

Mental Health and Well-Being of the MSU-GSC Professors Amidst the Covid 19 Crisis

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ABSTRACT

This study explored the mental health and well-being of the university professors amidst the COVID 19 crisis. A qualitative research design using the phenomenological approach on how the professors handle and cope the challenges brought about by the pandemic. A total of nine (9) participants were subjected to in-depth interview following the health protocols as mandated by the government under the new normal setting. The responses were coded to derive themes and the results revealed that the university professors of MSU-General Santos perceived the Covid 19 phenomenon as a heightened global threat and it brought them elevated stress or a disagreeable situation, it brings uncertainties and may cause mental health problem, however the respondents view it positively as an occurrence that can be overcome. The challenges encountered are, movement is restricted therefore work related obligation and other activities are hampered, elevated fear of getting infected with the virus, venue and time for a sound personal reflection, restriction from visiting family members/relatives and the difficulty of the delivery of teaching under the new normal modes of learning. Their coping mechanism in order to maintain their sound mental health and wellbeing is laid on equipping themselves to be healthy at all times, by promoting health and wellness program. Second Good family relationship, third, being morally upright citizen of the country by following protocols set by the IATF (Inter Agency Task Force). Fourth, deep expression of faith in God. Fifth, positive outlook in life. Sixth, concern for others. The insights brought by this Covid 19 crisis are the following. The respondents show strong sense of a positive mental attitude at all times. The covid 19 pandemic enables them to obey the rules implemented by the government they become more morally upright by being Law abiding citizens of the country. Their faith in God is deepened. They realized that life must be lived meaningfully and productively. The value of sharing is ingrained. Ability to be strong physically and emotionally as a person being looked up to by their students. More so, the information from news and social media must be evaluated and lastly being contented in life. The results suggested that human beings can draw strength from within even in an adverse environment.

The results can contribute to the knowledge gaps of any individual who is interested in coping and improving stability of feelings and urgently prepare them to do the same strategies in time of adversity. Teachers, researchers and those in the field of clinical studies may find this valuable and relevant.

Keywords: Covid 19, mental health, well being

INTRODUCTION

In the Southeast Asian region, the Philippines is one of the countries that has been affected the most by the COVID-19 pandemic (The Asian Post)¹. The WHO is really trying to address health-related issues and promote well-being to achieve positive health impact and outcomes. COVID-19 (Corona Virus Disease 2019) has significantly resulted in a large number of psychological consequences.²

As Covid 19 pandemic devastates the world, the human populace faces the issue on how to manage and react to stressful situation unfolding so rapidly. It has spread with alarming speed, inflicting millions and putting everyone to movement restrictions. This scenario has psychological impact which to date is elevated rates of stress or anxiety thus a threat to mental health (Kluge, 2020).³

Confronted with this adversity, the World Health Organization (WHO), believes that human beings can draw remarkable powers of strength and cooperation which fortunately they have, and somehow mental health is keep in place. Mental Health is a state in which each individual realizes his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his community and according to the World Health Organization is possible by drawing strength from within even in an adverse environment. This idea cascaded from the Self-Determination Theory (SDT) formulated by psychologist Edward Deci and Richard Ryan⁵. This theory stipulates that an individual has an inherent positive tendency to move towards growth facilitated by the basic psychological needs such as Competence, Autonomy and Relatedness. Competence entails the need to experience behavior as effectively enacted so as to make one feel that he has done a good job. Autonomy possesses the need to experience behavior as voluntary and reflectively endorsed for one to feel in control over what he does, and Relatedness calls for the need to interact and care for others. SDT then connotes that an individual is driven by his innate tendency to be in control over his environment and be successful. Moreover, research suggests that having high determination can foster success in many different domains of life be it in education, work, parenting, exercise and health. A research on Optimism and its Impact to Mental Health, revealed that optimism significantly influence mental health (Clinical Practice and Epidemiology in Mental Health). In the context of these facts, the researcher is prompted to delve deeper into the experiences of the professionals with high positions in a university as to what they have gone through during the Covid 19 pandemic and how it relates to their mental health.⁶

This timely phenomenological inquiry was deeply rooted on how the professors handle the uncertainties and the restrictions of the occurring problem. Gleaning from their experiences, and status this study was conceptualized in order to draw insights about their mental health and well-being. It is from these perspective also that the researcher will evaluate how people with high educational background and attainment exudes their life and still able to maintain it. Finally, their students and other people view the result of this study as another version to follow aside from what is written in books during unfavorable situation.

