

TEACHERS' MENTAL WELLBEING, CONTRIBUTING FACTORS AND SUPPORT SERVICES AMIDST COVID19 PANDEMIC

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ABSTRACT

In the light of COVID-19 pandemic which redefined the educational landscape in its modalities, teachers face many challenges, personally and professionally. These challenges may result in depression, distress and burnout which could affect their mental wellbeing. This descriptive-correlational study determined the mental wellbeing of 141 randomly sampled faculty of member schools of Philippine Association of Schools of Medical Technology and Public Health (PASMETH) and its relationship with the extent of influence of its contributing factors and its association with the support services provided by their institutions. It also determined the support services available to teachers amidst the pandemic. Results revealed that the mental wellbeing of teachers during pandemic was average. A significant difference in the respondents' mental wellbeing was noted for those aged 50 and above and aged 30 and below. Meanwhile, test of relationship showed that respondents' mental wellbeing was significantly linked to the extent of influence of its contributing factors but it was not associated with the support services provided. Webinar/seminar about mental health was the most reported support service provided by HEIs followed by regular monitoring of their mental health. An action plan to help promote the mental wellbeing of teachers was proposed, specifically tailored for their profile and based on the existing services given to them.

Keywords: psychology, teachers' mental wellbeing, descriptive-correlational study, South East Asia.