

# THE QUALITY OF LIFE AND RESILIENCY OF 4<sup>th</sup> YEAR FEMALE BSP STUDENTS IN EARIST MANILA DURING PANDEMIC

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## INTRODUCTION

The near end of a college life puts a load of pressure to students because an end of a journey comes with a new chapter or beginning. Aside from having a college life, there is also a personal life outside the universities, college students juggle with their lives because at some point, it builds a character and it is also a training ground for them when they need to step it up to the next chapters of their lives.

The Bachelor of Science in Psychology program in EARIST, MANILA has a plenty of female students and that corresponds with the idea of focusing on 4<sup>th</sup> year female students and that corresponds with the idea of focusing on 4<sup>th</sup> year female students. When it comes to the idea of quality of life (QOL) of students, there are categories that need to focus specifically to 4<sup>th</sup> year female college students.

Covid 19 pandemic has always been a struggle for everyone since the year of 2020 because it affects almost all of the activities outside their homes and it also sets a new start for everyone with protocols and other health related requirements.

The researchers aimed to determine the quality of life and resiliency of 4<sup>th</sup> year Female college students in EARIST, Manila in this time of pandemic. Upon knowing the quality of life of the respondents, there are four specific domain which are physical health, psychological health, social relationship, and environment, There is also an environment to indicate how safe it is to be in outdoors when going to school and going back home especially during the Covid pandemic, Obviously the female genders have experience and anxieties on how to deal with the situations.

On the other hand, female college students have different ways of resiliency which is the

ability to recover and bounce back due to struggle and stress.

As quoted Winston S. Churchill, "Success is not final, failure is not fatal: it is the courage to continue that counts"

This study aims to design and develop a face shield with a body temperature scanner and recording system using a system of identification that allows the user to instantly access information for tracking, collecting, and securing data that can be used during this pandemic.

#### **STATEMENT OF THE PROBLEM**

This project aims to assess the quality of life and resilience of 4<sup>th</sup> year female BS psychology in EARIST during pandemic. Particularly, the researchers sought to answer the following questions:

1. How do the 4<sup>th</sup> year female BSP students assess their quality of life in terms of:

- 1.1 Over-all quality of life and general health
- 1.2 Physical Health
- 1.3 Psychological
- 1.4 Social relations
- 1.5 Environment?

2. How do the 4<sup>th</sup> year female BSP students assess their level of resiliency?

3. Is there a significant

relationship between the quality of life of the respondents and their resiliency?

#### **METHODOLOGY**

The researchers used descriptive correlational method in the study. Descriptive method defined as, "it involves the description, recording, analysis and interpretation of the present nature, composition, or process of phenomena. The focus is on the prevailing conditions, on how a person, group, or thing behaves or functions at the time of the study" (Manuel and Medel, 1976). While, correctional method aims to find if there's any existing relationship between the independent and dependent variables such as positive correlation, negative correlation or zero relationship between the two main variables" (McCombes, 2019).

Further, the researchers used the survey design in which the participants answered questions administered through questionnaires. After the respondents answered the questions, the researchers evaluated the responses provided to determine the quality of life and resiliency of the female college students.

#### **SUMMARY OF FINDINGS**

This study aimed to determine the quality of life and resiliency of 4<sup>th</sup> year female BS Psychology students of College of Arts and Sciences in Eulogio "Amang" Rodriguez Institute of Science and Technology.

Based from the data gathered, the following were the most significant findings:

#### 1. Quality of Life 4<sup>th</sup> Year Female BSP Students

Findings show that most of the respondents rate their overall quality of life as "good" in verbal interpretation with a weighted mean of 3.65. The respondents also rated their general health as "neither satisfied nor dissatisfied" in verbal interpretation with a weighted mean of 3.46. Their quality of life in physical health is at a moderate level with a transformed average score of 30.22.

Psychologically, the quality of life of the respondents is very meaningful and satisfied with themselves with a transformed average score of 84.18 interpreted as high quality of life. They rated their quality of life in terms of social relationships as satisfied with their personal relationships with a transformed average score of 61.27 interpreted as high quality of life. They rated their quality of life in terms of environment as satisfied in the condition of their living place with a transformed average score of 61.05 interpreted as high quality of life.

#### 2. Level of Resiliency of 4<sup>th</sup> year Female BSP Students

Findings show that the respondents rated their resiliency as normal level of resilience in recovering from a stressful even with a general weighted mean of 3.19

#### 3. Relationship between Quality of Life and Level of Resiliency of 4<sup>th</sup> Year Female BSP Students

Findings show that there is sufficient evidence to show that there is significant relationship between the quality of life, in terms of physical and psychological health and the level of resiliency of 4<sup>th</sup> year female BSP having p-values of 0.042 and 0.11, which lower than the 0.05 level of significance. Thus, the decision is to reject the null hypothesis.

### CONCLUSIONS

Based on the findings of the study, following conclusions were drawn:

1. The quality of life of 4<sup>th</sup> year female BSP students is moderate as to their physical health, but of high quality when it comes to their psychological health, social relationships and their environment.

2. The 4<sup>th</sup> year female BSP students in EARIST Manila have normal level of resiliency. They have average ability to bounce back or recover from stress.

3. Based on the findings of

the study, shows that there a significant relationship between the quality of life as to physical psychological health and the level of resiliency of 4<sup>th</sup> year college female psychology students in EARIST, Manila. Their physical and psychological health is connected to their ability to recover from stress.

#### **RECOMMENDATION**

After a through analysis of data, the following recommendations are offered:

1. The 4<sup>th</sup> year female college students could be more conscious of their physical health and work on being physically fit, healthy and energetic. This is because college life can be tiring to students in performing and accomplishing all nitty-gritty tasks that they need to submit to be able to pass and graduate.
2. The 4<sup>th</sup> year female college students may maintain their ways of adapting to stresses and continue working on their mental health. They could also maintain having harmonious relationships with others and adapting to conditions and situations in their lives.
3. The school may continue to create programs that would promote health and well-being among students to encourage them to live better lives.

4. The school may conduct meaningful learning activities on building resiliency among students to encourage them to develop and improve resilience which could positively influence their quality of life.