HEALTH PRACTICES TOWARDS TEACHERS' WELL-BEING DURING COVID-19 PANDEMIC

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ABSTRACT

The research focused on teachers' well-being and health practices for the 2021–2022 school year in Aleosan East District during the COVID-19 epidemic. It particularly measured the degree of instructors' wellbeing as well as the level of health practices. It also established the correlation between teachers' wellbeing and their health practices, as well as the impact of such practices on teachers' wellbeing. This study used a descriptive-correlation method to investigate the information obtained from 120 respondents who participated in the full enumeration. The author used standard questionnaire. The instrument scored an impressive 0.804 on the validity and reliability test using Cronbach's Alpha, indicating great reliability. The degree of teachers' wellbeing and health practices were assessed using the mean. The hypothesis was tested using multiple linear regression and Pearson correlation. Teachers moderately exercised physical distance, used face masks, and maintained hand cleanliness. Teachers had good physical, social, and psychological health. Just hand hygiene affects teachers' physical and social wellness. Hand hygiene also affected teachers' physical and social health. Hence, health practices benefited the teachers.

Keyword: - *Health practices, teachers' well-being, COVID-19 pandemic.*

1. INTRODUCTION

COVID-19 has changed people's worldview. After the outbreak, severe social separation and lockdown have caused many people to feel alone and lonely (Smith & Lim, 2020).

The rapid global proliferation of COVID-19 has had physical, social, psychological, economic, and educational effects. Globally, schools have closed. Hence, social isolation is suggested to reduce transmission and, if possible, eliminate contamination (Van Lancker & Parolin, 2020; Viner , 2020; Sheikh & Dhami, 2020).

As precautions are deemed to be essential to avoid the possible spread of COVID-19 in school settings, health authorities turned to school employees to help to the control of transmission by developing measures for the safety of instructors, pupils, and educational facilities.

Health practices are methods of maintaining and avoiding illness (Kumwenda, 2019). Health practices may assist teachers in preventing the spread of COVID-19 illness, allowing them to achieve a high degree of well-being and perform effectively at work. During the COVID-19 outbreaks, teachers in the Philippines experienced challenges and adjustments in the education sector (Tiago & Lumapenet, 2022). In a study conducted by Calud, Dalandangan, and Lumapenet (2022), they fund out that schools' health measures during the COVID-19 pandemic is associated on pupils' well-being. The school readiness is an important aspect of learning delivery during the COVID-19 pandemic (Usop & Lumapenet, 2022). Teachers' productivity is highly affected by their stress in performing their duties (Pagocag & Lumapenet, 2022).

Thus, this study evaluated the association between health practices and teachers' well-being in times of COVID-19 pandemic.

2. METHODOLOGY

This study employed descriptive-correlation in examining teachers' occupational health and well-being during the COVID-19 pandemic in the Aleosan East District of the Aleosan Municipality in Aleosan, Cotabato, Philippines. One hundred twenty (120) teacher-respondents from were surveyed using an adopted questionnaire. The data gathered were analyzed using descriptive and inferential statistics.

3. RESULTS AND DISCUSSION

Relationship between the Health Practices and Teachers' Well-Being

Table 1 presents the relationship between the physical distancing and teachers' wellbeing. The correlation matrix shows that the physical distancing has no significant relationship with all the parameters used to measure the teachers' wellbeing in terms of physical, social, psychological. The presented probability values which are greater than the set 5% level of significance means that the stated hypothesis is accepted. This implies that once the physical distancing is less practiced, the teachers' wellbeing on physical, social, psychological, and emotional are less applied.

Public health officials advise using social distance as a method to stop the spread of a disease that is being transmitted from person to person. It implies that individuals keep adequate distance from one another to prevent the transmission of the coronavirus or any other infection (Center for Disease Control and Prevention, 2020).

Table 1 shows the relationship between the wearing of face mask and teachers' wellbeing. The correlation matrix shows that the wearing of face mask has no significant relationship with all the parameters used to measure the teachers' wellbeing in terms of physical, social, psychological. The presented probability values which are greater than the set 5% level of significance means that the stated hypothesis is accepted. This implies that once the wearing of face mask is less practiced, the teachers' wellbeing on physical, social, psychological, and emotional less applied. This implies that once the wearing of face mask is not given priority, it does not assure the well-being of the teachers.

Secon (2020) mentioned that wearing a face mask has nothing to do with the wellbeing of instructors. It implies that instructors' wellbeing was unaffected by health practices.

Appears on Table 1 was the relationship between the hand hygiene and teachers' wellbeing. The correlation matrix shows that hand hygiene has a significant relationship with the parameters used to measure the teachers' wellbeing in terms of physical (r=0.242* with a p-value of 0.047); and social (r=0.233* with a p-value of 0.049). No correlation was established on psychological and emotional well-being of the teachers.

Hence, teachers' health depends on hand cleanliness. The hypothesis is rejected due to probability value below 5%. This means that good hand hygiene may improve teachers' physical and social health. To promote teachers' health, hand hygiene standards should constantly be followed.

Zheng, Duan, Cao, Wei, Chen, and Guo (2020) said that handwashing is one of the best ways to prevent COVID-19. Wash your hands before eating, after using the bathroom, after touching your face or blowing your nose, and after touching anything in public.

Table 1 Correlation matrix showing the relationship of the **health practices and teachers' well-being**

Health Practices		Physical	Social	Psychological	Emotional
Physical Distancing	Pearson r	-0.073	0.093	-0.050	0.080
	Probability	0.591	0.496	0.713	0.560
Wearing of Face Mask	Pearson r	-0.133	0.189	-0.172	-0.009
	Probability	0.328	0.163	0.205	0.948
Hand Hygiene	Pearson r	**0.242***	**0.233***	0.063	0.125
	Probability	**0.047**	**0.049**	0.643	0.358

*= Correlation is Significant at 0.05 level.

4. CONCLUSIONS

The teachers moderately practiced physical distancing and practiced wearing of face mask and hand hygiene when it comes to the level of teachers' practices.

The level of teachers' well-being in terms of physical, social, psychological and emotional were agreed and applied on all dimensions measured.

There is no significant relationship between teachers' health practices in terms of physical distancing wearing of mask, and hand hygiene.

Health practices of teachers do not significantly influence their psychological and emotional well-being and significantly influence their physical and social well-being.

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