

## Catcalling in the Eyes of the University Students

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### *Abstract*

Globally, there is a need to realize that catcalling acts should not be viewed as harmless. Society have sometimes failed to figure out the consequences of these simple acts and as catcalling continues to be ignored, millions of women experience a threat to their dignity and safety in public spaces. This paper focused on the catcalling experience of the students at College of Nursing and College of Hospitality and Tourism Management. This study covers acts considered as catcalling, impact of catcalling to the participants and the process in which women cope with catcalling experience. This study employed case study approach in understanding the lived catcalling experiences of the students. It was found out that the participants considered the following acts of catcalling. a) Unwanted comments and b) wolf-whistling; the impact of catcalling to the participants includes low self-esteem, socially detached, feel unsafe, and self-objectified and the coping mechanisms used are passive and active. Most of the participants used passive coping mechanisms by ignoring the experience while other participant used active coping mechanism by confronting the cat callers. In Conclusion, catcalling acts is conceptualized as a primarily negative experience that has negative consequence for women's psychological well-being.

**Index Terms**— Catcalling, self-objectified, low self-esteem, socially detached, feel unsafe.

### **Introduction**

I am not your dog that you whistle for, I'm not a stray animal you call over, and I am not, I never have been, nor will I ever be, your baby (Jennings, 2015). This phrase is one of the ways in which victims of catcalling can put into words the way they feel at the same time to give voice that there are women who experience catcalling anywhere at any time and there is no way to tell how women feel uncomfortable. Further, women experience catcalling not only once but multiple times and have rarely taken it seriously. Some might say that it's harmless, just

a joke, or perhaps even a compliment, however it has a devastating impact on the victims.

Nowadays, this societal problem of females is challenging, starting from being defenseless against some males who shouted unwanted comments to being whistled and received dislike towards viewing females as a sex-object to be shouted at, touched and looked at as just a body, or even just parts of a body. In this way females are not seen as an intelligent person nor person with feelings. Most of the time, females feel unsafe in the social environment after receiving numerous verbal attacks. Moreover, this practice has not been given much attention since some victims often viewed as normal experience but many researchers argue that victims of catcalling should never view their experience as something normal.

Bunkosal (2011), stated in the *Glamour* magazine, women's choice of wardrobe may provide an explanation as to why women are being catcalled, it was believed that women who wear such skimpy clothes were asking for it. Therefore, just so women can avoid hearing the unwanted comments, some women decided to restrict their choices of clothing.

Dibalso (2014), catcalling is horrifying, dangerous and demeaning. Additionally, catcalling happens not because you are beautiful, smart, strong, have revealing clothes or interesting but catcalling happens because a stranger values you so little, they don't care if they make you feel tense or threatened. Although, a whistle might just be a whistle but to a woman strolling alone we can never be certain will that whistle turn into a lewd comment, a grab, or a rape?

In fact Laniya (2005), stated that some cases of extreme situations involving catcalling situations can escalate into sexual assault or even murder. Bosman (2019) reported that a college student from the University of Illinois at Chicago ignored a man's catcalls in a parking garage, a while later catcaller raped, murdered, and hide the body of the victim inside the car. Feis (2014), points out that a young woman was slashed on the throat and in a critical condition after refusing to acknowledge the catcaller while two women were ferociously attacked after answering the catcaller., Lambert (2014), stated that a woman was killed after refusing the romantic advances of the catcaller.

Meanwhile, Margolis (2018) stated that "Catcalling is not normal- and we cannot allow it to be" stated that while a student walks on the way to school with her uniform and sweater covering almost of her body, a man yelled "nice rack, you're sexy and I like it" which made her feel mortified and feel that world's eyes were on her body and its most private parts. It follows that the damage is far-reaching as it changes the life of the student from moving freely into wanting to be invisible, navigating directions, feeling like a public property and starving.

Additionally, Santhanam (2014) stated that catcalling is often done with the intent to frighten or dominate the targeted individual. As a result, women modify their behavior by wearing headphones, changing how they dress, walking a different path or even altering their modes of transportation.

Kearl (2010), stated that starting at a young age it is estimated that 80 percent of women around the world face at least occasional unwanted, harassing attention in public places that include winks, and verbal comments. Likewise, Richardson (2019), posited that a study by Hollaback and Cornell University found out that 72 percent of catcalling victims were under 17 year olds, and that one in seven had been followed while in their uniform, 60 percent were wearing a school uniform, and 100% of the perpetrators were adult males.