Statement of the Problem

This study aims to determine the state of metal health and well being of the MSU-GSC professors and it further seeks to answer the following questions;

1. How do university professors perceived Covid 19 crisis?
2. What are the challenges faced by the professors in this time of Covid 19 Crisis?
3. How do University professors handle/cope the covid 19 crisis pandemic to maintain their mental health and well being?
4. What are insights drawn by the MSU - GSC professors from their experiences brought about by pandemic?

METHODOLOGY

Research Design

This study is qualitative- descriptive in nature. This method was utilized to explain, clarify and elaborate the psychological meanings and impacts of human life experiences.

This study dealt with the interpretation of the participant's perspective, hence; a phenomenological qualitative approach is being utilized.

Locale

Mindano State University General Santos City is located at the Southern part of the Philippines. The school is enclosed in a 156-hectare area in Barangay Fatima, General Santos City. MSU-GSC as an academic institution strengthens its functions in instruction, research and extension. The establishment of its Research and Development Center & Office of Extension Services is one of the highlights of the institution. It grows academically and continuously with various colleges such Agriculture, Fisheries, Business Administration &

Accountancy, Engineering, Education, Natural Sciences & Mathematics, Social Science, Humanities, Graduate School program and its College of Law (extension classes of the main campus). The MSU Senior high school and Junior HS serve as its laboratory school.¹⁷

The university recently became a new member of the Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCUP). General Santos has a total of 90% Level II Accredited Programs and 10% Level I Accredited Programs. Bachelor of Elementary Education, Bachelor of Secondary Education, BS in Biology, BS in Mathematics, BS in Information Technology, and Bachelor of Arts in Filipino are now gearing up for Level III Accreditation scheduled in the next academic year.

On top of that MSU-GSC is named as top performing school Nationwide in 2019.

It serves the whole area of Socskargen and neighboring areas in the Southern Mindanao. It is committed to excellent education. The University has highly qualified and competent professors and dedicated to serve its constituents by providing excellent and quality education. This government institution it is free for all students who are deserving. It has preference for Muslim and indigenous people. It offers various scholarship programs and develops breed of qualified and reliable professionals.¹⁷

Instrument/s

The researcher made use of a prepared semi structured interview guide for the participants to answer. The items in the questionnaire were formulated according to the level of understanding of the participants.

Respondents

A phenomenological framework requires a relatively homogenous group of participants (Creswell, 2007)⁹. Individuals selected to participate in this study have common experiences regarding the phenomenon being investigated (Moustakas, 1994). The researcher selected nine (9) professors from Mindanao State University in General Santos City as participants to this study.

Data Collection and Analysis

In this study, the researcher made use of the semi structured interview guide questionnaire and had the responses in written and through video call and recordings. The data were interpreted using the Thematic Analysis by Creswell (2007).⁹ The researcher noted and listed the raw data (transcript notes). Then the data was prepared, organized and coded for analysis. Interpretation was done after it was described and identified.

RESULTS

TABULATED RESULTS FOR SOP 1

To answer SOP 1 the following questions were administered to the respondents.

- a. What is your perception about the current covid 19 crisis?
- b. Is it a threat to mental health?

Table 1 shows the significant statement, formulated meaning, code and description

Participants	Significant Statement/ Ideas	Formulated Meaning	Themes	code	description
1a.	My perception to the covid 19 crisis push me to unlearn the old normal and embrace the gift of the new normal.	Embrace Learning the new Normal	Embracing the situation /acceptance	P1	Positive outlook

