



## **TITLE: THE ROLE OF RESILIENCE ON MENTAL AND HEALTH AWARENESS: A SURVIVAL EXPERIENCE AMIDST COVID 19 IN THE PHILIPPINES**

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<p><b>Received:</b> June 17<sup>th</sup> 2021 <b>Accepted:</b> July 28<sup>th</sup> 2021 <b>Published:</b> August 26<sup>th</sup> 2021</p>	<p>There are so many potential risk factors which include job not secured which resulted to negative impact on one's daily income during the pandemic crisis, lack of confidence in one's capacity to get rid of the contracting from the virus and comply with the preventative policies set by the Inter-Agency Task Force on COVID 19 (ITAF) by following the strict compliance with social distance measures, wearing of face mask and face shield which can be result from / of mental and health well-being. The purpose of the study is to know the important role of Resiliency on Mental and Health awareness and to know how to deal with COVID-19 pandemic and their stress-cop strategies or other factors that may implicate the spreading of the virus, and other challenges related to COVID 19 in San Narciso, Zambales, Philippines. The researchers recommend an intervention program to prevent from experiencing resilience on mental and health like engagement in online activities like work from home or other activities that can be done while at home.</p>

**Keywords:** Resilience, Mental, Health Awareness

### **INTRODUCTION**

There are so many potential risk factors which include job not secured which resulted to negative impact on one's daily income during the pandemic crisis, lack of confidence in one's capacity to get rid of the contracting from the virus and comply with the preventative policies set by the Inter-Agency Task Force on COVID 19 (ITAF) by following the strict compliance with social distance measures, wearing of face mask and face shield which can be result from or mental and health well-being.

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factors that may implicate the spreading of the virus, and other challenges related to COVID 19 in San Narciso, Zambales, Philippines. As the coronavirus (COVID-19) pandemic spreadout across the world, it is causing widespread concern, fear, and stress, all of which are natural and normal reactions to the changing and uncertain situation that everyone finds themselves in. "The issue facing each one of us is how we manage and react to the stressful situation unfolding so rapidly in our lives and communities. Here we can draw on the remarkable powers of strength and cooperation that we also fortunately possess as humans. And that is what we must try to focus on to respond most effectively to this crisis as individuals, family, and community members, friends, and



colleagues," said Dr Hans Henri P. Kluge, WHO Regional Director for Europe.

The COVID-19 pandemic continues to have, a serious effect on individuals throughout the world (Brooks et al., 2020; Xiao et al., 2020). The deadly virus can cause respiratory illness, which includes flu-like symptoms such as cough, fever, and in more severe cases, breathing difficulties, (World Health Organization, 2020). Most countries-imposed travel bans and asked individuals who have possibly been exposed to the contagion to isolate themselves in a dedicated quarantine facility or at home for 14 days, (Brooks et al., 2020).

The entire Luzon was placed under a total lockdown or which we called the Enhanced Community Quarantine, (Medialdea, 2020). Shortly, both Visayas and Mindanao where also put in lockdown. Although there was an initial plan to end this pandemic situation on April 12, 2020. several recommendations both from the national and local governments extended the Community Quarantine until December 31, 2020, (CNN Philippines Staff, 2020). As the nation's Gross Domestic Product (GDP) was greatly affected around the second quarter of 2020, (Agence France-Presse, 2020)., Hence, the mental and health effects of quarantine have received considerable attention according to Barbisch et al. (2015) reported that being isolated away from loved ones could lead to adverse effects on an individual's well-being. Following the imposition of the previous protocols and outbreaks, anxiety and even an increase in suicide rates have been reported, (Brooks et al., 2020). Similarly, the National Center for Mental Health in the Philippines reported that there are cases of depression and other mental health issues rise after imposing Enhanced Community Quarantine.

#### **STATEMENT OF THE PROBLEM:**

The study will focus on the Role of Resilience on Mental and Health awareness: A Survival Experience

amidst COVID 19 in the Philippines, the research study sought to find answers to the following questions:

- What is the impact of the COVID-19 crisis on children's mental health?
- What is the psychological impact of this disease on the elderly during COVID-19?

#### **METHODOLOGY:**

The Descriptive statistic research designs summarizes or describes the characteristics of a data set, (Hayes, 2021). As such, the research design maximizes objectivity by Measures of central tendency include the mean, median, and mode..

