

From Bars to Bubbles: How SOAP KIT Initiative Sparks Changes at Batangas Provincial Jail

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Peer Review Information <i>Type: Article</i> <i>Received: 23 July 2026</i> <i>Revised: 26 Aug2026</i> <i>Accepted: 20 Sept 2026</i> <i>Published: 24 Oct 2026</i>	Abstract The persistent issue of inadequate hygiene conditions at Batangas Provincial Jail prompted this study, which sought to critically examine the challenges Persons Deprived of Liberty (PDL) faced in accessing basic toiletries before the introduction of soap kit initiatives. Anchored in a mixed-methods research design, the study integrated quantitative and qualitative approaches to develop a comprehensive understanding of the phenomenon. Findings revealed that distributing soap kits transcended their utilitarian purpose, becoming a symbolic act of recognition that strengthened dignity, morale, and psychological resilience among PDL. It demonstrates that small but rights-based interventions can catalyse profound transformations in health equity, human dignity, and sustainable rehabilitation within carceral environments. The study's implications highlight the need to institutionalise and expand the program by embedding it in policy frameworks and fostering sustained collaboration across sectors. Keywords: Sociology; Correctional Facility; Hygiene; Mixed Methods Research; Philippines
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Introduction

The prison system in Batangas, like many other correctional facilities around the country, faces numerous challenges that hinder its ability to fulfil its mandate of rehabilitation. Most Persons Deprived of Liberty (PDL) come from underprivileged backgrounds, making it difficult for them to receive adequate support during their incarceration. They typically face limited access to basic toiletries and hygiene products, which can lead to health problems and a diminished sense of dignity. Providing toiletries, including soap, shampoo, toothpaste, and other hygiene items, is crucial to maintaining personal hygiene, which is directly linked to physical and mental health outcomes. For most, the absence of these essential items can contribute to feelings of neglect and dehumanisation. These challenges affect their health and well-being and highlight the urgent need for reform within the prison system.

United Nations (2024) found that the Philippines has the eleventh-highest prison (11th) population in the world. From 2015 to 2021, persons deprived of liberty in the corrections system ballooned from 94,691 to 165,528, an almost 75% rise. In this issue, the prisoners experienced poor facilities and a lack of quality resources such as food, hygiene, and sanitation. Considering this, the researcher is persuaded that by prioritising hygiene and sanitation in correctional facilities, society can take meaningful steps toward fostering a more humane and rehabilitative prison system. Specifically, the study aims to: (1) identify the socio-demographic profile of the Persons Deprived of Liberty in Batangas Provincial; (2) investigate the difficulties they encounter in accessing toiletries before the SOAP KIT initiative; (3) determine their perceptions regarding the distribution of soap kits; (4) evaluate the significance of soap kits on their hygiene practices and overall well-being; and; (5) propose a development plan on hygiene initiative for sustainability.

This study is anchored on Restorative Justice Theory, which reinforces the need to prioritise humane, equitable, and transformative services for Persons Deprived of Liberty (PDL). Gavrielides (2021) asserted that restorative practices must be grounded in respect for offenders' basic rights and needs, emphasising that conditions of deprivation do not undermine the processes of healing and accountability. This perspective makes health and welfare services a non-negotiable foundation for restorative justice within prisons. Moreover, the Volunteers in Prison Service (VIPS) is a nationwide prison ministry organisation in the Philippines committed to advancing community development by fostering solidarity, promoting social justice and equity, and upholding the human rights and dignity of Persons Deprived of Liberty (PDLs).

The researcher's position as a member of Volunteer In Prison Service (VIPS) lends further depth and urgency to the study. As for the truthfulness of the SOAP KIT program implemented, the researcher documented the initiatives. The video materials were used for internal documentation and followed research ethics among incarcerated populations. The following are the links to the videos as tangible shreds of evidence of the SOAP KIT programs: SOAP KIT program 1: <https://bitly.cx/e62g>; SOAP KIT program 2: <https://bitly.cx/zVpXJ>; and SOAP KIT program 3: <https://bitly.cx/X4ozr>. In a similar vein, this action research is designed to align with and respond to pressing contemporary challenges by developing a hygiene plan for the PDL at Batangas Provincial Jail. By situating local action within a global sustainability framework, the study not only contributes to the discourse on inclusive development but also exemplifies how small-scale initiatives can generate systemic and enduring social impact.

