



On becoming plantito and plantita: Their motivation and plant collection

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Abstract

This study utilized qualitative research design to determine the motivational factors on becoming a plantito and plantita and to make an inventory of their collected plants. The researchers used interview method, with 6 respondents. The plants owned by the respondents were photodocumented and identified using LeafSnap app and Co's Digital Flora of the Philippines. Results revealed that the benefits obtained from the plants such as beautification, stress reliever, pass time activity and air purifier motivated the respondents to be a plantito and plantita. There were 49 plants identified that were owned by the respondents in this study, of which, 3 plants were classified as vulnerable and 1 plant was identified as endangered based on the DENR List of Threatened Plant Species in the Philippines. The researchers strongly suggest that a conservation plan should be done to avoid the extinction of the identified vulnerable and endangered plants.

Keywords:

Introduction

The current pandemic posited different challenges around the world. It changed people's daily lives and diverted one's attention to own's health. In this pandemic, several workers lost their job, social events and gatherings were prohibited and outdoor activities were limited.

Since people were staying at home most of the time, it was observed that many individuals try to lift their moods by following trends or enhancing their talents. One of the trends is becoming plantito or plantita, wherein, people spent their time in planting variety of plants in flowerpots. Engaging in this trend alleviates and keep a person calm. Plants have positive impact on human's productivity (Bakker & van der Voordt, 2010) [1]. It also increases the attentiveness and memory of an individual and can be an alternative source of income.

Plants are essential because it provides food, building materials and used as medicine. Plants also contribute in purifying air and improve one's well-being. According to Fjeld et al. (2002), as cited by Elings (2006) [5], the interaction between people and plants has a positive effect on worker's health. Plants have been associated with stress reduction, higher pain tolerance, and improved productivity in people's workplace (Dijkstra, Pieterse & Pruyn [4], 2008; Lohr, 2010 [8]; Chang & Chen, 2015 [2]; Hall & Knuth, 2019 [6]). Also, plants had a positive influence on patient's physiological responses evidenced by lower blood pressure (Park & Mattson, 2009) [9].

Since becoming a plantito or plantita, became a trend recently, thus, this study was conceptualized to determine the motivational factors on becoming plantito and plantita and to make an inventory of the collected plants.

Material and Methods

Research Design

This study utilized a qualitative research design, wherein, the researchers used interview method to determine the motivational factors on becoming plantito and plantita.

Data Gathering Procedure

The researchers employed snow ball sampling in the selection of the respondents. An interview was conducted in the residence of the respondents. The responses were analyzed using thematic analysis. The plants owned by the platito and plantita were photo-documented and identified using LeafSnap app and Co's Digital Flora of the Philippines [10]. The status of the plants were determined using the Department of Environment and Natural Resources or DENR List of Threatened Plant Species in the Philippines [11].

Result and Discussion

There were different factors why the respondents became a plantito and plantita. Table 1 shows the motivational factors on becoming a plantito and plantita.

Table 1: Motivational Factors on Becoming Plantito and Plantita

Respondents	Responses	Codes
1	"... sa beautification, sa flowers, sa gulay, sa pagkain." (... beautification, the flowers, vegetables, and foods.)	Beautification
2	"Para bonito mira na kasa" (to improve the appearance of the hous)	Beautification
3	"Ang halaman maka wala na sa atong mga stress..." (The plants can be a stress reliever...)	Stress Reliever
4	"Bonito se mira mga syembra" (For enjoyable sight)	Beautification
5	"Pass time.., air purifier..." (Serve as pass time... serve as air purifier...)	Pass Time and Air Purifier
6	"... nagtanim tanim na lang, tapos nakakawala ng stress" (... better to spend time in planting, and good for relieving stress.)	Stress Reliever

It can be seen in Table 1 that the respondents became a plantito and plantita because of the following purposes: beautification, stress reliever, pass time and air purifier. In this study, the respondents revealed that plants were being used to beautify their houses and surroundings. Hence, plants have aesthetic value.

The respondents also pointed out that plants were being used as stress reliever. This findings concurs the idea of Yang (2017) [13], that plants is helpful in the mental wellness of a person. Since plants create a relaxing environment (Johansson, 2018) [7].

More so, the respondents also expressed that becoming a plantito and plantita is a way of spending their pass time. Spending time in planting plants serve as a therapy, making








their minds calm amidst pandemic. Becoming a plantito and plantita also requires time from them in taking care of the plants. According to van de Berg, et. al (2010) [12], gardeners spent most of their time in the garden for gardening and maintenance activities.

Respondents also recognized that plants are good natural air purifier. Hence, the respondents live near the busy roads of the city. According to Deng & Deng (2018) [3], plants purifies air, since it removes pollutants.