This study aims to determine The Role of Resilience on Mental and Health awareness: A Survival Experience amidst COVID 19 in the Philippines

This study shall cover the respondents from the Area of Luzon, Visayas and Mindanao Philippines who experienced the resilience on mental and health awareness amidst COVID-19. This study has acquired a sample size of 51 respondents. A non-probability sampling method, purposive sampling technique, was used in the selection of respondents

The study used an online survey, utilizes Google Forms, to gather the data. A self-administered questionnaire was used to gather data. The instrument consisted of three parts: 1) respondents' profile, 2.) impact of the COVID-19 crisis be on children's mental health and 3.) the psychological impact of this disease on the elderly.

The questionnaire was created by using 5-point Likert scales ranging from 1 to 5 with 1 being "Some of the time," 2 being "Less than half of the time," 3 being "More than half of the time," 4 being "Most of the time," and 5 being "All of the time." This was a 5-item scale that contained scenarios that may please or upset the respondent. The 5 -point Likert scales was adapted from the WHO standard Likert Scale.



**RESULTS AND DISCUSSIONS:  
THE IMPACT OF COVID-19 CRISIS ON CHILDREN'S MENTAL HEALTH**

Stress  
51 responses

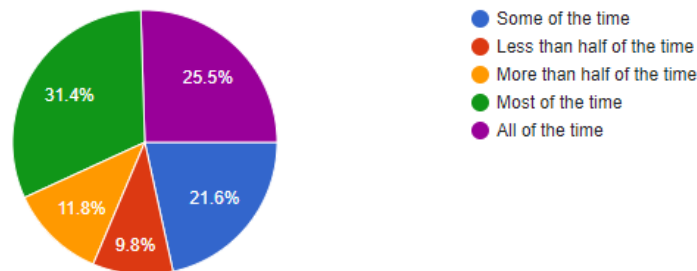


Figure 1: Shows that 31.4 percent was marked green, which means that it was the highest adjectival rating on the Stress.

Anxiety  
51 responses

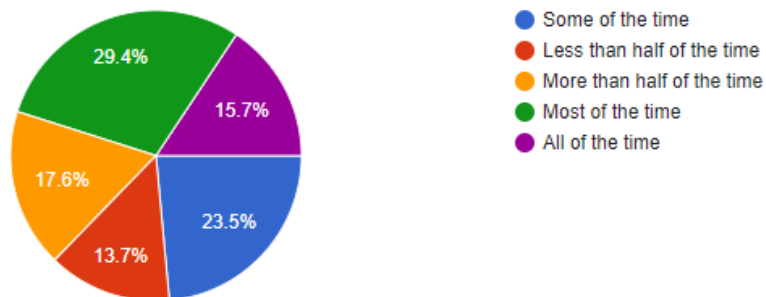


Figure 2: Shows that 29.4percent was marked green, which means that it was the highest adjectival rating on the Anxiety.



### Dissappointment

51 responses

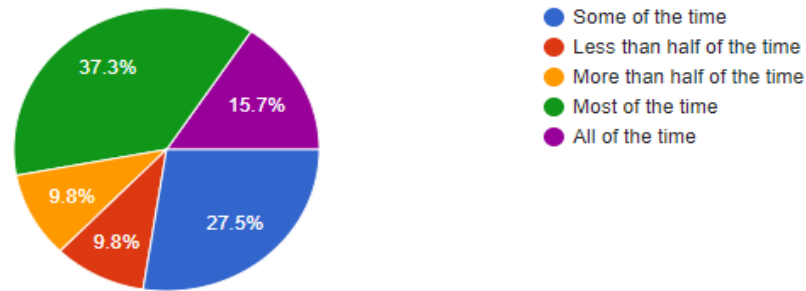


Figure 3: Shows that 37.3 percent was marked green which means that it was the highest adjectival rating on the Dis appointment.