Methodology

The study employed a concurrent mixed-methods descriptive design. The study was conducted at Batangas Provincial Jail, Cuta, Batangas City. Data collection followed the jail's established policies, with full institutional approval and informed participant consent. Purposive sampling ensured variation across the subjects' profiles, and the inclusion criteria required that participants be current detainees at the facility. The researcher adhered to ethical safeguards for conducting research with vulnerable populations. Seventy (70) inmates participated: fifty (50) completed structured surveys and twenty (20) engaged in oral interviews. Survey instruments captured socio-demographics, difficulties accessing toiletries, perceptions of the SOAP KIT program, and perceived hygiene/well-being outcomes. All Interviews followed a semi-structured guide to capture lived experiences and evaluative reflections on the kit distribution. Quantitative responses were analysed descriptively (frequencies, percentages, weighted means). We applied thematic analysis to interview transcripts using a deductive codebook based on the study objectives. Finally, we iteratively refined emergent themes and triangulated them with survey findings.

Results And Discussion

Quantitative Analysis

Table 1. *Socio-Demographic Profile of the Participants of the Study*

Table 1.1. *Distribution of the participants by age*

Age	Frequency	Percentage (%)	Rank
21–30	25	35.71	1

31–40	20	28.57	2
41–50	15	21.43	3
51–60	10	14.29	4
Total	70	100.00	—

It is revealed from Table 1.1 that the participants who are in the age bracket of 21-30 ranked highest with 35.71%, while 51-60 ranked lowest with 14.20%. It suggests that younger individuals may be more prone to incarceration, which could indicate underlying social issues. Younger ones may not fully understand the consequences of their actions and often exhibit higher levels of impulsivity, which may lead to criminal activities.

Table 1.2. *Distribution of the participants by gender*

Gender	Frequency	Percentage (%)	Rank
Male	50	71.43	1
Female	20	28.57	2
Total	70	100.00	—

The findings show a significant gender disparity with 71.43% male and 28.57% female participants. It indicates a higher incarceration rate among men that may be attributed to traditional gender roles, which often view men as more aggressive and risk-taking, associated with criminality. While this may be true, women are less likely to be involved in gangs or criminal networks and tend to be arrested more for non-violent offences.

Table 1.3. *Distribution of the participants by marital status*

Marital Status	Frequency	Percentage (%)	Rank
Single	40	57.14	1
Married	20	28.57	2
Separated	7	10.00	3
Widowed	3	4.29	4
Total	70	100.00	—

Based on Table 1.3, singles ranked highest with 57.14% while widowed ranked lowest with 4.29%. It may imply that singles may face different life challenges like financial instability and peer pressure leading to criminal behavior. Younger individuals may be more prone to aggressive or risk-taking behaviors due to a lack of commitment. On the contrary, married individuals often have strong social support networks which may reduce criminal or activities. Support from a spouse may provide emotional stability which may deter them from engaging in crimes.

Table 1.4. *Distribution of the participants by length of incarceration*

Length of Incarceration (Years)	Frequency	Percentage (%)	Rank
1–5	20	28.57	1
6–10	10	14.29	3
11–15	15	21.43	2
16–20	8	11.43	4
21–25	7	10.00	5
26–30	5	7.14	6
31–35	3	4.29	7
36–40	2	2.86	8
Total	70	100.01	—

It is noteworthy to mention that the participants exhibited varying lengths of incarceration, with various portions serving specific years inside the prison. As shown in the study, 1-5 years of imprisonment had the highest share (28.57%), while 36-40 years of imprisonment had

the lowest (2.86%). This variance may reflect differences in how the legal system handles minor versus serious offences. It also reflects the impact of rehabilitation programs provided by the jail administration and civic engagement activities.

Cordero (2024) suggested that the government must also double-check the profiles of all PDLs and consider releasing those who are in old age, have preexisting medical conditions, and are seriously ill. This move can help reduce overcrowding in each cell. Lastly, the mental health of every PDL must be prioritised. When the body is sick and weak, morale is low, which causes emotional stress and can lead to anxiety and depression. There should be psychosocial interventions such as regular counselling sessions, group therapy programs, and spiritual activities in every facility to monitor and address the mental needs of every PDL. Every individual, whether free or behind bars, has an inherent dignity and thus has the right to equal treatment. The PDLs, convicted or not, deserve to live humanely and free from afflictions and illness.