1b.	Yes, it can influence my mental health	Cause mental health problem	Threat to mental health	P1, P2,P3, P5, P7, P8, P9	Threat to mental health
2a	It is really a global threat that affects almost every aspect in life. It has also a tremendous impact on the economy, tourism and of course, our educational system.	tremendous impact on the economy and educational system Brings panic and anxiety cause mental health problem	Economy and educational system is globally affected	P2, P3, P4, P5 , P6, P9	Global Threat To education and economy
2b	Yes because somehow it causes panic and anxiety	Panic and anxiety	Aggravated fer and stressful	P2, P4, P5	Fearful and Stressful disagreeable situation
		cause mental health problem		P1, P2, P5, P7 , P9, P8 , P3	Threat to mental health
3a	Its started from Wuhan China and made by Chinese expert to bring chaos to the whole world.	affects almost everybody and so many aspects of people's lives:	Global chaos brings global problem	P3. P2,P4, P5 , P6, P9	Global Threat To education and economy
3b	Yes			P1, P2, P5, P7 , P9, P8 , P3	Threat to mental health
4a	it is so stressful.	Fearful and stressful	Stressful situation which brings fear	P4,P2, P5	Fearful and Stressful disagreeable situation
	it affects almost everybody and so many aspects of people's lives: physical and emotional health, work/employment, financial, economic, relationships, travel, social, religious, political, etc.	affects almost everybody and so many aspects of people's lives:	Global Threat to everybody such as tourism, economic industry , financial	P2,P4, P5 , P6, . P3 P9	Global Threat To education and economy
4b	personally , not so. it's a matter of coping with the crisis.	But can be overcome	Acceptance	P4, P6, P8	positive outlook
5a	Corona virus was considered by all as great threat to humanity particularly not just on health issues but economic crises as well	Brings chaos and	The to economy , political, employment , relationships is threatened	P2,P3, P5 , P6, P7 P4	Global Threat To education and economy
	It causes strong emotions like concerns, fears, worry,	Brings panic and anxiety	Fear and stress	P5, P2, P4	Fearful and Stressful

	anxiety and stress				disagreeable situation
5b	As the covid-18 pandemic is considered as threat to human mental health since	Threat to health	Cause mental health problem	P1, P2, P3, P5, P7, P9, P8	Threat to mental health
6a	The current COVID-19 is a threat to the entire world. Its existence created chaos and uncertainty to our community.	threat to the entire world. Brings uncertainty	Global Threat The future is dim	P2,P3, P5, P6, P9 P4 P6, P8	Global Threat To education and economy Brings uncertainty
6b	-Yes, but I know I can overcome.	But can be overcome	Acceptance	P6, P4	Positive outlook
7a	Its a drama, its Man made				
7b	-Yes, threat to mental health, destroy, assure everyone, continue working on mental health, fear affect mental health	affects almost everybody and so many aspects of people's lives:	Cause mental health problem	-P1, P2, P5, P7, P9, P8, P3,	Threat to mental health
8a	It will take a long time before this will end or it might not even end. So we need to adjust to this kind of situation.	Brings uncertainties Acceptance and adjustment to the situation	Not anymore sure of the future may bring Acceptance and adjustment	P6, P8	Brings uncertainty
8b	-Yes, because of the uncertainties brought by covid 19.	Uncertainties I the situation		P1, P2, P3, P5, P7 P8, P9	Threat to mental health
9a	This pandemic is affecting our lives in an unprecedented manner. We are affected financially, economically and mentality.	affects almost everybody and so many aspects of people's lives:	Global Threat stressful	P2,P3, P5, P6, P4, P9	Global Threat To education and economy
9b	-Yes, I consider COVID 19 crisis a threat to my mental health	Warning to mental health	Admonition to incur mental health	P1, P2, P5, P7, P9, P3, P8	Threat to mental health

Table1.1a Description and codes

Categories /description	codes
Global Threat	6
Fearful and Stressful disagreeable situation	4
Brings uncertainty	2

Table 1.1b

Threat to mental health	7
Positive outlook	3

Note: this table is used as basis for the order of writing the categories

SOP 2 Tabulated Result

Table 2 Shows the Significant statements, themes and the interpretation of data on what are the challenges encountered by University professors amidst covid 19 crisis.

