



## **WOMEN'S MENTAL WELLNESS: COPING AND RESPONDING TO COVID-19**

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### **ABSTRACT**

The COVID-19 pandemic greatly impacted women in the education sector, specifically their mental health. Being quantitative in nature, this study assessed how the 200 women-teachers and students responded and coped with the varying mental adversities amidst the global health crisis. For a general understanding of the respondents' coping mechanisms and responses, a comprehensive survey, as a research instrument, was conducted. The study revealed that the state of feeling unsafe, being less calm, having worries and apprehension, immersed in information confusion, and being in a high emotional state is the most dominant mental adversities encountered by the respondents. In response to and coping with such mental adversities, the respondents resorted to health compliance, open communication, entertainment activities, and active campaign against COVID-19. This study highlights the importance of identifying women's mental health status amidst a pandemic crisis for the academic institution and the government to introduce intervention programs addressing the mental adversities of women during crises.

*Keywords: COVID-19 Pandemic, women, mental health, coping and responding*