While the study of Fairchild and Rudman concerning college students that were getting catcalled, whistled or stared found that over 70% of them reported at least once a month of receive unwanted sexual comments. Additionally, Colagero (2013) in his survey which studies catcalling victims under the undergrad women category found that these victims have a higher level of self-objectification.

Hence, those women who report being catcalled and objectified on a more frequent basis also report greater body shame as well as symptoms of disordered eating and depression. Further, experiencing the objectifying gaze can decrease math performance among women but not men, and can lead women to self-silence in social interactions. Moreover, such experiences were associated with increases in self-objectification, which has been linked to poor mental health (Hollands and Stratemeyer, 2017).

Further, Holland and Stratemeyer (2017) published an article entitled "Catcalling and street harassment is happening more often than you might think" which estimates that among Australian women, 84 percent of them first experience street harassment ranging from catcalling and wolf whistling to more severe forms such as groping and stalking before the age of 17.

Nevertheless (O'Leary, 2016), clarify that this is not to say that all women feel a sense of fear when alone in public places, but many women feel as if it is necessary to be on guard when a stranger walks by.

In fact, Toronto Star (2017) declared that some women are neither offended nor harmed by men's compliments especially while passing one another on the street. In reality, a whistle from a man places a smile on a woman's face and pep in their step. Thus this unsolicited compliments from men lift their spirits and bolster their self-confidence, with this a compliment is not harassment. All of us could use more compliments.

Moreover, Nagel (2018), says that we should not be confused between flirting and catcalling. Flirting is about playfulness, flirting assumes equality between the parties, flirting is humanizing, flirting is fun, flirting is consensual, flirting is one-on-one, flirting is respectful while catcalling is intended to demean, catcalling is about dominance and manipulating the power dynamics of patriarchy, catcalling is objectifying, catcalling is scary, catcalling is about power and control, catcalling is about group dynamics.

In the Philippine setting, Rodriguez (2016), surveyed Quezon City to know how Philippine streets are safe for Filipinos and it revealed that 88% of respondents ages 18 to 24 experienced sexual harassment at least once and wolf whistling and catcalling are the most experienced cases of ages 12 to 55 and above. While, thirty-four percent of them experienced the worst forms of sexual harassment ranging from catcalling to public masturbation, and groping.

Meanwhile, De Guzman (2015), rebuff cultural arguments stating that the Philippines is already a matriarchal society which already gives equal opportunity to men and women as well as social control and privilege that makes women more powerful. However, catcalling is classified as a gender-based violence that exceed cultures and it does not stop just because women can have the same job as men, or that women can contend for political office but the argument is that catcalling can enlarge such breach of peace because it does not only reflect the existing sexually terrorist environment but helps in creating and strengthening one.

In fact a female journalist was interrupted while asking a question during a press conference by the President of the Philippines Rodrigo Duterte with a light-hearted comment about her trying to get his attention, then wolf whistling and breaking into a short serenade. The journalist continued trying to ask President Duterte as he smiled while some other reporters laughed because the President is a straight talker and an authentic character who likes to joke and speak the language of the streets. President Duterte said that such comments and actions of his should not be taken seriously (Presse, 2016).

Given the above cases of catcalling in the Philippines, Senator Risa Hontiveros was inspired to lead the bill which was later signed into law as “bawal bastos law” because of the growing number of students of the University of Santo Tomas who were victims of catcalling while the school was accused of victim shaming after it allegedly sided the perpetrator (Romero, 2017). Meanwhile, Talabong (2017) in his article revealed that a garbage collector in Quezon City was fired after catcalling a female student by saying “idol ang ganda mo” (Idol you are beautiful), “I Love You”.

Additionally, Malasig (2019) stated in his article entitled “Internship horror stories: Unpaid Over Times, catcalling, tasks outside of job description and more”, Senator Hontiveros sought young Filipinos’ stories regarding their internship experiences of catcalling days after she filed a bill. With the use of twitter, Senator Hontiveros was able to gather the internship horror stories of students which includes catcalling.

In Baguio City, on the other hand, Areola (2015), a student of the University of the Philippines (UP) had personally published her experience stating that construction workers in Baguio City had sexually harassed Areola through catcalling Hi, miss!, Masarap yan ah (delicious), Lady in red. With this, she stated that it’s time to view catcalling as street harassment and sexual harassment and stop viewing it as normal and inoffensive and also it’s time to stop thinking that they are forms of flattery.