Respondents	Significant statement	Formulated meaning	Themes	Code	Description
1	The threat of COVID 19 that anytime and anywhere I'll be infected with the virus and	Fear Of being infected by the virus	Fearful of the infection with	P1, P3	Fear of getting infected with the virus
	the limitations of my usual daily routine since it is not the old normal.	Movement is limited	Usual activity is hampered	P1, P2, P6, P7, P9	Movement is restricted , work related obligation and other activities are are hampered
2	There are some routines that I cannot do anymore right now because of this pandemic.	Cannot do some old routines, the new normal,, google classroom	Routines are hampered and stopped	P1, P2, P6, P7, P9	Movement is restricted , work related obligation and other activities are are hampered
	As an educator, teaching in the new normal is really a great challenge for me.	not tech savvy teaching is difficult to embrace	Embrace the new normal and	P2, P5	Difficulty in teaching under the new normal
	I am not really a tech savvy type of person. But I was forced to embrace this new normal by learning how to use the new learning platforms like the Google classroom, Moodle and Schoology.	learn differnt platforms. Moodle, schoology	Learn how to use the new learning platforms like the Google classroom, Moodle and Schoology.		
3	Challenges on medical treatment , ayaw na mg punta sa hospital, afraid to seek medical attention. I have time Budget time , before always ng mamadali but this time we have plenty of time sa house,	Medical treatment is hampered, fear of being infected	Fear of going to the doctor of getting infected	P1, P3, P5	Fear of getting infected with the virus
	I have time to cope with my inner needs , spending time alone with myself, that is why I can cope.	A time to be alone with self to cope	Challenge to cope inner needs , spending time alone	P3, P8	A venue and Time for Personal reflection
4	limited freedom and independence to go out to places i used to go before	Limited freedom, movement	Hampered activity due to immobility ,	P4, P7	restriction from visiting family members

	especially to visit friends and family	restriction, visiting families	restriction from visiting family members		
5	Although I would say that this crisis brings opportunities for family cohesion, provides rooms for personal reflection.	Brings family togetherness and personal reflection.	A time to be alone with self	P3, P5, P8	A venue and Time for Personal reflection
	We cannot deny the fact that everybody are experiencing trauma, fears, stress, anxiety and even desperation specially to our children and adult who are in the state of Immuno-compromise situations .	Companions at home who are immuno-compromise is a challenge	Taking care of the persons who are sick, especially the elders and he children. Fear of their exposure outside	P1, P3, P5	Fear of getting infected with the virus
	Despite of the difficulties we still have to unlearn, learn and relearn in any situations and to be resilient at all times	the chance to learn , relearn and unlearn from the situation		P5, P2	Difficulty in teaching under the new normal
6	So far, I find it difficult to really be okay 24/7. One of the challenges is to overcome negative feelings and emotions. Frustrations of not being able to attain goals due to limited movement brought about by the pandemic is extremely challenging to overcome.	Difficult to be okay, challenge to overcome frustration	Activities and work to be done is hampered due to limited movement	P6, P1, P7, P2, P9	Movement is restricted , work related obligation and other activities are are hampered
7	Away from my daughter, to conquer fear , to be healthy to be strong, challenge din kun may ubo o lagnat, , follow and obey rules	Distance, solitude, if sick , if may uo , sipon o lagnat,	Distance from each other when family member is far away , restriction from meeting them , if sick	P7, P4,	restriction from visiting family members
	ask people to do errands for me,	Immobility	Cannot go out if you want to buy something	P1, P2, P6, P7, P9	Movement is restricted , work related obligation and other activities are are hampered
8	Personal space during lockdown is sometimes a concern. There are times you wanted to have a “me time” but sometimes it becomes impossible.	Personal space for self at home,	Need time for self.	P3, P8, P5	A venue and Time for Personal reflection

9	You really need to discipline yourself to follow your self-imposed rules like not working on weekends and finding time to relax.	Need to discipline self, follow self imposed rules	Hampered activities on week ends	P1, P2, P6, P7, P9	Movement is restricted , work related obligation and other activities are are hampered
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Table 2.1 Description and codes

Description	Codes
Movement is restricted , work related obligation and other activities are are hampered	5
Fear of getting infected with the virus	3
A venue and time for Personal reflection	3
Difficulty in teaching under the new normal	2
Restriction from visiting family members and relatives	2

Note: this table is used as basis for the order of writing the categories

Table 3 Shows the Significant statements, themes and the interpretation of data on how the University professors handle /cope Covid 19 crisis to maintain their mental health and well-being.