Table 2. *Difficulties in Accessing Toiletries Before the Soap Kit Program*

Indicators	Weighted Mean	Verbal Interpretation
I find it significant to have access to basic toiletries (soap, shampoo, toothpaste, and many others).	3.84	Strongly Agree
I am provided by my family with basic toiletries.	1.20	Disagree
I have the means to provide myself with daily hygiene needs.	1.11	Disagree
I am satisfied with the facility for my need to have access to hygiene products.	1.14	Disagree
I am aware of the extended support of the community outside the facility for hygiene maintenance.	3.45	Agree
Weighted Mean	2.15	Slightly Disagree

The analysis of indicators on access to toiletries revealed varying levels of agreement among respondents. Table 2 shows strong agreement on the importance of having access to basic toiletries (WM = 3.84) and general agreement on community support for hygiene maintenance (WM = 3.45), suggesting that outreach programs help address inmates' hygiene needs. However, their dissatisfaction with facility access (WM = 1.14) underscores the need for infrastructural improvement. Additionally, low weighted means for family (WM = 1.20) and self-provision (WM = 1.11) reflect inmates' limited means to secure essential hygiene supplies.

Herrera and Haeck (2022) offered a wide-ranging account of the compounded risks faced by incarcerated individuals. In their introduction, they describe PDLs as structurally vulnerable groups whose rights are routinely constrained by overcrowding, inadequate healthcare, and weak legal protections. These systemic barriers to healthcare, such as understaffing and delays in medical intervention, represent persistent obstacles to the basic well-being of PDLs.

Table 3. *Persons Deprived of Liberty (PDL)'s Perception of Soap Kit Distribution*

Indicators	Weighted Mean	Verbal Interpretation
I believe that the soap kit program is our necessity.	3.64	Strongly Agree
I believe that the soap kit distribution is a gesture of care and support from the facility.	3.37	Agree
I believe that the soap kit distribution symbolises the community's support for PDL.	3.28	Agree
I believe the soap kit program should continue regularly.	3.75	Strongly Agree
I believe that the soap kit program will teach us to maintain our hygiene through its continuous distribution.	3.60	Strongly Agree
Weighted Mean	3.52	Strongly Agree

The assessment of the soap kit program in Table 3 indicated strong inmate support for its significance. A weighted mean of 3.75 indicates the need for its regular continuation while means of 3.64 and 3.60 highlight its role as a necessity and a means to promote proper hygiene practices. Moreover, a weighted mean of 3.37 reflects that the program enhances a sense of care and dignity among inmates. Finally, the

community support reflected by a weighted mean of 3.28 emphasises the collaborative efforts beyond the facility to address inmates' hygiene needs.

Dela Paz (2024) concluded that the health of Persons Deprived of Liberty (PDLs) in the Philippines is an urgent matter that must be addressed. The environment of Persons Deprived of Liberty (PDLs) should be a top priority because of the overwhelming crowds inside prisons. Furthermore, prison health is public health. Given the conditions under which they are held, people deprived of liberty (PDLs) are still human and deserve humane treatment.

Table 4. *Significance of Soap Kits on PDL's Hygiene Practices and Well-Being*

Indicators	Weighted Mean	Verbal Interpretation
I believe that the soap kit program preserves my right to be taken care of.	3.25	Agree
I believe that the soap kit program enhances my health and overall well-being.	3.13	Agree
I believe that the soap kit program takes part in my rehabilitation process.	3.59	Strongly Agree
I believe that the soap kit program protects my human dignity as a person in a correctional facility.	3.77	Strongly Agree
I believe that the soap kit program promotes cleanliness and a healthy living environment.	3.82	Strongly Agree
Weighted Mean	3.51	Strongly Agree
Overall Weighted Mean	3.06	Agree

Table 4 highlighted the positive impact of the soap kit program on inmates' hygiene practices and overall well-being. Respondents strongly agreed that the program promotes cleanliness and a healthy environment (WM = 3.82) and recognises the inherent dignity of Persons Deprived of Liberty (WM = 3.77). Likewise, a weighted mean of 3.59 emphasises its role in rehabilitation and personal development, while a mean of 3.25 affirms its contribution to upholding inmates' rights to care. Lastly, a weighted mean of 3.13 reflects the program's perceived positive effects on inmates' physical and mental health.