Given the seriousness of the issue wherein women are publicly insulted on the street and there is no best way to deal with the catcallers as victims safety is at risk, documented information is limited, this study is to highlight the lived experiences of practicum students in the University of the Cordilleras as they attempt to resist the harassment they face while going about their daily lives to serve as an eye opener to for the victims, the departments and other students in the institution.

Generally, this paper presents the catcalling experience of the participants in the hope of providing an idea of what can be done in terms of lessening the occurrence of catcalling.

Another important reason to study catcalling in public places is to withdraw longstanding feelings of social resentment and inequality of women who are publicly insulted on the street.

The researcher wanted to pursue this study because the researcher observed that the campaign to stop this kind of street harassment was not widely spread.

The output of this study is to document the experience of the victims of catcalling, understand its effect and present the coping mechanism of the victims.

In the light of reducing the incident of catcalling through this study, the expected output would be a brochure that serves as an Information and Educational campaign material.

The following are the ones who will benefit from the study:

The victims advocate that through this study, they would encourage the catcalling victims to be strong and report the street harassment experience and for the university to safeguard their students who are undergoing On-the-Job Training.

The catcallers will also benefit in the study for they will know their acts that are punishable under the law hence they will be prevented from doing so.

Parents will have a broader knowledge about catcalling and for them to educate and properly guide their children.

#### Romanticized Traditionalist Theory

According to Eastwood (2015) in his study entitled “What, can’t you take a compliment?” discussed the romanticized traditional woman who was being flattered and found catcalling as something quite erotic. Further, when being dressed in a sexually revealing way, she expects a compliment such as wolf-whistling, catcalling, and leering as she feels sexy, esteemed and empowered by this attention. It is likewise stated that women are obliged to appear attractive and men are also obliged to appreciate the effort made by women to look good by whistling thus not every time men whistles is because they want to sleep with women but simply because they are obliged to acknowledge the physical appearance of women.

#### Politicized Feminist Theory

Additionally, Eastwood (2015) likewise presented politicized feminism which contradicts romanticized traditionalist theory in a way that strangers can face harassment cases when they were just saying “pretty”. Further, this theory doesn’t tolerate comments from strangers such as “pretty” since it is believed that perpetrators used their verbal language to continue treating women as an underdog without being conscious that all sexes should be perceived as equal.

#### Objectification Theory

The objectification theory explains the effects of living in a culture where women are consistently sexually objectified, or reduced to bodies to be used and evaluated by others rather than being seen as full persons. Objectification theory argues that repeated experiences or exposure to sexual objectification leads women to internalize an objectified view of their own bodies which is termed as self-objectification. Under this theory, catcalling is viewed as a form of interpersonal sexual objectification (Szymanski, et. al., 2011).

#### System Justification Theory

Meanwhile, in relation to the role of system justifying ideologies in catcalling, it reveals that people reasoned out the behavior of the catcallers and even blame the victim for their own misfortunes which coerce them to remain silent. Jost and Banaji (1994) stated that system justification theory specifies that people tolerate unjust and illegal social arrangements rather than doing everything they can to change the status quo and thereby create a better system because people deeply

hold beliefs, motivations, and aspirations that lead to support and legitimize such social systems. With this belief, people tend to accept the behavior of others and even justify and rationalize the social systems that are seen as extremely unjust.

#### Republic Act 11313

In line with the cases of catcalling, Republic Act 11313 (2018) was signed for it is the policy of the state to value the dignity of every human person and guarantee full respect for human rights. It is likewise the policy of the state to recognize the role of women in nation-building and ensure the fundamental equality before the law of women and men. Therefore, President Duterte has signed into law the anti-bastos bill which is known now as Safe Spaces Act or Republic Act 11313, which imposes stiffer penalties of catcalling.

This study aimed to determine the experience of catcalling victims in the University of the Cordilleras.

Specifically, this study aimed to determine the acts considered as catcalling, the impact of catcalling, and the coping mechanisms of the participants

### **Methodology**

#### A. Research Design and Methodology

The researcher utilized a qualitative research method in understanding the experience of the victims. This emphasizes the dynamic, holistic, and individual aspects of human experience. On the other hand, qualitative research was employed because the study aims to understand the catcalling experience of the university students in the University of the Cordilleras.