Participants	Significant statement / Ideas	Formulated meaning	Theme	Code	Description
1	By practicing the right or correct protocol towards the COVID 19,	Follow protocol	Abide the law	P1, P2.P4, P5, P7	Morally upright citizen by following protocols
	doing regular exercise and enough rest helps me to main my mental health.	Do regular exercise, enough rest	Healthy lifestyle	P1, P2, P3, P4, P5, P6, P9 , P8,	Equipped self to be Healthy , promoting health and wellness program
2	Aside from following the health protocols set by the IATF,	Follow protocol ,	Abide the law	P2, P1 P4, P5, P7	Morally upright citizen by following protocols
	I always see to it that I still find time to relax, enjoy and	relax and rest	Relaxation and entertainment	P2, P1, P3 P4, P5, P7, P8, P9	Equipped self to be Healthy , promoting health and wellness program
	have time with my family and pets.		Family time	P2, P5, P8, P3. P4	Good family relationship
	I always maintain a positive outlook in life. I avoid watching stressful news on TV (e.g. the latest counts of those who are infected by COVID 19). Life must still go on.	positive outlook in life , watch tv avoid stress	Positive outlook	P2, P9, P4, P6	Harbor Positive mental attitude
3	How to cope I use internet, vlogs, and etc. use, other apps, I also watch movies, doc films , netflix, . I do biking go to the mountains	Do vlogging, watch movies , entertainment, netflix,	Entertain self and staying healthy	P2, P1, P3, P4, P5, P7, P8, P9	Equipped self to be Healthy , promoting health and wellness program
	I have time with my family with my children we can talk.	Family bonding	Time with family Communicat	P2, P5, P8, P3. P4	Good family relationship

			e to family		
	see people and talk to them	talk to people, exercise	Show kindness	P3, P4	Concern for other people
	am thankful that I still live. Kay ang iban at the height of their career kinuha na sang Ginuo	be thankful for your life	Being grateful to God	P3, P6, P9, P4	Deep expression of faith n God
4	follow government protocols.	Follow protocols	Abide the law being implemented	P1,P2, P4, P5 P7	Morally upright citizen by following protocols
	do not listen too much or limit exposure to covid news. it's enough that we are informed	don't listen to social media	Avoiding stress	P4, P6, P9, P2	Harbor Positive mental attitude
	connect with family members and friends through text, call, and other social media	connect to family members, friends Communicate to friends and families	Communicate often	P8, P4,P5 P3, P2	Good family relationship
	sharing my simple blessings to the less fortunate.	Share blessings	Show kindness	P3, P4	Concern for others
	connect to God throughout the day. be grateful knowing that He is in control	connect to God be grateful	Being grateful to God	P9, P4, P6, P3	Deep expression of faith n God
	Follow basic healthy habits, maintain hobbies: taking care of pets (dogs, native chicken), and plants do household chores exercise outdoor, every morning	maintain hobbies , plants, dogs , etc.	Healthy living / lifestyle	P4, P6, P9, P8, P2, P1, P3, P5	Equipped self to be Healthy , promoting health and wellness program
5	One of the best ways is to practice social distancing	Follow protocols	Observance o the law	P5, P1, P4, P2 P7	Morally upright citizen by following protocols
	is to stay in contact with friends and relatives through phone calls and video chats. With these in mind one who feels that they are socially connected, less lonely, or isolated. Talk to people you trust about concerns and how you are feeling	Talk to people your feelings and emotion	Communicate / affection to family and friends	P2, P5, P8, P3. P4	Good family relationship
	When sick contact immediately professional medical practitioner before starting any self-treatment or self medication.	Health is being taken cared of	Be healthy Healthy living		
	Keep yourself busy by creating an online community were you can	be socially connected,	Entertain self by connecting to	P1, P2, P3, P4, P5, P, 7, P8, P9	