However, Marano (2024) highlighted the effects of limited resources in jails. He stated that jails have inadequate medical, dental, and mental health services. These issues may include inadequate resources, limited availability of medical professionals, or insufficient quality of care. This situation can negatively impact the physical and mental well-being of PDLs, hindering their rehabilitation process.

Qualitative Analysis

The researcher analysed the documented interviews with the study subjects. She also chronicled and edited the video, providing evidence from the data to support the analysis. The link to the video is shown here: <https://bitly.cx/8MinNj>

Table 1. *Difficulties in Accessing Toiletries Before the Soap Kit Program*

Theme	Difficulties in Accessing Toiletries Before the Soap Kit Initiative
Codes	Poor Living Conditions in the Correctional Facility Question: What difficulties did you experience in accessing or obtaining toiletries before the soap kit initiative? Answer 1: It's really hard, especially since there are no supplies here inside. When my mom visits, she brings extra, and I give some to my friends who don't have any either. Answer 2: It's hard because sometimes our family members don't give us anything because they don't have anything themselves. Answer 3: It's difficult here, especially at night when it's hot and uncomfortable. The water supply isn't enough, so sometimes I skip bathing. Answer 4: The water supply here is insufficient, and there aren't enough restrooms. So sometimes, it's okay not to bathe since there isn't enough soap either.

	Answer 5: We really need soap and toothpaste because the supplies here are limited, and we're extremely frugal with the cleaning products we have. Answer 6: For someone like me who is detained and has no visitors, it's hard because I don't have toiletries or anything to clean myself with. It's really a struggle. Answer 7: It's hard because we're cramped here in the cell, and using the restroom isn't easy. It's difficult because we can't always use it, and there's limited time because others need to use it too.
	Inmate Support and Solidarity Question: How did you deal with those difficulties/problems? Answer 1: When we run out of soap, we ask other inmates for some. Answer 2: We help each other—when we have something, we give it to those who don't have. Answer 3: I sell 'sisiriyá' (fried snacks) here in prison. <i>My inmates buy them, so I earn money.</i> Answer 4: <i>We just make do and save what we can. I'm far from my family; no one visits, so we really endure.</i> Answer 5: When there's really nothing to use, what shall I do? I just pray and wait for blessings, and my companions here listen to my concerns. Answer 6: Some inmates who feel sorry for me give me a little. For someone like me who has been here for seven years, I used to be visited. We don't have a livelihood since my family is in Cebu. My life is hand to mouth, so I ask for help from my fellow inmates. Answer 7: I don't have family here. They really don't visit me because they can't afford it. I only call them when I really need something. But here in prison, I do my work to earn money to buy hygiene kits. Since I know how to cook, I sell sweet bananas, and my co-inmates support me.
	Lack of Provision of Toiletries from the Government Question: Before this soap kit program, did you receive toiletries from a government agency? If so, were the items sufficient for your daily hygiene needs? Answer 1: Oh no, we don't receive anything. Answer 2: We don't receive anything. Answer 3: It seems like we don't receive anything. Answer 4: I don't remember receiving anything. Answer 5: We don't receive anything from the government. Answer 6: We are not given things like that. Answer 7: We don't receive anything from the government.

The theme emerging from the thematic analysis is the difficulties PDL faced in accessing toiletries before the soap kit initiative. This theme is reflected through several key insights, including (1) poor living conditions in the correctional facility, (2) inmate support and solidarity, and (3) lack of provision of toiletries from the government.

Poor Living Conditions in The Correctional Facility

The researcher identified several critical challenges in Batangas Provincial Jail primarily stemming from overcrowding and inadequate infrastructure. The facility operates beyond capacity, resulting in cramped conditions, poor sanitation, and limited access to healthcare. Many inmates reported insufficient water supply and restrooms, making it difficult to maintain proper hygiene. Some even skip bathing because of water scarcity and limited restroom access. An inconsistent supply of essential hygiene items and a lack of family support further worsen their living conditions. In conclusion, these findings underscore the urgent need for reforms to improve access to necessities and protect inmates' well-being.

