



Health Status of Bachelor of Physical Education Degree Students Amidst the COVID-19 Pandemic

Carlo Manosa, Christian Kyle Pineda*, Jeremy Jed Namora, Cheryl Daga-as

Sultan Kudarat State University, Philippines

Correspondence: E-mail: christiankylepineda@sksu.edu.ph

ABSTRACTS

This study was conducted to know the health status of bachelor of physical education degree (BPED) students in the midst of the COVID-19 pandemic in terms of their physical, mental, and social well-being. This study has thirty (30) respondents who were BPED Students of Sultan Kudarat State University, ACCESS Campus and were selected randomly. The instrument used to gather the data and information was a survey questionnaire regarding physical, mental, and social well-being. The data gathered from the study were treated using frequency distribution and weighted mean, tabulated, analyzed, and interpreted. Then the results of the study were tabulated, analyzed, and interpreted. The results of the study proved that knowing the level of Health Status of BPED Students in the midst of the COVID-19 Pandemic is generally positive and good. Furthermore, the level of the health status of students in terms of physical well-being was affected by the pandemic. In addition, the feeling to take suicide was never observed by the students which means that students still manage their mental well-being in the midst COVID-19 pandemic. Lastly in social well-being, following the safety protocols was always observed by the students and their families. The teachers and school administrators should learn further the different strategies to impart help to students to maintain their level of health status in the midst of a pandemic. Researchers must improve and prove that these factors have a big and great impact on the students and may help them to improve their performance in the future.

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1. INTRODUCTION

As health systems around the world struggle to respond to the pandemic, it is becoming clear that environmental factors help shape the landscape within which COVID-19 proliferates around the world, influencing the public health response to the pandemic and interacting with existing environmental health disparities. The COVID-19 pandemic has brought out synergies between infectious disease epidemiology and environmental health in a more robust way than perhaps since the great pandemic of the past two centuries (Rotzien *et al.*, 2021).

The present COVID-19 pandemic has brought extraordinary challenges and has affected the educational sectors, and no one knows when it will end. In an educational context, to sustain and provide quality education despite lockdown and community quarantine, the new normal should be taken into consideration in the planning and implementation of the “new normal educational policy” (Tria, 2020). The Philippines have been challenged by the present global pandemic, public trust is crucial to reduce the social uncertainties of the citizens (Pacaol *et al.*, 2021).

The coronavirus disease (COVID-19) cases in Region XII are getting higher and higher. This, as the Department of Health – Soccsksargen has recorded 57 new COVID-19 cases on Sunday, bringing the total number of positives in the entire region to 4,928. Of the 57 new cases, 26 were from the province of South Cotabato, 23 from General Santos City, five from North Cotabato, two from Sarangani Province, and one from the province of Sultan Kudarat. Meanwhile, the individual who was added to the list of COVID-19 positives in Sultan Kudarat is from the municipality of Lebak. On the other hand, the health department has also recorded 32 patients who have recovered from COVID-19, bringing the total recovery in the entire region to 4,222.

2. METHODS

This research used a descriptive design. The researchers used the Simple Random Sampling (The Lottery Method) for this study. An online survey questionnaire was administered through Google form for the respondents involved and the link was given to the respondents to answer the questionnaire.

3. RESULTS AND DISCUSSION

3.1 Level of Health Status of BPED Students in Terms of Physical Well-being

The finding of the study implies that sometimes headaches with a mean of 3.23 and incidence of colds and flu with a mean of 2.80 were observed by the students. In addition, physical pains were frequently observed with a mean of 3.47. Furthermore, the level of the health status of BPED students in terms of physical well-being was sometimes observed with a mean of 3.07.

The COVID-19 pandemic means that many of us are staying home and sitting down more than we usually do. It’s hard for a lot of us to do the sort of exercise we normally do. It’s even harder for people who don’t usually do a lot of physical exercises.

