

# PSYCHOLOGICAL WELL-BEING AND SELF-CARE AMIDST COVID-19 PANDEMIC AMONG BACHELOR OF SCIENCE IN PSYCHOLOGY STUDENTS OF WORLD CITI COLLEGES

Hazel Martinez<sup>1</sup>, & Elenita M. Tiamzon<sup>2</sup>

<sup>1</sup>Department of Psychology, World Citi Colleges (Philippines)

<sup>2</sup>Research Development and Extension Services, World Citi Colleges (Philippines)

## Abstract

This study aims to provide an understanding of the psychological well-being and self-care of the Psychology students from World Citi Colleges, primarily during the ongoing COVID 19 Pandemic. The main source of data came primarily from the students of Psychology of the World Citi Colleges from first year to fourth year whose age ranges from 17- 30 years old of the Academic Year 2020-2021. Two sets of instruments were utilized in this study; the validated questionnaire of the Six Factor Model of Psychological Well- Being by Carol Ryff which consist of 18 items with 7 point scale that will measure the level of psychological well- being of respondents in terms of self-acceptance, environmental mastery, personal growth, purpose in life, positive relations and autonomy and the self -made questionnaire derived from Seligman's theory which was validated by experts to determine how the respondents' maintain self-care amidst pandemic. This points five factors in leading to self- care are positive emotions, engagement, relationships, meaning, and accomplishments. Findings of the study revealed that students are considered to be high on psychological well-being in terms of personal growth. On the other five psychological well-being, Self-Acceptance, environmental mastery, purpose in life, positive relations and autonomy, the respondents are considered to be moderate on well-being. In an over-all view, students are moderately practicing self -care on all areas of consideration. However, highest among the self-care considered is on accomplishments, followed by relationships, meaning, positive emotions and engagement. Based on the results, The null hypothesis was rejected, there exists significant negative low correlation between psychological well- being and self-care ( $r$  value = -0.440;  $p$ -value = 0.01). The overall findings of this study indicated that the self-care has a significant relationship to their psychological well-being. This means that as psychological well- being increases, the self-care of the students decreases.

**Keywords:** *Psychological well-being, self-acceptance, personal growth, positive emotions, engagement.*

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## 1. Introduction

In this life, psychological, physical, and social health is vital and interwoven strands of life. As time passes, our understanding of this concept grows; it becomes clearer that psychological health is crucial to the overall well-being of individuals, the society that they coexist with. In this generation, we are now giving importance on how we will achieve psychological well -being and, especially this difficult time of Pandemic. A lot of people experienced tragic circumstances in their lives which cause emotional distress, and challenge the different aspects of our lives; our beliefs, personal goals or achievements, relationships and engagements. Several stressors have been identified as key factors affecting the students' anxiety and psychological well-being (Ghebreyesus, 2020).

Psychological well-being refers to inter- and intra-individual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Subjective well-being reflects dimensions of affect judgments of life satisfaction. (Burns, 2016).

Moreover, Psychological well-being refers to how individuals control their life and activities. Psychological well-being does not just make us feel good all the time but also involves negative emotions such as frustration, failure, and grief which are normal things in life. Therefore, managing negative emotions are important for long-term well-being. (Udhayakumar, P. & Illango, P. (2018)

In terms of self-care, Self-care practice may be defined as engagement in behaviors that maintain and promote physical and emotional well-being and may include factors such as sleep, exercise, use of

social support, emotion regulation strategies, and mindfulness practice (McKinzie et al., 2006). In addition, Self-care is broadly defined as the everyday process of being aware of and attending to one’s elementary physical and emotional needs through engaging in helpful behaviors including the shaping of one’s daily routine, relationships, and the environment as needed to promote self-care. When practiced frequently it maintains and enhances both short- term and long-term well-being holistically. Mindful self-care involves nurturing and tending to one’s needs through critical awareness and purposefully engaging in activities that fulfill one’s needs and sustain a sense of comfort and well-being. (Catherine & Cook, 2020). This study is theoretically anchored on the Theory of Psychological Well-Being by Carol Ryff and Theories on Self- Care by Seligman.

## 2. Objectives

This research aims to describe and further understand if there is a significant correlation that exists on the psychological well-being and self-care of the Psychology Students from World Citi Colleges.

## 3. Methods

The study used a descriptive correlational design and quantitative approach. Descriptive research was used to described characteristics of a population or phenomenon being studied. Moreover, the correlation Research strategy was used to measure a relationship between two variables without the researcher controlling either of these. An adopted questionnaire was used and administered to the respondents and the data gathered were subjected to statistical treatment for analysis and interpretation. The instruments are anchored on the Six Factors of Psychological Well-Being which is composed of six subscales on positive functioning namely autonomy, environmental mastery, personal growth, purpose in life, positive relations with others, and self- acceptance and a self- made instrument anchored on the Five Factors of Self-Care (PERMA) namely, positive emotions, engagement, relationship, meaning and accomplishment. Seligman believes that these five elements can help people work towards a life of fulfillment, happiness, and meaning. (Pascha, 2020). The self- made instrument was subjected to validity and reliability test. Chronbach’s alpha of 0.85 were obtained which indicated that the instrument is reliable.

