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**EFFECT OF COVID-19 (*CORONAVIRUS DISEASE 2019*) PANDEMIC ON THE
MENTAL HEALTH OF STUDENTS STUDYING AT MAPUA UNIVERSITY**

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ABSTRACT

COVID-19 is an infectious disease that threatens the humans on a global scale. It was able to alarm many countries that it resulted into lockdown including the Philippines. Mental health is an important of aspect of life that affects us in what we do and what choices do we make.

This study will check if the threat of pandemic has a significant effect on the mental health of the students studying in Mapúa University.

The surveys conducted will let the researchers and the university admins know the overall current situation of the students amidst the enhance community quarantine issued by the government.



Background of the Study

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Based on investigation, it is pointed out that “the epicenter of the virus is at Wuhan, Hubei Province, China” [CITATION Wor20 \l 1033]. Now, it is widespread in most countries all over the world and the number of infected people is increasing at an alarming rate.

All types of people have an equal chance of getting infected by the virus. But it is shown that people who are 65 years and older and people with serious underlying medical conditions are at higher risk of developing severe COVID-19 illness. The symptoms of the illness have ranged from very mild (including some people with no reported symptoms) to severe, including illness resulting death.

Mental health includes our emotional psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is very important and is one of the key players on how an individual progress in life.

The researchers’ aim is to see the potential effects of the threat of COVID-19 pandemic on the mental health of students studying in Mapúa University.



Statement of the Problem

Coronavirus Disease 2019 (COVID-19) is a virus identified as the cause of an outbreak respiratory illness first detected in Wuhan, China. On March 6, 2020, the Philippines had confirmed its first case about local transmission of a man with no travel history. Because of the potential risk of infection to the students, President Rodrigo Duterte suspends classes in all levels at Metro Manila. The virus became a pandemic that threatens humans on a global scale.

Mental health disorders are mental conditions that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addicted behaviors. When a person develops mental illness, his/her behavior can be greatly affected and will show signs like feeling sad or down, feeling of tiredness, to suicidal thinking. There are many possible causes for a person to develop mental illness, and one of them is stressful life situations which can be linked to the fearful life the world is living in because of the pandemic.

A study finds that when students experience an academic setback, such bad grade, the amount of cortisol in their bodies typically spikes. There are also scenarios wherein “most students’ cortisol level adjusts back to normal after a few days, but some students who are having difficulties moving forward maintains the heightened level of cortisol” [CITATION Ter18 \l 1033]. Stress can affect a well-being of a student and can impair brain functioning and suppress the immune system, causing long-term damage. Brain plays an important role in a person’s well-being and



“too much stress can disrupt the normal brain development and increase the risk of diseases even into adulthood” [CITATION Sho14 \l 1033].

Significance of the Study

The findings of the study will redound to the interest of the Mapúa University’s administration regarding the well-being of their students during the COVID-19 pandemic. The main goal of the study is to know the effect of the ongoing pandemic on the mental health of students. This will help the university to decide what will be the best action to take in order to ensure that the students will still be able to cope up with their studies amidst the possible extra problem that they may be experiencing because of the pandemic.

Research Objectives

The overall purpose of this study is to determine the effect of COVID-19 on the mental health of the students in Mapúa University. Specifically, this study aims to:

1. Determine the stress levels of students studying in Mapúa University
2. Determine the real-life situation of students studying in Mapúa University during the COVID-19 enhanced community quarantine
3. Determine the mental health status of the students studying in Mapúa University during COVID-19 pandemic



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Conceptual Framework



Methodology

Collection of Data

The researchers will be collecting data through a 10-item online survey to be answered by students studying at Mapua University. A sample size of 25 will be randomly collected from the total number of participants and will be used to analyze the data that will be gathered.

Analyzation of Data

The researchers will use convenience sampling to collect the data from the survey given. The researchers will be using One Sample T-test to analyze the relationship between the answers of the students on the survey to the effect of the pandemic situation on their mental health. The formula that will be used are shown below:

$$t = \frac{(\bar{x} - \mu)}{\frac{s}{\sqrt{n}}}$$

where

- \bar{x} = Sample Mean
- μ = Population Mean



• Standard Deviation of the Sample

- n = sample size

For Sample Standard Deviation:

$$s = \sqrt{\frac{\sum_{i=1}^n (x - \bar{x})^2}{n - 1}}$$

where

- n = sample size
- x = elements of the sample
- \bar{x} = sample mean



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Data and Results



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Summary Conclusion



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