



GRADE 12 SENIOR HIGH STUDENTS MENTAL HEALTH MANAGEMENT IN THE MIDST OF COVID-19 PANDEMIC

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ABSTRACT

This study has focused in detail on the mental health management of 25 Grade 12 students to collect the data, the researchers developed their questionnaire that was pilot tested in the selected Grade 12 students of schools found in the Urban and Rural schools in the Schools Division of Camarines Sur and Tagkawayan District Division of Quezon and distributed through Google Forms that spanned within the 2nd and 3rd week of May 2022. These findings from a qualitative study that used a survey form were sent to enrolled Grade 12 students and randomly answered about Grade 12 Senior High School Students on Mental Health Management in the Midst of the COVID-19 Pandemic to explore the ways in which Grade 12 Senior High school students who took part constructed their understanding of what constitutes mental Health Management in the Midst of Covid -19 Pandemic. In essence, they did so by drawing on their own experiences during the Covid-19 Pandemic. The study used a comparative & descriptive research design to understand the perspectives and challenges of Grade 12 Senior High School Students regarding their coping mechanisms adapted amidst pandemic. The result showed that meditation or reflection is their most effective coping mechanism in managing their mental health issues. And least indicate that the respondents identified their coping mechanism are focusing on positive thoughts. Thus, it concluded that Grade 12 Students are not just faced with the physical health risks that are brought about by this pandemic, but they are also afflicted with the mental aspect of their well-being as well, as the heavy burden of having to deal with processing how they would survive this difficult situation on their own, the uncertainty of their future, the difficulty of keeping up with their studies despite the limited resources and many other aspects that affects their mental health.

Keywords: ←
Mental Health;
Senior High
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INTRODUCTION

The covid-19 had brought significant changes in the daily life of everyone specifically the group of learners the senior high students particularly. It took a lot of adjustments among the learners when it comes to their study's social interaction with their classmates, friends, teachers even their crushes specifically. Seniors also face the probability of excluding out on one experience including attending the senior prom and walking across the stage at commencement ceremonies. A lot of people were thinking on how these youth may adjust or adapt their needs on education. The teachers, learners and other, stakeholders experienced different



challenges including increased in stress and anxiety that had led to gradation of mental health. The COVID-19 pandemic exacerbates these consequences when educational institutions shifted from face-to-face activities to mostly online and modular learning modalities to alleviate the spread of COVID-19 virus. COVID-19 is an infectious disease caused by the SARS-CoV-2-virus, most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment. However, some will become seriously ill and require medical attention. The COVID-19 pandemic has introduced uncertainty into major aspect and global society, including schools. There is uncertainty about how school closures have brought significant disruption to education, it likely had negative effects on student learning and that the pandemic is giving rise to learning losses. The COVID-19 pandemic has sent students around the world into lockdown, As the pandemic continues, the fear and anxiety of contracting the virus, the suspension of physical classes, the disruption of daily routine, and the decrease of social support from school peers collectively add burden to the mental well-being of children. The shift to online classes increases the burdens on the mental well-being of children.

In the globally competitive and challenging educational condition, our success will be, to a great extent, influenced by how learners are managed- the stakeholders who make things happened. The old normal role of education has undergone drastic changes to meet the challenges of the new normal. Mental health management is considered a key where students can meet their learning potential, cope with normal stresses, and are connected to community and their friends. Every country of their responsibility to come up with strategies to reopen schools safely. In the Philippines, the government's Department of Education has come up with guidelines to implement online and modular distance learning delivery of instruction. This is to safeguard students from being infected by the disease. School reopening for face-to-face interactions must be carefully planned to ensure the safety of students as well as teachers and school staff.

In reference to the Regional Memorandum RM-2021-0845 Monitoring of the Implementation of Mental Health and Psychosocial Support Services for the pilot implementation of the limited face-to-face modality. That is why this study will investigate the Grade 12 Senior High Student's Mental Health Management in the Midst of Covid-19 Pandemic

METHOD

The researchers used a comparative & descriptive research design to understand the perspectives and challenges of the Grade 12 Senior High School Students regarding their coping mechanism adapted amidst pandemic, survey form was sent enrolled Grade 12 students and randomly answered about Grade 12 Senior High Students Mental Health Management in the Midst of COVID-19 Pandemic. During the data gathering process, there were 25 students enrolled in a rural and urban schools as respondents. Among the grade 12 respondents, thirteen (13) of which are female and 12 are male. As to their age, 20 students belongs to 17-years old, two (2) belongs to 21-25 years of age, and Three (3) belongs to 26-35 years of age. The researchers used a survey form to the 25 Grade 12 students as the respondent.