#### B. Population and Locale of the study

This study was conducted in the University of the Cordilleras College of Nursing and Hotel and College of Hotel and Tourism Management (CHTM).

The locale of the study was confined within the University of the Cordilleras since it is the most feasible for the researcher to conduct the study.

#### C. Research Instrument

The data for this study were obtained through the use of an interview guide composed of three parts. Part one of this instrument elicited data regarding the actions considered by the participants as catcalling. Part two elicits data regarding the impact of catcalling on the lives of the participants and part three elicits data regarding the coping mechanisms used by the participants. The researcher used an unstructured interview guide.

Further, observation was considered in order to collect more additional necessary data needed in the study.

## **Results and Discussion**

### **1. Catcalling Acts Considered by the Students**

#### *A. Unwanted comments*

The theme unwanted comments comes from the statement of the participant 1,2,3,4,5,6, and 7 in which they consider the following statement as catcalling acts such as “hi miss beautiful”, “ang ganda mo naman ate (you’re so beautiful miss)”, “Hi miss”, “pwede mahingi number mo miss sabay witwiww” (can I ask for your number with whistle), sexy, miss, “ganda” (beautiful) or “baby”, or “hi ganda” (hi beautiful)and “yummy”.

Further, most of the participants specify that this statement is inappropriate and rude to approach a woman who is innocently passing in a public place. Further, such statements actually hurt them and most of the time makes them uncomfortable and feels bad.

Unwanted comment is claimed by each participant as a form of catcalling acts since this happens when a stranger is not showing respect, not being civil, and not being polite thus it makes a woman feel embarrassed or scared. Generally it is experienced in public places when a woman is walking and a stranger tries to get her attention by uttering words like “hi sexy!” thinking of it as a complement. On the other hand, some stranger is trying to gain something like “pahingi ng number mo” (can I have your number). Herewith, the above mentioned verbal comments from strangers is not considered as complement since complement is defined as a polite expression of admiration thus it is much better if showing admiration includes “I like your shirt instead of saying “hi Sexy” because this is not probably the way these women want to be admired. Additionally, men can consider the etiquette of conversation if they want to talk to a woman they don't know, which includes respecting people’s boundaries and time, establishing eye contact and being polite. However, it is different when a loved one or a romantic partner says that you are sexy because such a compliment requires a relationship which makes the person feel safe with the commenter.

Conception (2015) however stated that these catcallers feel they have the right to express themselves to a woman while the latter is obligated to listen to his comments and take them without insult. While, Sofia (2019) discussed that catcalling for women is being labelled as sexual harassment since women feel attacked, intimidated and threatening while for men “hi beautiful, can I buy you a drink?” is not seen as catcalling since it is not a way of invading the other persons privacy.

Therefore, as noted by Republic act 11313 specifically section 11, unwanted comments on one's appearance, relentless request for one's personal details such as contact number or any comments or demands that has made an invasion on a person's personal space or threatens the person's sense of personal safety is punishable.

### *B. Wolf whistling*

The findings revealed that Wolf whistling is another catcalling acts considered by the participants. Specifically, participant 1, 4, 5, and 6 quoted that "witwiww" was their common experience and often accompanied by unwanted comments. Further, participants perceived that catcallers approach women through wolf-whistling for the reason that they don't know the woman's name however most women feels uncomfortable with it.

Moreover, wolf whistling is defined as a distinctive two-toned whistle sounded to express approval of another person's appearance (Merriam Webster, n.d). Further, wolf-whistling was popularized in a cartoon movie Little Red Walking Hoof which was used by a character Text to express sexual attraction and desire to a young fairy.

Meanwhile, wolf whistling is seen by others as flattery while most of the participants argue that it is a form of harassment which is often experienced in public places. Even though participants use their school uniform or their casual attire which does not show any private parts, still the participants were able to receive whistles. In fact this kind of behaviour stops victims from feeling safe in public specially that most of the catcallers are completely strangers, unforeseen, and adults which makes the victim helpless.

According to Eastwood (2015), romanticized traditional theory stated that women who experience wolf whistling were flattered and even found it as erotic, feels sexy, confident and empowered. Thus, women dressed in a sexually revealing way to receive compliments such as wolf-whistling since not all men who whistled at a woman want to sleep with her but simply to acknowledge the physical appearance of the woman.

