

PET ANIMALS: TO OWN AND TO LOVE



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Abstract

This study aimed to determine the perceived impact of pet animals on the owners' psychological, physiological, social, and emotional well-being in the select barangays in Biñan, Laguna. What you may not know is that pets can also improve our emotional and mental wellbeing; reduce anxiety levels, fight depression, enhance family life and childhood development. They make us laugh, relax us and divert us from daily concerns and stressors (Schivinski, 2009). The respondents of the study were one hundred (100) pet owners; the study used a purposive sampling technique and descriptive research design as well. Most of the respondents were 40 years old and above, male, single, dog owner, and owned a pet for 3 years and below, had a high level of attachment to their pets in terms of time, money, and love and care, agreed that their pets had a positive impact to their psychological, physiological, social, and emotional wellbeing, a significant difference was found in their level of attachment in terms of time when grouped according to age, love, and care when grouped according to the type of pet they owned as well as in the perceived impact of pet animals on their social well-being when grouped according to age and significant relationship between their level of attachment to their pet animals and the perceived impact on their well-being were observed. Better psychological well-being of the respondents is caused by spending more time with their pets. On the other hand, better physiological, social, and emotional well-being is caused by showing more love and care for their pets.

Keywords:

emotional, physiological, psychological, social, well-being

