



ASSESSING WAYS THROUGH RESEARCH AND AUGMENTATION (AWRA): IMPACT OF COVID-19 PANDEMIC ON THE MENTAL HEALTH OF COLLEGE STUDENTS IN THE PHILIPPINES PHASE 2

Teody Lester V. Panela, LPT, RN, MAN, FSASS
<https://orcid.org/0000-0002-2251-8949>
teodylester.panela@nwssu.edu.ph / teodyp@gmail.com
Northwest Samar State University
Philippines

ABSTRACT

The ongoing COVID-19 pandemic changed the overall educational landscape of the country. It shifted the attention to how the students handled the predicaments presented by the situation. This phenomenological study explored lived experiences of college students from both public and private institutions in the Province of Samar, Philippines, and how the pandemic impacted their mental health. Accompanying the semi-structured interview is the color association technique to best describe their emotions and reactions. Sixteen (16) college students were included in the study. After data analysis, specifically thematic analysis under Colaizzi Process, three themes emerged: (1) Colōrem Quaestionis (Colors of Problem); (2) Colōrem Marte (Colors of Initiative); and (3) Colōrem Spei (Colors of Hope). The colors of the problem, represented by red, black, and brown, centered around the danger, negativity, and sadness felt by college students during the pandemic. It created a feeling of uncertainty among them which led to the development of anxiety and depression. Colors of initiative, represented by purple, blue, and green, focused on the intuition, logic, and determination of the college students in seeking a good support system. Aside from a good support system, they used innovative alternatives to address challenges felt, overall protecting their mental health in the process. Colors of hope, represented by yellow, orange, and teal, focused on the undying hope, enthusiasm, and stability of the college students in traversing over the problems brought about by the pandemic. By slowly incorporating into their psyche that everything changes and slowly moving on to the next normalcy, students adapt and make necessary adjustments. The pandemic had negative implications for the mental health of college students. To cope with this, institutions and concerned agencies need to develop a good support system accompanied by a well thought out preventative and rehabilitative programs that cater mental health concerns of college students.

Keywords: Higher Education, Mental Health, Impact, Phenomenological, Philippines