The respondents of the study were the Bachelor of Science in psychology students of World Citi Colleges. Their ages range from 17-30 years old and belonged to 1<sup>st</sup> to 4<sup>th</sup> year, with gender differences.

The self-made instrument on self-care is structured in a four= point likert. Each item presents the respondents with four alternative responses (**4-always, 3-frequently, 2-rarely, and 1-never**). The questionnaire is composed a total of 50-items, which is divided into 5 categories: These categories include 10-items that determine the result of each category.

Table 1.

Score Range	Interpretation
1.50 to 2.49	Low self-care practice
2.50 to 3.49	Moderate self-care practice
3.50 to 4.49	Average self-care practice
4.50 to 5.0	High self-care practice

The researchers gathered data using google form wherein the demographic profile, psychological well- being and self- care of the respondents are taken. Individual raw scores can range from 2.6 to 4.9 with higher scores indicating the maintained self-care and raw score that range from 4.50 to 6.9 indicating the maintained psychological well-being which is interpreted by the agreeing and disagreeing of the respondent on the categories and indicators given.

Table 2.

Score Range	Interpretation
1.00 to 1.86	Strongly Disagree
1.87 to 2.72	Somewhat Disagree
2.73 to 3.58	A little Disagree
3.59 to 4.44	Neither Agree nor Disagree
4.45 to 5.30	A little Agree
5.31 to 6.16	Somewhat Agree
6.17 to 7.02	Strongly Agree

#### 4. Results

The results of the study indicated that in terms of the demographic profile of the respondents, most of the respondents are on the age bracket of 17- 20 years old, female, and first year students.

Psychological studies on the psychological well-being of respondents seem to have moderate to high score and it shows that the respondents were able to maintain self-care frequently amidst pandemic. In this study, the researchers addressed the problems (the psychological well-being and self-care of the respondents and the relationship between these two variables) as it collected data through the self-made questionnaire, processed it and obtained certain and finite results. The assessment of respondent's psychological well-being indicates that personal growth is high and schools play an essential role in supporting students in their personal growth to make healthy life choices and make them understand the effects of their choices on their health and well-being (SPARKS, 2021). In terms of self-care, the lowest among the indicators is on the engagement and this is inevitably tied to students' experienced interaction with other individuals in order to feel connected amidst COVID-19 pandemic, indicating that respondents are rarely able to adapt to self-care in terms of engagement and manage the challenges brought by the pandemic. In the study of Seligman, he believes that the five elements PERMA can help people work towards a life of fulfillment, happiness, and meaning. (Pascha, 2020). Based on the findings gathered by the researchers, it can be seen that the responses reveal areas of levels on the respondents' psychological well-being and self-care that can be used to enhance the programs and online learning needed to improve the students' psychological well-being and self-care. On the other hand, according to Sakan, et al., (2020) when fundamental psychological demands were unfulfilled because of the pandemic setting, even individuals who felt more optimistically were more vulnerable to depression, anxiety, and stress while individuals who are struggling already had significantly greater distress during the crisis, particularly those who felt incompetent.

#### 5. Conclusion and Recommendation

The overall finding of this study showed that the self-care practice of the respondents during this Pandemic had a significant relationship to their psychological well-being result. Thus, the null hypothesis, there is no significant relationship between the psychological well-being and self-care, was rejected.

In terms of psychological well-being and self-care, the results revealed that students are considered to be high on psychological well-being in terms of personal growth. On the other five psychological well-being, Self-Acceptance, environmental mastery, purpose in life, positive relations and autonomy, the respondents are considered to be moderate on well-being. In an overall view, students are moderately practicing self-care on all areas of consideration. However, highest among the self-care considered is on accomplishments, followed by relationships, meaning, positive emotions and engagement. Based on the results, the null hypothesis was rejected, there exists a significant negative low correlation between psychological well-being and self-care ( $r$  value = -0.440;  $p$ -value = 0.01). The overall findings of this study indicated that the self-care has a significant relationship to their psychological well-being. This means that as psychological well-being increases, the self-care of the students decreases.

Through the conduct of this study and results obtained, the researchers therefore recommend the following: (1) To conduct a study among adolescents in the millennial generation to assess their psychological well-being and self-care; (2) Seminars and forums for students that will help them maintain and practice self-care; (3) Provide more programs about how individuals can pursue psychological well-being. The level of analysis (self-acceptance, environmental mastery, and personal growth, purpose in life, positive relations and autonomy) of the Psychological well-being and model of PERMA (Positive emotions, engagement, relationship, meaning and accomplishment) were used in the study to assess the psychological well-being and self-care of respondents amidst Pandemic, therefore the study suggests that the Ryff Scale of Psychological well-being and PERMA model self-made questionnaire also be used for further analysis, which will create a stronger relationship between the psychological well-being and self-care of respondents. In addition, because the research centered on psychology students, a broader reach in terms of the respondents could be explored.

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