Though according to Republic Act 11313, wolf whistling is separate from catcalling however participants still consider it as part of catcalling acts. In this act, participants considered it since it is perceived as a kind of showing high interest or approval of someone, especially a woman who is viewed as physically or sexually attractive and somehow similar to catcalling.

The study revealed that unwanted comments and wolf-whistling are considered as catcalling acts as stated by the participants and it should be seen as unacceptable behaviour in public places since it generates fear and disrespect to the receiver. Though, these words seem to be a complement, it must not be used for the safety and pleasant

environment to live in. On the other hand, showing admiration can be delivered to a person without making them feel uncomfortable, insulted, afraid and anxious.

## 2. Impact of Catcalling as Perceived by the Victim

### A. *Low Self-Esteem*

The themes revealed that low self-esteem is one of the impacts of uttering offensive insults, allowing whistles, and offensive comments to women. As stated by the participant, they are hesitant to walk alone, walk near a crowded place, pass silently especially in a place with a group of males, and often ask someone if she looks good before her appearance in public places. Further, most of the participants explained that they should be more aware of the clothes they used even if it makes them uncomfortable, checking themselves every time, and seek validation about their appearance.

Further, the participants noted that experiencing catcalling limits their choice of outfits through using loose clothes fashion for the reason that participants believed they are often seen as merely fashionable clothing styles. Thus, they are not comfortable to do a task at hand because of the fear that others may judge them and receive numerous unwanted comments.

Low self-esteem is characterized by a lack of confidence and feeling badly about oneself. Victims of catcalling can be ashamed of their bodies, decrease their comfort, and have body dissatisfaction. Herewith, victims have harsh inner criticism such as something is wrong in their body, dress, or their action thus victims tend to present themselves awkwardly in public places as strangers may catcall them which can also lead to avoidance of interaction with others.

In line with this, Brosas et al. (2015) theorized that catcalling is the most experience by undergraduate students which made them feel inferior and lost their self-confidence. While Gardner (1995) specified that public places are an accessory of injuring an individual's self-esteem by uttering offensive insults and whistles and since the occurrence of these offensive comments and behaviors are repetitive, women often see the problem and dissatisfaction of these acts as expressive of larger issues in their relations with men.

### B. *Socially Detached*

The findings show that the participants were disconnected from their environment after being catcalled. The participants stated "I wear a headset and pretend I don't hear them" "refrain from walking in crowded places", and "I usually don't walk near crowded places or groups of guys". Further participants assumed that when walking alone in a public place, they have a greater chance to receive unwanted comments and whistles.

Socially detached is the unwillingness to connect with other people in the society. Victims tend to be detached from society because they are associated with the past catcalling experience which could be traumatic. Hence, it is not only the dressing style that victims alter but it also includes altering of route and being uncertain to walk alone in public places.

With this, Bowman (1993) has further explained that catcalling reduces the physical and geographical mobility of women preventing them from strolling alone in public space thus this could be associated with the process of isolating women to the private space of the home. Further, feminists consider that the reasons for keeping women away from public spaces may be rooted in the patriarchal demands for firmly monitoring and controlling the sexuality and the mobility of women, especially those who are young.

### *C. Feel Unsafe*

As revealed by the participants, one of the impacts of catcalling is the feeling of not being safe whenever in a public place. The participant quoted “Sometimes I look at society as if it was terrible because people have those attitudes that are really uncomfortable like commenting on bodies.”, “Overtime I feel unsafe”, “I feel scared especially when I am alone” and “I am scared walking when there is a group male. Additionally, fear escalated when the catcallers were drunk and catcalling happens when walking at night.

Unsafe is the state of being in actual danger. This was felt by most participants after experiencing catcalling while walking in public places. Hence, it is crucial to stroll in public places knowing that it can reoccur and can escalate into a deeper violence considering that most of the victims are young and the catcallers are adults.

Consequently, Dibalso (2014) specify that this catcalling acts maybe turn into a lewd comment, a grab, or a rape especially to a woman strolling alone. In fact Laniya (2005), stated that some cases of extreme situations involving catcalling situations can escalate into sexual assault or even murder. While it also specifies that a repeated occurrence of catcalling can have the possibility of harm to be developed into something more dangerous.

### *D. Self-objectified*

The finding shows that one impact of catcalling is self-objectification. Participant quoted “I feel objectified by them as if they can just disrespect me without my consent over my own body”, “I should be more aware of what I wear”, “ask someone if I look good”, “I feel objectified” and “Overtime I feel like an object rather than a person”.