### Loneliness

51 responses

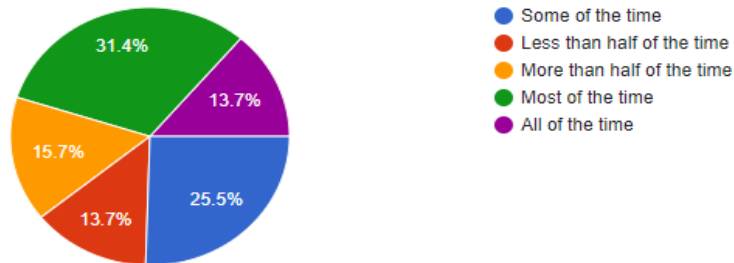


Figure 4: Shows that 31.4 percent was marked green, which means that it was the highest adjectival rating on the Loneliness.

### Financial setback

51 responses

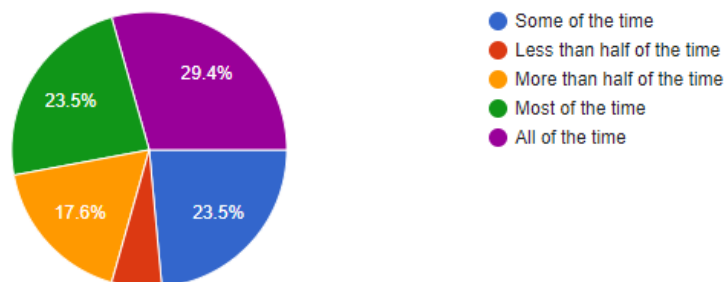


Figure 4: Shows that 29.4 percent was marked violet, which means that it was the highest adjectival rating on the Financial setback



Relocation  
51 responses

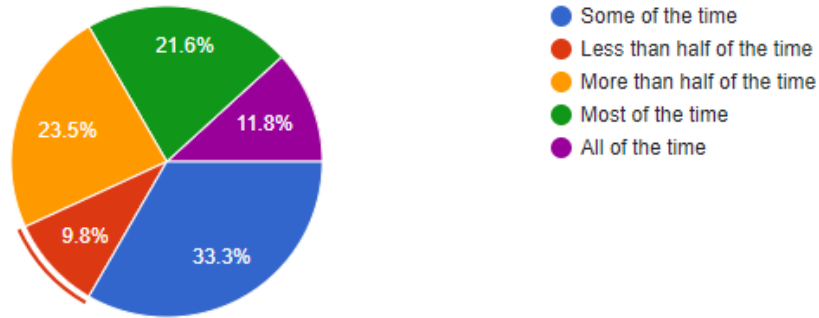


Figure 5: Shows that 21.6 percent was marked green, which means that it was the highest adjectival rating on the Financial setback

### PSYCHOLOGICAL IMPACT OF DISEASE ON THE ELDERLY DURING COVID-19

Depression  
51 responses

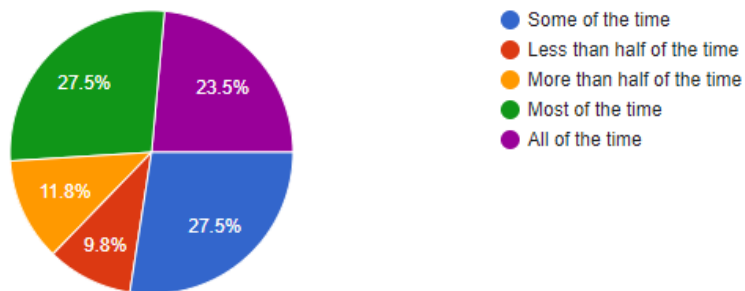


Figure 6: Shows that 27.5 percent was marked green, which means that it was the highest adjectival rating on the Depression.



### Increase Mental Problems

51 responses

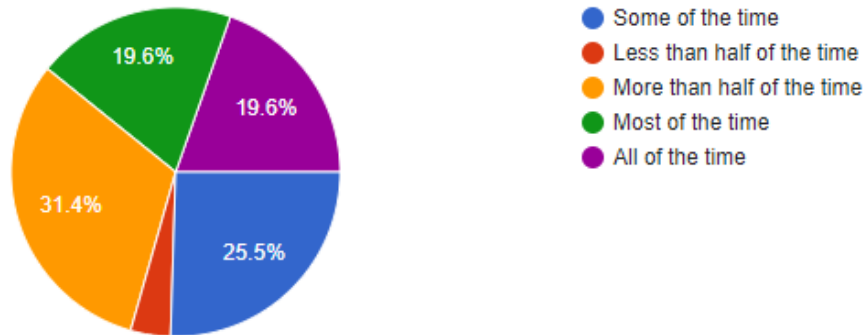


Figure 7: Shows that 25.5 percent was marked blue, which means that it was the highest adjectival rating on the Increase Mental Problems.