Based on the findings, it can be concluded that the respondents became plantito and plantita due to the benefits they can get from the pants. Since, the respondents can possess several plants, the researchers made an inventory. Table 2 shows the plants owned by the respondents.




Table 2: Plants Owned by the Respondents








Plant name	Scientific name	Status (based on DENR)	Picture
Begonia plant	<i>Begonia cucullata</i>	Vulnerable	
Lance-leaved coreopsis	<i>Coreopsis lanceolata</i>	Not listed	
Baston ni San Jose	<i>Cordyline fruticosa</i>	Not listed	
Pacova	<i>Philodendron martianum</i>	Not listed	
Painter's-palette	<i>Anthurium andraeanum</i>	Not listed	

Sago Palm	<i>Cycas revoluta</i>	Not listed	
Pinstripe plant	<i>Calathea ornata</i>	Not listed	
Zebra plant	<i>Calathea zebrina</i>	Not listed	
Dwarf snake plant	<i>Sanservieria trifasciata</i>	Not listed	
Chinese evergreens	<i>Aglaonema commutatum</i>	Not listed	
Dumbcane	<i>Dieffenbachia seguine</i>	Not listed	
Desert rose	<i>Adenium obesum</i>	Endangered	



Peace lily	<i>Spathiphyllum</i>	Not listed	
Mayana	<i>Coleus blumei</i>	Not listed	
Spider plant	<i>Chlorophytum comosum</i>	Not listed	
San francisco	<i>Codiaeum variegatum</i>	Not listed	
Mickey mouse plant	<i>Ochna serrulata</i>	Vulnerable	
Mini White Elephant Ear	<i>Caladium bicolor</i>	Not listed	
Miss smarty	<i>Caladium bicolor</i>	Not listed	

Arrowhead plant	<i>Syngonium podophyllum</i>	Not listed	
China rose	<i>Hibiscus rosa-sinensis</i>	Not listed	
olden papua	<i>Polyscias fruticosa</i>	Not listed	
Wishbone flower	<i>Torenia fournieri</i>	Not listed	
Snake plant	<i>Dracaena trifasciata</i>	Not listed	
June bride	<i>Caladium bicolor</i>	Not listed	
Variegated papua	<i>Saxifraga stolonifera</i>	Not listed	

Aloe vera	<i>Aloe barbadensis miller</i>	Not listed	
Baby's tears	<i>Soleirolia soleirolii</i>	Not listed	
Devil's ivy	<i>Epipremnum aureum</i>	Not listed	
Red hot cat's tail	<i>Acalypha hispida</i>	Not listed	
ZZ plant	<i>Zamioculcas zamiifolia</i>	Not listed	
Basket plant	<i>Callisia fragrans</i>	Not listed	
Christmastree plant	<i>Kalanchoe laciniata</i>	Not listed	

Dwarf cone ginger	<i>Costus woodsonii</i>	Not listed	
Zebrina pendula	<i>Tradescantia zebrina</i>	Not listed	
Mexican mint	<i>Plectranthus amboinicus</i>	Vulnerable	
Orchids	<i>Dendrobium munificum</i>	Not listed	
Donn ex sims	<i>Chrysothemis pulchella</i>	Not listed	
Triangle cactus	<i>Acanthocereus tetragonus</i>	Not listed	
Easter lily cactus	<i>Echinopsis tubiflora</i>	Not listed	

Copperleaf	<i>Acalypha wikesiana</i>	Not listed	
Reed canary grass	<i>Phalaris arundinacea</i>	Not listed	
Flame violet	<i>Episcia cupreata</i>	Not listed	
Red sunflower	<i>Tithonia rotundifolia</i>	Not listed	
Bird plant	<i>Vaccinium myrtillus</i>	Not listed	
Chinese banyan	<i>Ficus microcarpa nitida</i>	Not listed	
Dragon tree	<i>Dracaena marginata</i>	Not listed	

Golden thryallis	<i>Galphimia glauca</i>	Not listed	
Boatlily	<i>Tradescantia spathacea</i>	Not listed	

It can be seen in table 2 that there were 49 kinds of plants owned by the respondents. Based on the DENR List of Threatened Plant Species in the Philippines ^[11], the *Begonia cucullata*, *Plectranthus amboinucus* and *Ochna serrulata* were categorized as vulnerable, while *Adenium obesum* were identified as endangered. The rest of the plants were not listed because of easy propagation such as stem cutting. The findings of this study suggests that a conservation plan should be developed to prevent the extinction of the identified vulnerable and endangered plants.

Conclusion

Most of the respondents became plantito and plantita because of the benefits given by plants such as beautification, stress reliever, pass time and air purifies. There were 49 plants owned by the respondents, of which, 3 were identified as vulnerable and 1 is considered as endangered.

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