Dorato et al. (2022) added that prisons in the Philippines have poor ventilation, limited food supply with low nutritional value, unhygienic conditions, and inaccessible medical care. Mental health issues also arise due to isolation and lack of privacy.

Inmate Support and Solidarity

This theme highlights the inmates' mutual assistance, resource-sharing, and self-reliance amid scarcity. Many respondents reported difficulty obtaining basic toiletries, forcing them to manage with limited supplies. Some depend on visiting relatives for hygiene supplies,

but these are often insufficient because of financial constraints or infrequent visits. Inmates show empathy by helping one another during hardship, and some start small enterprises to support their peers. They cope through prudent resource management and emotional or spiritual resilience. The findings indicate the importance of strengthening solidarity and cooperation within the correctional system.

Saguran et al. (2023) examined the interpersonal dynamics among Persons Deprived of Liberty (PDL) and identified a prevailing theme of mutual respect and positive interaction. The findings revealed that the PDL generally treat one another with kindness and consideration leading to a peaceful environment within the facility. Accounts from both inmates and prison officers indicated that they maintain harmonious relationships by encouraging cooperation and adherence to cell order.

The Government does not Provide Toiletries

Another key finding reveals the pressing need for adequate resources and funding within the Batangas Provincial Jail. Respondents consistently emphasised the necessity for greater government support to address shortages of essential supplies. Insufficient budget allocations hinder the provision of basic toiletries, with some inmates unaware of any organised distribution system. This indicates a lack of systematic support and inadequate record-keeping by authorities. Inconsistent government assistance further aggravates the issue, depriving inmates of regular access to hygiene kits. Consequently, there is an urgent need for sustainable, well-managed resource allocation to safeguard the health and well-being of Persons Deprived of Liberty (PDL).

Alipoyo (2022) added that while the national headquarters could not meet all PDL needs, informants tried to build relationships with local government for assistance, particularly with the facility's rehabilitative responsibilities. However, it underlined that one of the most typical issues at a detention facility is a lack of human resources, products such as toiletries, and a safe environment.

Table 3. *Persons Deprived of Liberty (PDL) 's Perception of Soap Kit Distribution*

Theme	Persons Deprived of Liberty (PDL)'s Perception of Soap Kit Distribution
Codes	Awareness of Hygiene Kit Distribution and Recognition of the Hygiene Kit Source Question: Do you know about the soap kit initiative? Answer 1: Yes. Answer 2: Yes, I know. Answer 3: Yes, I am aware. Answer 4: Yes, we know that the hygiene kit comes from VIPS. Answer 5: I know about it: the soap kit from VIPS that you sent. Answer 6: Yes, we really receive blessings from you every year. Answer 7: I am aware of the hygiene kit from VIPS. We receive soap, shampoo, and toothpaste.
	Increased Access to Basic Necessities Due to the Kindness and Emotional Support of VIPS Question: What do you feel while VIPS are distributing the soap kits? Answer 1: I am extremely happy. Answer 2: It's okay, and I am very delighted. Answer 3: We are happy because we now have extra soap and shampoo. Answer 4: It lightens our hearts because someone remembers us. Answer 5: My heart grows bigger because of the kindness of the VIPS members. Answer 6: Of course, happy. Those blessings from you mean a lot to us. Answer 7: I can't believe that there's an organisation that would still consider us, so I'm really glad.
	Relief, Comfort, and Joy from Receiving Assistance Question: How satisfied are you with the quality of the toiletries included in the kit? Answer 1: We are very happy because our supplies are increasing, and we no longer fear running out of toothpaste, which is really important. Answer 2: Of course, I'm happy because it's not just me; all the inmates are truly happy with these kinds of programs where people from outside help us with our problems. Answer 3: I gained a bit of hope because, for someone like me who has no visitors and no support, having these things is a big deal.