To collect the data, the researchers developed their questionnaire that was pilot tested in the selected Grade 12 students of schools found in the Urban and Rural schools and distributed through Google Forms distributed in a Two -week that spanned within the 2nd and 3rd week of May 2022.

This study determined the perspectives of the 25 students of the selected Grade 12 students in the rural and urban place in the area during the second semester of Academic Year 2021-2022. It sought answers to the Perspectives of Graduate Students with regards to the different mental health concerns during COVID-19 Pandemic, the coping mechanism of Grade 12 Senior High Students Mental Health Management in the Midst of COVID-19 Pandemic and their source of mental health problems before pandemic in school, the mental source of mental health issues during this pandemic time. Students had their time to express how these mental health problems or concerns affect to perform their school performance or task and express their coping mechanism in managing these mental issues. The students were given the opportunity to identify mental health concerns and how they affect the most and the least to sustain academic school performance or tasks in the new normal. It was interpreted using the following survey questions enumerated as What are your different mental health concerns during the CoVID-19 Pandemic? (Stress, Anxiety, Sadness, Fear, Loneliness, Depression, Eating Disorder, Paranoia, Mood Swing, Insomnia & Overthinking,.2. What are your stressors or sources of mental health problems before pandemic in school?(Loneliness, Stress, Depression, Anxiety, Overtaking, Egoism, Low Self-esteem, Conflict with family members, Parents separation, Death of family members, Unstable family finances, Parents job loss /Change job, Struggling in school, Peer pressure, Hard to deal with teachers, Too much homework/projects, Difficult subjects/lessons, Fraternity/sorority, Poor study habit, Procrastination with school work, 3. What are your stressors or sources of mental health problems DURING pandemic? (Fear of being infected with COVID-19, Loneliness, Stress, Depression, Anxiety, Over thinking, Egoism, Loss of self-esteem, Paranoia, Death of family members, Unstable family finances, Conflict with family members, Other illness of family members, Parents' separation/Arguments, School suspension/closure, Hard to deal with teachers, Too much homework/projects, Difficult subjects/lesson, Delayed modules/LAS distribution, Poor study habit, Procrastination in school work) , 4. How does the pandemic affect your mental health in accomplishing the school tasks?(Triggers stress, Adds depression, Overthinking, Injects problems, Gains self-confidence, Boosts motivation, Sets study habit, Manages time properly, Become productive learner), 5. What are your coping mechanisms in managing these mental health issues? (Mediation/Reflection, Open communication with loved ones, Focusing on positive thoughts, Keeping myself busy, Connecting with faith-based organization, Lowering expectation, Having routine activities, Distancing myself from stressors, Acknowledging my feelings, Seeking true and accurate information, Getting enough sleep, Eating healthy food, Limitation from social media, Setting priorities, Making connections, Getting vaccinated, Asking others for help, Abiding with the laws./protocols toward COVID-19) , 5.1 From the above coping mechanisms you



give, which helped you most? why? , 5.2 From the above coping mechanisms you give, which helped you least? why?

RESULTS AND DISCUSSION

Grade 12 Senior High Students Mental Health Management amid COVID-19 Pandemic

TABLE I: Demographic characteristics of respondents

Variable	Category	Total
Sex	Male	12
	Female	13
Age Bracket	17-19	17
	20-21	5
	30-36	3
Location of the House	Urban	12
	Rural	13
Track/Strand	TVL	18
	GAS	7
Total Respondents:		25

The respondents of the research are the Grade 12 Senior High School learners from different Senior High Schools. They are 12 males, and 13 females comprising a total of 25 respondents. They ranged from 17y/o to 36 years of age. 12 respondents came from the urban area while 13 were from rural areas. There are 18 respondents from TVL and 7 from the GAS strand.

TABLE II: Different mental health concerns during the CoVID-19 Pandemic

Indicator	Frequency	Percent
Stress	12	48
Loneliness	6	24
Fear	3	12
Overthinking	2	8
Anxiety	2	8

When we asked the respondents about the different mental health concerns during the Covid-19 pandemic, the top five indicators are the following: stress, loneliness, fear, overthinking, and anxiety. 12 out of 25 selected that stress is the main mental health concern further covid-19 pandemic followed by loneliness, fear, overthinking, and anxiety.