### Stress

51 responses

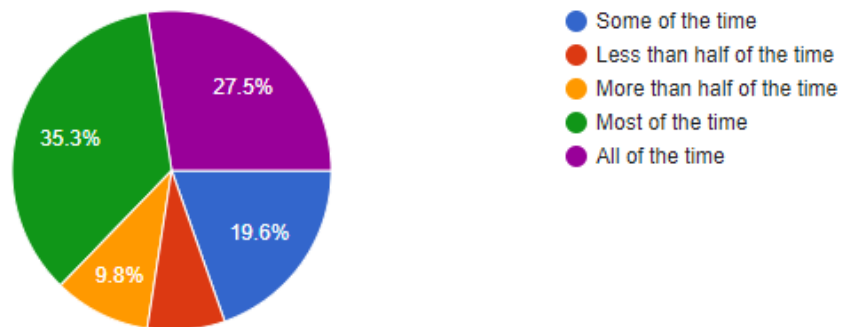


Figure 8: Shows that 35.5 percent was marked green, which means that it was the highest adjectival rating on the Stress.



### Anxiety

51 responses

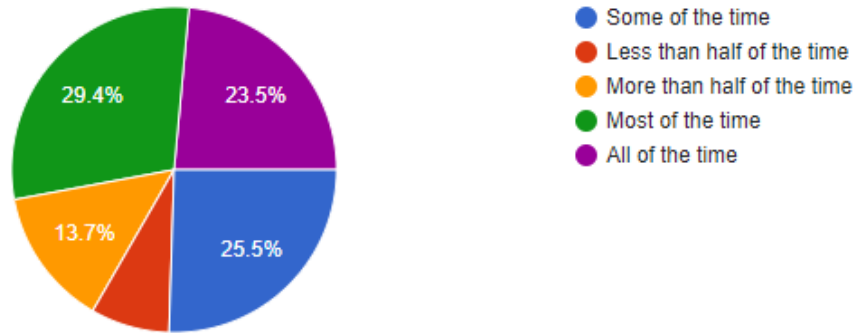


Figure 9: Shows that 29.4 percent was marked green, which means that it was the highest adjectival rating on the Anxiety

### Experienced Financial Setback

51 responses

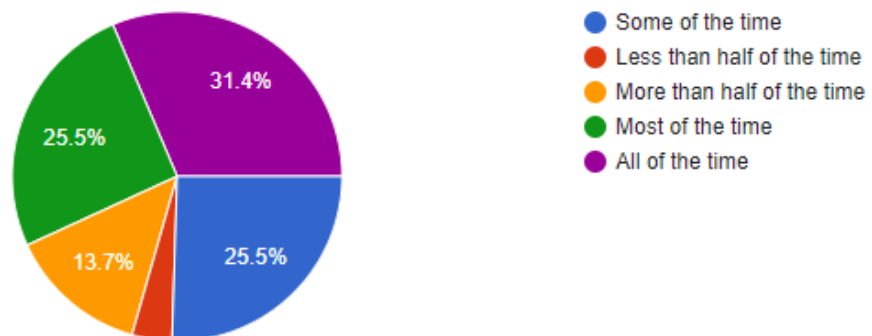


Figure 10: Shows that 31.4 percent was marked violet, which means that it was the highest adjectival rating on the Experienced Financial Setback.

### CONCLUSIONS:

The analysis that was made by the researchers provided a clear response study based on the results that were gathered, wherein the majority of the respondents think that resilience on mental and health awareness amidst the pandemic marks on the highest level between a scale of 4 and 5 which mark Blue and Green. In addition, the platform itself is a well-designed and a user-friendly google form which makes easy to understand and interpret that majority of the

respondents are scared or has a high level resilience on mental and health amidst the pandemic in terms of most of the time and all of the time. The researchers conclude that in order to survive amidst the pandemic there must be an intervention program like doing online jobs or following strict compliance on the quarantine protocol set by the Inter-agency Task Force on COVID-19.



### RECOMMENDATIONS:

The researchers recommend an intervention program to prevent from experiencing resilience on mental and health like engagement in online activities like work from home or other activities that can be done while at home.

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