 3: I don't know exactly where it started, but we grew up doing it because everyone around us did.
- ✓ Participant 4: The elders in our community would always remind us while fishing. It became part of our routine.
- ✓ Participant 5: These beliefs are passed down through word of mouth, especially during gatherings and rituals.
- ✓ Participant 6: Our local healer or 'albularyo' teaches these to us. We follow because they say it protects us.
- ✓ Participant 7: I just saw my father doing it, so I followed without asking any questions.
- ✓ Participant 8: We heard these beliefs during community meetings and from older neighbors.
- ✓ Participant 9: These are handed down through generations. My mother would always say, "Better to follow than regret later."
- ✓ Participant 10: Even without written records, we remember these beliefs because we see their effects on our harvest.
- ✓ Participant 11: Our teachers during non-formal education sessions included these in their stories and lessons.
- ✓ Participant 12: We pass them on to our children now, just as our parents did to us, especially before going to the sea.
- ✓ Participant 13: Some beliefs are tied to specific family lines, like how our family always avoids rice at sea.
- ✓ Participant 14: We usually learn these during special events like first harvests. The elders remind us then.
- ✓ Participant 15: I just follow because the old folks said it works. If we ignore it, we might face bad luck or danger.

The responses imply that superstitious beliefs are deeply rooted in communal tradition and intergenerational transmission rather than individual understanding. People continue these practices not because they fully understand their origins, but because they are part of a shared cultural identity passed down through family, elders, and community leaders like traditional healers. The belief in their effectiveness, particularly in ensuring abundance and good fortune, reinforces their continued practice. This highlights how collective trust, social influence, and perceived benefits sustain these beliefs across generations, even in the absence of rational explanation.

Besa et al. (2021) highlight that respondents answered that elders were the ones who taught and influenced them to give respect to their ancestors. The respondents also consider this a good or bad charm.

➤ *How These Beliefs Influence the Community's Daily Practices and Decisions*

These beliefs strongly shape the community's daily routines and choices, determining how, when, and with what materials they conduct fishing and other related activities. From choosing auspicious dates and remaining silent at sea to using specific natural items believed to attract luck, every action is shaped by cultural values that link spiritual harmony with ecological success. Rituals like smoking the boat or bamboo, avoiding wake-related materials, and interpreting rare animal sightings as omens reflect a worldview where unseen forces govern abundance. Even

without a scientific basis, these practices persist because they foster discipline, spiritual mindfulness, and communal identity, ensuring both livelihood and cultural continuity.

Torreon & Tiempo (2021) studied fishing rituals in Cogtong, Bohol (Philippines). They found that fishers perform rituals (e.g., offerings to sea gods or “anitu”) to invite good luck, preserve harmony between humans and unseen spiritual forces.

➤ *Social and Psychological Roles These Beliefs Play in Their Lives*

These beliefs play vital social and psychological roles in the lives of coastal communities. Socially, they foster unity, identity, and intergenerational continuity by providing shared customs that connect individuals to their ancestors and community. They regulate behavior through collective norms, creating harmony and reducing conflict during group activities like fishing or ritual preparation. Psychologically, these beliefs provide comfort, order, and a sense of control when facing the unpredictable forces of nature. They help reduce anxiety by giving people a framework to interpret success or failure, reinforcing hope, discipline, and emotional resilience. Ultimately, they act as coping mechanisms and cultural anchors that strengthen both the individual and the community in daily life.

Renck et al. (2023) show how fishers’ local and indigenous knowledge (including beliefs) supports social cohesion and resource stewardship.

➤ *Variations or Types of Superstitious Beliefs Within the Community*

The variations or types of superstitious beliefs within the community was based on the thematic analysis, such as Preserving Abundance Through Caution and Silence, Rituals of Protection, Cleansing, and Timing, Sacred Time and Cosmic Favor for Abundance, Lucky Objects and Nature as Symbols of Prosperity, and Spiritual Interactions and Omens in the Marine World.

➤ *Storybook*

The storybook is composed of five stories centered on five distinct themes. The stories may be used as contextualized instructional materials and as a means of preserving the superstitious beliefs and cultural traditions of the elders. The characters’ names were intentionally created by the researchers to provide clarity, coherence, and a better understanding of the stories.

VI. CONCLUSION

Based on the results, the following conclusions were drawn:

The documented superstitious beliefs of fisherfolk reflect deeply rooted cultural practices that guide daily life and livelihood. Passed down through generations, these beliefs promote harmony with nature and community while reflecting the values and resilience of coastal communities.

The fisherfolk’s superstitious beliefs are important cultural practices that guide behavior, maintain ecological balance, and strengthen community identity. Rooted in spiritual and environmental awareness, they preserve ancestral knowledge and reflect respect for nature and unseen forces.

These superstitious beliefs originated from ancestral knowledge passed down orally by elders, family members, healers, and teachers through stories, rituals, and daily practices. Their continued observance reflects respect for tradition, protection, abundance, and cultural identity. The community’s daily practices and decisions are strongly influenced by superstitious beliefs that combine spirituality, tradition, and ecological awareness. These beliefs promote discipline, reinforce cultural identity, and preserve both livelihood and heritage.

Superstitious beliefs serve as important social and psychological foundations for coastal communities. They unite generations, guide behavior, provide emotional comfort, and strengthen resilience and cultural identity.

The community’s superstitious beliefs appear in various forms, including caution and silence, protective rituals, sacred timing, symbolic natural objects, and spiritual omens. These practices reflect the community’s cultural traditions, ecological awareness, and spiritual beliefs in maintaining harmony with nature.

The storybook contains five themed stories that reflect the superstitious beliefs and cultural traditions of the elders. It serves as contextualized instructional material that helps preserve cultural heritage, while the use of invented character names enhances clarity and understanding.

VII. RECOMMENDATIONS

Based on the conclusions, the following recommendations were drawn:

Local government units, educators, and researchers should integrate these superstitious beliefs into cultural education, conservation programs, and livelihood planning to strengthen cultural identity and promote sustainable resource use.

Cultural and environmental programs should document and incorporate these beliefs into environmental education and sustainable fishing practices to preserve indigenous knowledge and ecological balance. Community-based initiatives should document orally transmitted beliefs through storytelling and ethnographic recording, with elders’ participation to ensure cultural preservation and continuity.

Community leaders and planners should integrate these beliefs into livelihood and environmental programs to strengthen cultural identity and promote sustainable practices.

Mental health advocates and educators should include these beliefs in wellness programs and intergenerational activities to support emotional resilience and cultural bonding.

Researchers and educators should develop learning materials and campaigns that highlight the diversity and value of these beliefs to promote cultural appreciation and environmental awareness.

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