	Answer 4: Because I am here inside, we have no means of livelihood, so we appreciate whatever we have. That's why we are happy to receive even a little blessing. Answer 5: Of course, for people like us in difficult situations, we are so happy, and our hearts are filled with joy because, behind and beyond these bars, we never imagined there were kind-hearted people who would help us. Answer 6: I am content with the soap kits they provide, and I really get to use them. Because we are prisoners who have committed crimes, it seems like we should be punished and neglected. But because of the kindness shown by the members of VIPS, I am moved to tears because they don't view us that way. Answer 7: Indeed, we are prisoners, and others see us as a plague on society, thinking that we deserve to be in this kind of situation in prison. But this organisation is not judgmental; they are compassionate, and they help us with the support they provide. That's why I am thankful for their assistance, and we are very happy with the quality of the hygiene kits. The things they gave us were useful, and it makes me happy.
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The theme generated from the thematic analysis is persons deprived of liberty (PDL)'s perceptions of the distribution of soap kits as a sincere gesture of care and support. This theme is evident through thematic coding such as (1) awareness of hygiene kit distribution and recognition of the hygiene kit source, (2) increased access to necessities due to the kindness and emotional support of VIPS, and (3) relief, comfort, and joy from receiving assistance.

Awareness of Hygiene Kit Distribution and Recognition of The Hygiene Kit Source

The responses indicate that most inmates clearly understand the origin and purpose of the hygiene items they receive. Many acknowledge the soap kit initiative and recognize its positive impact on their well-being. Several respondents specifically attribute the hygiene kits to the VIPS program, noting its consistent annual implementation. Their detailed awareness of the items provided, such as soap, shampoo, and toothpaste, reflects active engagement with the program's benefits. This awareness underscores the initiative's effectiveness in strengthening sustained improvements in the hygiene and welfare of Persons Deprived of Liberty (PDL).

Casucian (2023) reported that since 2022, both government and non-government sectors have initiated hygiene kit distribution programs in correctional facilities. Projects such as FEU-Manila's Project HOPE, the Humanitarian Legal Assistance Foundation (HLAF), the Zeta Phi Omega Fraternity, and the Philippine Red Cross have provided essential hygiene items to inmates. The Department of the Interior and Local Government (DILG) further supported this effort by donating ₱2 million worth of hygiene kits to the Bureau of Jail Management and Penology (BJMP). These initiatives collectively promote inmates' health and sanitation.

Increased Access to Necessities Due to the Kindness and Emotional Support of VIPS

Interviews revealed that the soap kit initiative significantly impacted the emotional and practical well-being of Persons Deprived of Liberty (PDL). Respondents expressed gratitude and joy for the necessities provided by VIPS emphasizing how the organization's support made them feel remembered and cared for. Many described emotional warmth and relief as the assistance eased their burden of accessing essential toiletries. Collectively, VIPS' compassionate efforts exemplify a humane and supportive approach to prison ministry that cultivates dignity and solidarity within the detention community.

Dá Mesquita (2024) found that volunteering is a pro-social action without external impositions, driven by the will and personal motivations of social agents. This selfless endeavour benefits others and significantly contributes to social transformation, fostering social cohesion and bridging gaps in community services. The impact of volunteering extends to various aspects, including reinforcing solidarity, enhancing overall well-being, and leading to a longer, healthier life.

Relief, Comfort, And Joy from Receiving Assistance

This theme highlights the emotional responses of Persons Deprived of Liberty (PDL) who benefited from the VIPS initiative. Respondents expressed relief and comfort knowing their basic hygiene needs were met, accompanied by deep gratitude for the organization's time and effort. They emphasised VIPS' compassion, noting the emotional significance of receiving help without judgment. Several participants reflected on how despite often being perceived as undeserving of kindness, the toiletries served as a symbolic affirmation of their dignity and humanity. Moreover, the assistance rekindled optimism and provided a sense of security as the soap kits addressed essential needs and fostered hope within the detention community.

Just like the prison ministry of VIPS assists the PDL, another research focused on how to treat vulnerable populations. The Association for the Prevention of Torture (APT) (2024) emphasised the need for a healthy, satisfying environment regardless of whether a person commits

a crime. This association insists that the government uphold humanity and decency by providing the basic needs they deserve. Sanitary facilities must be in good condition, clean, plentiful, and easily accessible.