Self-objectification is defined as the adoption of a third-person perspective on the self as opposed to a first-person perspective such

that girls and women come to place greater value on how they look to others rather than on how they feel or what they can do. With this, women often assume that they must look so good when going out in public places which includes using clothes that were based on society's standards and looking good based on the opinion of other people rather than their own preference. Victims are measured if they are according to how someone dressed and presented themselves in public.

As Szymanski (2011) and Fredrickson (1997) identified, self-objectification is the first psychological consequence to appear among girls and women. It demonstrates that those women who report being catcalled and objectified on a more frequent basis have a greater body shame as well as symptoms of disordered eating and depression and has also been linked to poor mental health. Bartky (1990) discussed that women are no longer viewed as a whole person but instead in a piecemeal fashion where her thoughts, feelings, and other attributes do not matter because it is overshadowed by the appearance of her body. Victims are ultimately learning that their bodies are not truly their own but owned by heterosexual men.

The Study revealed that the impact of catcalling to the victims involve having a low self-esteem, being detached from the society, feeling unsafe, and being objectified. With the above findings, it is observed that catcalling stresses the victims which hurts their psychological health.

### 3. Coping Mechanisms Used by the Victims

#### A. Avoidance

Generally speaking, most of the participants tend to avoid their catcallers because they assume that the catcallers really meant well instead of realizing that the catcallers are doing something wrong. Participant quoted "walking fast to go away from them", "ignoring, avoid to walk alone", "The process I use is I don't usually mind those people that are catcalling", "ignoring them and all" "I just go with it" and "wear headset and pretend I don't hear them".

Avoidance is the act or practice of keeping away from or withdrawing from something undesirable. Herewith, catcalling victims commonly alter their habits while walking in public places trying to avoid the feelings of being catcalled. Most victims consider this coping mechanism to feel less stressed, reduce danger, and free from conflict. However, a famous quotation said that "What you resist, persist" which is observed that victims still experience catcalling after using avoidance as a coping mechanism.

Moreover, Saunders et al. (2016) with their published article entitled *Contending with catcalling*, it was discussed that ignoring as a passive coping mechanism is considered by most participants for safety

concerns and to avoid additional hostility. However, it was also discussed that women who ignored catcalling acts can lead to self-blame and have the tendency to engage in more self-objectification.

Further, O'Leary (2016) posited that the reason of women who used avoidance through ignoring as a coping mechanism is because it is hard to reprimand harassers due to the fact that harassment tends to occur in public making it nearly impossible for victims to identify their harassers. However, as catcalling continues to be ignored, millions of women experience a threat to their dignity and safety as they are unable to freely move about a public space without being harassed.

Given the belief that women are nurturing but weak and deserve protection, women positively predicted the hostility of men thus women continue to believe that they should do nothing to change their conditions with respect to catcalling. However, it was later discussed that men with hostility toward women were motivated to maintain the view of a patriarchal society.

#### *B. Confront*

The findings show that participants confront her catcallers as her coping mechanism. During the interview she was very confident in answering the questions and when she was asked about her coping mechanism concerning catcalling acts, she simply quoted "I confronted them". However, confronting a catcaller is a brave act of the victim which does not take over in every woman who is facing the same dilemma. As perceived in this study only one victim bravely confronts the catcaller.

Confrontation is the act of meeting someone face to face with argumentative intent. Brave victims use confrontation as a coping mechanism in the hope that catcallers will realize that their words actually hurt. Further, victims use confrontation to finally express themselves and want to be respected and seen as a person with feeling. However, confronting catcallers is challenging as catcallers can create serious violence especially at night and in an isolated place.

Active coping is a vital factor that leads individuals to successfully cope with stressful situations (Kumpfer, 1999). Further, Corpus et al. (2013) discussed that people who employ active coping mechanisms such as confrontation are aimed to control the negative consequences of the stressor. It is otherwise specified that employing proper response to the stressors is a means of good management of stress.

The study shows that the participants have different coping mechanisms which includes avoidance and confrontation. The most common coping mechanism used considering the safety of the victims is avoidance.

### Conclusions

Catcalling acts is conceptualized as a primarily negative experience and has negative consequences for women's psychological well-being. Victims have developed their own coping mechanisms which have similarities with the other victims.

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