



EMOTIONAL WELLBEING INDEX OF SELECTED SCHOOL EMPLOYEES DURING THE COVID-19 PANDEMIC

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ABSTRACT – During these times of isolation, keeping sane and healthy are very important to fulfill all our duties and responsibilities. As the education system at this time of the pandemic implements extensive changes in order to cope with the worst scenario, one could imagine to happen in our lifetime, the emotional wellbeing of everyone involved in the academe might be easily affected. Furthermore, any development in the academic community has a direct effect on its community members as well. In recent past studies, health and wellbeing were correlated with the assumption that if one is sick, wellbeing goes down. The current paper assessed the wellbeing status of the education sector of the community as the most affected group during this time of pandemic. It was the aim of the paper to identify the factors contributing to individual wellbeing and determine the emotional wellbeing status. A twelve-statement survey was given to participants after their attendance to the Community Wellbeing Program Webinars in preparation for the opening of classes in the 1st semester of Academic Year 2020-2021. Three categories: satisfaction, sense of control and trust were the dimensions affecting the level of emotional wellbeing. The Chi-square test of independence was also used to test if there was an association between emotional wellbeing and sociodemographic variables. It was found that at $\alpha = 0.05$, job and sex were moderately related with emotional wellbeing, demonstrating the subjectivity of comfort felt by teachers. In a neighborhood, poor wellbeing can significantly impact the lives and behaviors of families, which in turn contributes to a downward spiral of morals, values and the physical environmental damage. Hence, the EWB of teachers, administrators and staff has an impact not just on themselves and the students but also on the whole school community.

Keywords: remote learning, satisfaction, sectoral representative, sense of control, social wellbeing



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