Table 4. Significance of Soap Kits on PDL's Hygiene Practices and Well-Being

Theme	Significance of Soap Kits on PDL's Hygiene Practices and Well-Being
Codes	Frequency, Practical, and Functional Use of Hygiene Kits Question: How often do you use the items provided in the soap kit? Answer 1: Almost every day. Answer 2: Every day, Ma'am. Answer 3: Every day, always. Answer 4: I use it a lot every day. Answer 5: I always use it. Answer 6: Twice a day, in the morning and the afternoon. Answer 7: Yes, that's right. Whenever we are given it, we almost always use it every day.
	Combined utility of soap, toothpaste, and shampoo Question: Which item from the soap kit is the most useful for you? Answer 1: Soap Answer 2: Always soap Answer 3: Toothpaste Answer 4: First and foremost is the soap Answer 5: Shampoo, soap, and toothpaste Answer 6: Number one is the toothpaste and the soap Answer 7: Soap for bathing, similar to shampoo, Colgate toothpaste, and toothbrushes
	Improved Personal Hygiene and Positive Impact on Well-being Question: How has receiving the soap kit affected your situation or mental health/personal hygiene? Answer 1: I feel good because I can bathe regularly. Answer 2: It's really helpful because it removes sweat, which makes me feel refreshed. Answer 3: I bathe more often now because we have the necessary bathing and body-scenting products. Answer 4: It's important to me that even if I only bathe once within twenty-four hours, at least I get the chance to clean myself. Answer 5: Especially here in the precinct where it's very hot and stuffy, the toiletries have a positive impact on us because we have personal hygiene products. Answer 6: Just like in VIPS, where the body-cleaning supplies are complete, I feel that I smell good and I don't feel embarrassed to talk to others because I'm clean. Answer 7: Right now, it has a big impact on me. Before, when we didn't have VIPS, we smelled bad and felt sour because we didn't have regular support from our families. So, we managed with the toiletries we were given.

Generally, the significance of soap kits on their hygiene practices and overall well-being is evident through thematic coding such as (1) frequency, practical, and functional use of hygiene kits; (2) combined utility of soap, toothpaste, and shampoo; and (4) improved personal hygiene and positive impact on well-being.

Frequency, practical, and functional use of hygiene kits

The theme also reflects broader appreciation for the support received and how extensively those toiletries are used. Many detainees depend on their families for essential hygiene items such as soap, toothpaste, and sanitary products. However, financial constraints often prevent

families from consistently supplying these necessities, resulting in disparities in personal hygiene among PDL. Respondents expressed gratitude for the toiletries, showing how they became part of daily routines and were used consistently. These responses demonstrate how such interventions nurture a sense of worth and dignity among incarcerated individuals amid challenging living conditions.

Similarly, one known NGO that supported prisoners is BilibID. IVolunteer (2020) featured that the PJPSFI initiated a project #BilibID (Bilib sa Inyong Donasyon) to provide our identified hundred (100) families with CARE packages. A care package includes food, water, hygiene products such as toiletries, alcohol, and masks to keep the scholars safe from illness, and homeschool equipment such as writing tools, notebooks, and paper.

Combined Utility of Soap, Toothpaste, And Shampoo

In the Philippine correctional system, detention facility conditions often mirror broader societal challenges, and Batangas City Jail is no exception. The findings reveal that soap, toothpaste, and shampoo are the three most valued hygiene items among Persons Deprived of Liberty (PDL). These essentials help prevent skin, dental, and scalp-related health issues commonly experienced in confined environments. Participants reported that consistent access to these items allowed them to maintain better hygiene and a sense of cleanliness. Such insights guide VIPS in selecting and distributing the most beneficial hygiene products for the PDL population.

Providing adequate facilities such as clean water, soap, and other hygiene tools is also necessary to support personal hygiene practices. Implementing and promoting personal hygiene can significantly improve inmates' health, which in turn improves their quality of life and creates a healthier, safer prison environment (Engdaw et al., 2023).