	communicate and get connected with friends		people		
6	Though difficult, I make sure that my mind will only entertain positive thoughts I also make sure that if there are negative thoughts, it should not stay for a long period of time in my mind.	Entertain positive thoughts, do not linger on negativity manage emotions, to maintain sanity	Feelings of being Positive at all times	P9, P6 , P4, P2	Positive outlook in life
	For me, prayer is the most effective way of managing my emotions and maintaining my sanity this time of pandemic.	Prayer as effective means of managing emotions	Faith in God	P9, P6, P4, P3,	Deep expression of faith n God
7	Be careful, take precautionary measures by following the protocol wear mask, tell family members to follow also,	take precautionary measures,	Conscientious And follow rules	P5, P1, P4, P2 P7	Morally upright citizen by following the law.
	Take take care of my health, have enough rest, do exercise, bath in sunshine, eat vegetables and fruit to have a good health.	enough rest and exercise eat , sleep and rest , bath in sunshine	Create a Healthy Habit of living	P1, P2, P3, P4, P5, P7, P8, P9	Equipped self to be Healthy , promoting health and wellness program
	listen to mass media on how to take care of our health	Seeking tips and advices to be healthy	Seek medical attention and professional advise to promote wellness.		Equipped self to be Healthy , promoting health and wellness program
8	I Talk to people im close to and sharing to them my fears and uncertainties.	Talk to people , communication,	Communicate / closeness with loved ones	P2, P3 P8, P4, P5,	Good family relationship
	During times of stay-at-home I make myself busy by either reading, cooking new recipe, or arranging/decorating our home	make self busy by doing relevant works that could enhance learnings	Perform task to make yourself busy and happy	P1, P2, P3, P4, P5, P7, P8, P9	Equipped self to be Healthy , promoting health and wellness program
9	With all the uncertainties brought about by this pandemic, I calm myself by praying.	Pray	Faith in God	P9, P3 P6, P4	deep expression faith in God
	Living one day at a time and not overthink things is also another way of coping up.	Coping up	Positive thinker	P9, P6, P4, P2	Positive outlook in life
	I also devote the weekends for myself meaning no work related chores.	devote time for work related chores.	And work make yourself busy	P1, P2, P3, P4, P5, P7, P8, P9	Equipped self to be Healthy , promoting health and wellness program

Table 3.1 Shows the Codes and Interpretation of the data.

Description	Codes
Equipped self to be Healthy , promoting health and wellness program	8
Good family relationship	5
Morally upright citizen by following the protocols det by IATF	5
Deep expression faith in God	4
Positive outlook in life	4
Concern for others	2
Total number of frequencies	26

Note: this table is used as basis for the order of writing the categories

SOP 4. What are the insights drawn by the participants out of their experiences on the Covid 19 phenomenon?

Table 4 Shows the Significant statement, formulated meaning, theme , code and description for the insights drawn from the covid 19 crisis experiences.

Respondents	Significant statement	Formulated meaning	Themes	Code	Description
1	Always ready to adopt whatever conditions existing in the environment to maintain mental health.	Adaptive of the situation/ embrace the new normal	Adoptive to the situation and embraced the new normal	P1. P7, P8,	Obey rules implemented by the government, Law abiding citizen
2	* I learn to embrace the new normal.	Embrace new normal ,	Acceptance of the situation	P2, P4, P5, P7	Groove positive mental attitude
	* I spend quality time with my family.	spend time with family,	Family is a priority		
	* I appreciate the importance of giving. Modesty aside, me and my family have done this on several occasions especially during the ECQ.	The act of kindness exhibit during the time of quarantine	Sharing to the mostly affected families	P2, P7	Importance of sharing
	* I learn how to be contented with what I have.	learn to be contented, contentment in life	Be content of what one has	P2, P3	Learn to be contented of what you have
	* Despite of this pandemic, I always maintain a positive mental attitude.	positive mental attitude	Being strong to the stemming situation	P2, P4, P5, P7	Groove positive mental attitude
3	Insights with this pandemic I realize that life is so short , marami na namatay at the height of their career,	Realizaion of the importance of life, don't need material things, no intrigues in political issues, learn to	Realization of how important life is	P5, P7, P6	Live a Meaningful and productive life

