

**A NARRATIVE STUDY ON THE ATTRIBUTIONS  
OF COVID-19 PATIENTS TOWARDS  
RECOVERY**

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### **Abstract**

This study aims to determine the experiences of COVID-19 patients before and during their recovery. It also seeks to identify the participants' attribution in their condition and how it influences their recovery. Because of the present situation, the researchers also aim to give social awareness to other COVID-19 patients of the positive and negative influences of the personal attribution to their condition. The qualitative narrative method was used in this study. It connects various elements of experience, thought, and feeling into a unified whole and has a central theme or purpose. The researchers also used a researcher's-made semi-structured interview-guide questionnaire. Following a thorough and systematic review of the data, eighteen (18) final themes were identified. Researchers were also able to explore COVID-19 patients' Dispositional attribution and Situational Attributions. In addition, researchers were also able to explore how the attributions influence the participant's recovery.

Overall, we observed that COVID-19 patients' recovery experiences and their attributions help them in recovering from illness. COVID-19 survivors tell their experiences and attributions. Their experiences include mental and emotional health issues, financial difficulties, social support, and spiritual experiences, and physical or body pain. While in attributions, patients often see recovery as a turning point in reconnecting with friends and family, increasing spiritual awakening, persistence, positive thinking, or making efforts to improve their health behaviors.

## **CHAPTER I THE PROBLEM AND ITS BACKGROUND**

This chapter discusses the problem and its background that includes the following parts: the introduction, research problems/research objectives, theoretical framework, conceptual framework, scope and limitations of the study, significance of the study, and the definition of terms.

### **Introduction**

The Coronavirus Disease 2019 (COVID-19) is an illness caused by a novel coronavirus known as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2; formerly known as 2019-nCoV), which was first identified during an outbreak of respiratory illness cases in Wuhan City, Hubei Province, China. On December 29, 2019, the World Health Organization (WHO) coined the term "2019 Novel Coronavirus" to describe a Coronavirus that infected the lower respiratory tract of pneumonia patients in Wuhan, China. It is a person-to-person transmission however, it is still not proven to come from an asymptomatic carrier with normal chest computed tomography findings (Bai et al., 2020). The common symptoms of COVID-19 are fever, cough, fatigue, breathing difficulties, a loss of smell and taste, diarrhea, tiredness, chest pain or pressure, and headache. It is characterized by pneumonia, lymphopenia, exhausted lymphocytes, and a cytokine storm. Many people got infected with COVID 19, but as the number of cases increases, so does the number of recovered people. The first confirmed COVID-19 case in the Philippines was on March



7, 2020. With the rapid growth of cases in the Philippines, various government agencies released a resolution on March 12, 2020, regarding the management of the COVID-19 situation. It includes the suspension of classes at all levels, the prohibition of mass gatherings, and the ruling on community quarantine (Duque et al., 2020). Many different beliefs and attributions have been considered as precursors to health-related behaviors like social support, faith, motivation, medication, physical activity, sleep, and many more. Attribution in social psychology is the process of inferring the causes of events or behaviors (Cherry, 2020). It deals with how the social perceiver uses the information to arrive at causal explanations for events. People attribute their recovery either to dispositional/internal attribution or situational/external attribution. The likelihood of seeking treatment and adherence to treatment and disability and recovery time are all influenced by a patient's perception of illness. People's beliefs and attributions can affect their health indirectly by influencing their behavior (such as attending a screening program, eating healthy foods, taking prescribed medication, curses or spirit possession, etc.). They may also be influenced by the beliefs and attributions of health professionals. It is essential to take beliefs into account when giving health advice and/or providing medical treatment. Making attributions helps people cope by bringing order and predictability into their lives. The purpose behind making attributions is to achieve cognitive control over one's environment by explaining and understanding the causes behind behaviors and environmental occurrences (Heider, F. 1958). Dunning and Pownall (2020) proposed that in midst of the COVID-19 pandemic, it is significant to know how people attribute their own

individual sense of risk of contracting the virus. Attributions are vital because it reflects personal beliefs about the sources or causes of success and failure. Beliefs related to perceived health control, self-blame, and thus, risk attribution all may be wholly important factors to consider in the context of improving uptake of COVID-19 health behaviors.

This study aimed to determine the experiences of COVID-19 patients before and during their recovery. It also sought to identify the participants' attribution in their condition and how it influences their recovery. Because of the present situation, the researchers also aimed to give social awareness to other COVID-19 patients of the positive and negative influences of the personal attribution to their condition. Many researchers have looked into the experiences and attributions of COVID 19 patients who have recovered. Few researchers, however, have looked at the dispositional and situational attribution of COVID 19 recoveries, and this is where the researchers came in.

### **Research Problems**

The study focused on the experiences and attributions of COVID-19 patients towards recovery.

Specifically, it aims to answer the following questions:

1. What are the experiences of COVID-19 patients towards recovery?
2. What are the attributions of the participants towards their condition towards recovery in terms of:

#### **2.1 Dispositional Attribution**