3.2 Level of Health Status of BPED Students in Terms of Mental Well-being

The level of the health status of BPED students in terms of mental well-being. It shows that moodiness, temper or angry outburst, and stress out were frequently observed by the students with a mean of 3.43. In addition, the feeling to take suicide was never observed by

the students with a mean of 1.33. Furthermore, the level of the health status of BPED students in terms of mental well-being was sometimes observed with an overall mean of 2.90.

Covid-19 presents many challenges and anxieties. Even though exercise comes with the promise of reducing anxiety and depression, respondents who were more depressed were less motivated to get active, and lack of motivation is a symptom of depression (Heisz, 2021). Others anticipate that children and youth may experience increased stress and anxiety related to the COVID-19 pandemic (Orgilés *et al.*, 2021; Xie *et al.*, 2020).

3.3 Level of Health Status of BPED Students in Terms of Social Well-being

The result of the study on the level of the health status of BPED students in terms of social well-being. The finding of the study implies that during this time of pandemic following the safety protocols was always observed by the students and their families with a mean of 4.53. Participating in leisure activities was a midst pandemic and the feeling of being refused in meeting someone due to some incident like sneezing and coughing in public places was sometimes observed by the students with a mean of 3.00 and 3.03 respectively. Therefore, the level of the health status of BPED students in terms of social well-being was frequently observed with an overall mean of 3.65.

Recent multinational investigations have shown the negative effect of COVID-19 restrictions on social participation, life satisfaction, mental well-being, psychosocial and emotional disorders as well as on sleeping quality (Xiao *et al.*, 2020).

3.4 Level of Health Status of BPED Students in Three Aspects

Table 1 shows that in terms of students' physical well-being and mental well-being the influence of the COVID-19 pandemic on their health status was sometimes observed with a mean of 3.07 and 2.90 respectively. In addition, students' social well-being was greatly affected by the COVID-19 pandemic because the indicators were frequently observed by the respondents with a mean of 3.65. Furthermore, the level of Health Status of BPED Students in three aspects amidst the COVID-19 pandemic got an overall mean of 3.21 which means the influence of the COVID – 19 pandemics on the level of the health status of students was sometimes observed.

Due to COVID-19, a majority of states across the nation were put on lockdown, limiting the recreational activities an individual could partake in, like utilizing gyms and workout studios. (Leal & Burt, 2021).

According to Puyat (2020), during the COVID-19 pandemic, public health measures such as isolation, quarantine, and social distancing are needed. Some of these measures can adversely affect mental health.

Table 1. Term of students' physical well-being and mental well-being in the influence of the Covid-19 pandemic.

Health Status	Mean	SD	Description	Interpretation
A. Physical well-being	3.07	0.24	Sometimes	Sometimes Observed
B. Mental well-being	2.90	0.79	Sometimes	Sometimes Observed
C. Social well-being	3.65	0.58	Frequently	Frequently Observed
Over-all Mean		0.54	Sometimes	Sometimes Observed

Note: N=30, SD – Standard Deviation. 1.00-1.79 – Never, 1.80-2.59 – Seldom, 2.60-3.39 – Sometimes, 3.40-4.19 – Frequent, 4.20-5.00 – Always. =

4. CONCLUSION

In terms of physical well-being, indicator 5 garnered the highest mean which states that physical pain was frequently observed by the students in the midst of the COVID-19 pandemic. Furthermore, the level of the health status of students in terms of physical well-being was affected by the pandemic. While in mental well-being, indicators 1 and 2 garnered the highest mean which states that moodiness, temper or angry outburst, and stress out were frequently observed by the students. In addition, the feeling to take suicide was never observed by the students which means that students still manage their mental well-being amidst the COVID-19 pandemic. Lastly in social well-being, following the safety protocols was always observed by the students and their families. Being afraid of dealing with people due to the COVID-19 pandemic was also observed during this time.

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6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors confirmed that the paper was free of plagiarism.

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