TABLE III: Sources of mental health problems BEFORE pandemic in school

Indicator	Frequency	Percent
Stress	8	32
Loneliness	6	24
Depression	5	20
Overthinking	4	16





Low Self-esteem	2	8
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The respondents are asked about the stressors or sources of mental health problems they encounter before the covid-19 pandemic, and 8 of them or 32 percent of respondents choose that stress is their main stressor and is followed by loneliness, depression, overthinking, and low self-esteem.

TABLE IV: Sources of mental health problems DURING pandemic

Indicator	Frequency	Percent
Fear of being infected with CoVid-19	10	40
Stress	5	20
Overthinking	5	20
Depression	3	12
Low Self-esteem	2	8

The respondents are asked to identify their stressors or source of their mental health during a pandemic. 10 of them responded that the fear of being infected with covid-19 is their main stressor. It was followed by stress, whereas 5 or 20 percent of the respondents identified it followed by overthinking, depression, having low self-esteem.

TABLE V: Effect of the pandemic on your mental health in accomplishing the school tasks

Indicator	Frequency	Percent
Triggers Stress	11	44
Overthinking	6	24
Depression	3	12
Low Self-esteem	3	12
Gains self-confidence	2	8

We asked the respondents how the pandemic affects their mental health in accomplishing the tasks and 11 or 44 percent of the participants identified that the pandemic triggers their stress. 6 or 24 percent identified overthinking, 3 or 12 percent identified depression and having low self-esteem, and 2 or 8 percent identified gaining self-confidence.

TABLE VI: Coping mechanisms in managing mental health issues

Indicator	Frequency	Percent
Meditation/reflection	13	52
Getting vaccinated	4	16
Open communication	4	16
Keeping myself busy	2	8
Focusing on positive thoughts	2	8



We asked the respondents about their coping mechanisms in managing their mental health issues from the highest to least effective mechanisms and 13 or 52 percent of respondents identified that meditation or reflection is their most effective coping mechanism in managing their mental health issues. And least indicate that the respondents identified their coping mechanism are focusing on positive thoughts.

CONCLUSION

Surviving the pandemic is a gargantuan task everyone is forced to deal with. The world is not ready to face the Covid-19 pandemic when it hit mankind two and a half years ago. Countries and their governments have to adapt to the fast-changing protocols and measures to protect their citizens from the deadly virus and with these restrictions, all sectors of the society had to pause and stop for a while their way of life to prevent the spread of the virus. These drastic measures that the world had to take also took a toll on the life and studies of students all round the world especially here in the Philippines where face-to-face classes is still a far option for most of the schools both public and private.

Students are not just faced with the physical health risks that are brought about by this pandemic, but they are also afflicted with the mental aspect of their well-being as well, the heavy burden of having to deal with processing how they would survive this difficult situation on their own, the uncertainty of their future, the difficulty of keeping up with their studies despite the limited resources and many other aspects that affects their mental health.

So, the question is, as educators and as second parents to these students, how can we help address the difficulties and challenges that students identified in this study? In order to address these challenges, it is essential to know what we are facing so that we could come up with a sound solution. Based on the data, the context-based difficulties that students in Senior High School identified can be categorized into: (1) Stress, (2) Anxiety, (3) Overthinking, (4) Sadness, (5) Loneliness, (6) Fear

The following are the conclusions of the study:

1. That senior high school students tend to experience stress, anxiety, overthinking, sadness, loneliness & fear during pandemic;
2. That compared to Pre-Pandemic times, senior high school students' mental health stressors are much more varied such as stress, anxiety, peer pressure, homework, depression, finances, dealing with teachers, death of family members or conflict among family members, and low self-esteem;
3. That Covid-19 pandemic brought a whole lot of new stressors such as fear being infected with the virus, module related problems, health and safety of oneself and family members, having a poor study habit and family finances;
4. That Covid-19 pandemic has contributed some triggers in the difficulty of accomplishing school related tasks whereas poor study habits, poor time management, feeling of unproductivity all contribute to trigger stress;





5. That there are coping mechanisms that SHS students adhere to in order to overcome the mental stress caused by the Covid-19 pandemic such as setting aside time to meditate, reflect, focusing on positive thoughts, keeping busy, having more open communication to loved ones, keeping oneself physically and mentally healthy by distancing oneself from stressful situations, eating healthy food and doing exercises, getting vaccinated, and getting enough sleep by limiting time spent on social media;
6. That among those mentioned coping mechanisms the one that the students identified the most helpful are:
 - a. Getting vaccinated which minimizes the stress and fear of being infected with the virus
 - b. Keeping positive outlook and
 - c. Getting enough nutrients by practicing good eating habits
7. That among these coping mechanisms, the ones that are least helpful is limiting time spent on social media.

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