Improved Personal Hygiene and Positive Impact on Well-Being

The researcher examined the role of compassion in distributing toiletries and its influence on the mental well-being of Persons Deprived of Liberty (PDL). The comfort of receiving soap kits highlights the dual importance of material assistance and emotional support. Findings indicate that the program bolsters both physical health and self-esteem, as improved hygiene contributes to a stronger sense of dignity. Receiving help from external organisations brings joy and reassurance to inmates who often feel neglected or forgotten. Thus, the VIPS initiative shows how compassionate, practical interventions can advance rehabilitation and promote a more humane correctional environment.

Maintaining inmates' health is not only a human right, but also essential to prevent the spread of disease in a crowded, often unhealthy prison environment. Good health can improve inmates' well-being, allow them to participate in rehabilitation and education programs, and reduce the cost of medical care the prison system must bear. Additionally, healthy inmates are more likely to reintegrate successfully into society after their sentences end, reducing the risk of recidivism and improving overall community security (Pane & Iskandar, 2023).

Proposed Output- Development Plan on Hygiene Improvement at Batangas Provincial Jail

This study proposes a practical output that translates its findings into actionable, real-world applications by providing stakeholders with evidence-based strategies. Grounded in empirical data, the proposed initiative—a Development Plan on Hygiene Improvement at Batangas Provincial Jail aims to inform and influence policy frameworks addressing the critical health and sanitation challenges within correctional facilities. The proposed program, titled SOAP KIT (Sincere Offering; Aid to Persons Deprived of Liberty – Kindness in Toiletries), is a structured, sustainable hygiene initiative designed to enhance the well-being and dignity of PDLs while promoting institutional responsiveness and community engagement.

1. Program Participation	• Number of Participants: Track the number of inmates involved in the soap kit program. • Retention Rate: Count the percentage of participants who continue with the program until completion. • Demographics: Collect data on the demographics of participants (age, gender, length of stay) to understand who is benefiting most.
2. Production	• Volume of Hygiene Kits Solicited: Monitor the total volume of kits solicited per quarter. • Quality Assessment: Conduct quality checks on the kits to ensure they meet hygiene standards. • Materials Sourcing: Evaluate the sustainability of materials used.
3. Health and Hygiene	• Reduction in Skin Infections: Track the incidence of skin infections or diseases among inmates before and after program implementation.

	• Improvement in Overall Hygiene: Conduct surveys or interviews to gauge inmates' perceptions of hygiene improvement.
4. Community Engagement	• Partnerships Established: Record the number of partnerships with local businesses or NGOs to support the program. • Community Workshops: Track the number of workshops conducted to educate the community on hygiene and sustainability.
5. Feedback and Improvement	• Participant Satisfaction Surveys: Collect regular feedback from participants to gauge satisfaction and areas for improvement. • Program Evaluation Reports: Conduct bi-annual or annual evaluations to assess the program's impact and make necessary adjustments.
6. Implementation	• Regular Monitoring: Set up a schedule for data collection and analysis (e.g., monthly, quarterly). • Stakeholder Meetings: Conduct regular meetings with stakeholders (jail administration, NGOs, local health authorities) to review progress and address challenges. • Adaptive Management: Use feedback and data to adapt the program to better meet the needs of the PDL.

Conclusions

The interplay between age, gender, marital status, and length of incarceration of the subjects of the study suggests complex socio-demographic dynamics. The investigation reveals that PDL at Batangas Provincial Jail encounter significant barriers and issues in accessing basic toiletries. The findings indicate that they perceive the distribution of soap kits as a genuine gesture of care and support from the volunteer groups because their basic needs are being acknowledged. The SOAP KIT Program effectively addresses the multifaceted challenges PDL face by ensuring they receive consistent, reliable access to basic toiletries. The proposed output serves as a tool to show continued support for incarcerated individuals and reflect community resilience for a sustainable future.

Recommendations

Consider the socio-demographic profiles of Persons Deprived of Liberty (PDL) when designing targeted interventions and policies. Facility management is encouraged to establish an efficient system for the timely procurement and distribution of hygiene supplies. Volunteer organisations and external stakeholders may initiate awareness campaigns to emphasise the value of care and support for PDL. Furthermore, partnerships with non-government organisations, businesses, and relevant agencies such as the Bureau of Jail Management and Penology (BJMP) and Volunteers in Prison Service (VIPS) can promote the sustainability and enhancement of soap kit programs at Batangas Provincial Jail.

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