		prioritize			
	Everyday I thank God I value life	God is the source of life	Being thankful Gratefulness to God	P3, P4, P9	Deep faith in God
	You don't need material things , just like car, gadgets What is important is you can eat 3x a day Material things is not important -Intriga sa politics issues what you can get with that is not anymore important, pasikat the pursuit of money no anymore important	Materials things are not anymore a priority Learn to be simple Issues shold be handled with care	Contentment in life Issues of money is not anymore important	P3, P2	Learn to bee contented of what you have
	I learn to prioritize.	Prioritize what is only important and needed	Prioritization of things in life		
4	don't worry, do your part, trust God	Trust God		P9, P4, P3	Deep faith in God
	and hope this will come to pass	Hoping pandemic will end	Positive thinking	P4,P2 ,P5, P7	Groove positive mental attitude
5	COVID-19 has brought everybody on the move of changing its perspective, ways and lifestyle and surely we can say that we are still coping with a new normal situations.	Change to new perspective			
	However if you are an educator, administrator and a leader it is but right to show to your people that you are in complete control of your mental health	show that you are in complete control of your self	Know how to / be strong to control emotion	P5, P7	Learn to be strong emotionally and physically
	by practicing positive things like a feeling of being happy, healthy, socially connected and satisfied.	Be connected with people socially happy and healthy lifestyle	Socially connected and happy	P5, P7 P2, P4	Groove positive mental attitude
	We also need to strengthen our ability to manage stress	Strong to manage stress	Strong to manage stress	P7, P5,	Ability to be strong emotionally and physically
	and also live a life with sense of meaning and purpose.	Live life with meaning	Meaningful life	P5, P7, P6	Live a Meaningful and productive life
6	My mind can endure	Focus on	Productive	P6, P5,	Live a Meaningful and

	the threat of covid-19 if I will just focus on doing worthwhile, meaningful, and productive activities...	doing worthwhile , productive activities,	activities	P7,	productive life
	Of course, my faith is God has helped a lot in shaping my mental health.	Trusting God for everything	God is the supreme being	P6, P9, P3	Deep faith in God
7	To be strong emotionally, spiritually, assure loved ones ,eat the right kind of food,	To be strong emotionally, Choose healthy foods	Be healthy , and emotionally strong	P7, P5	Ability to be strong emotionally and physically
	Search for the right information	Learn to filter information,	Evaulate infomation heard	P7, P8	Evaluate the information
	follow protocol , follow the law,	Obey the law	Be a law abiding citizen	P7, P8, P1	Obey rules implemented by the government, Law abiding citizen
	be positive		Possitive attitude	P7, P2, P5, P4	Show positive mental attitude
	do creative ways,		Productive and creative	P7, P5, P6	Live a Meaningful and productive life
	and everyday is a treasure for us show love and kindness.	Be kind	Be loving to the needy and be kind	P2, P7	Importance of sharing
8	The are so many covid related information circulating in social media that can sometimes cause my anxiety,	Learn to filter information, believe on solid science based information, keep calm follow protocol	Listen to the information with understandin g and has bases	P8, P7	Evaluate the information
	So learn to filter out fallacy from facts	Rely on solid information	Based understandin g on facts and scientific study		
	and believe only on solid science-based covid information.				
	Always keep calm and just follow the basic covid health protocol.	Be calm	Be obedient to follow the law	P8. P7, P1	Obey rules implemented by the government , Law abiding citizen
9	Prayer is very powerful	Prayer is an important weapon	Rely to God everything	P9, P6	Deep faith in God

Table 4.1 Shows the description and codes of data on insights from experiences brought about by pandemic to the University professors

Categories	Codes
Show positive mental attitude	5
Live a Meaningful and productive life	3
Obey rules implemented by the government , Law abiding citizen	3
Deep faith in God	2
Importance of sharing	2
Ability to be strong emotionally and physically	2
Evaluate the information	2
Contentment in life	2

Note: this table is used as basis for the order of writing the categories

DISCUSSION

1. What are the perceptions of the Professors of MSU-GSC on the COVID 19 phenomenon?

The data collected revealed that the participants perceived the COVID 19 phenomenon as a **heightened global threat**, in all aspects of life particularly in socioeconomic, politics, education, religious, tourism and industry. The respondents strongly declared that this Covid 19 crisis is **stressful / disagreeable situation**. The respondents view covid 19 pandemic as a forbearer **of uncertainties** in life . More so they strongly believed that it may boil up to cause **infallible mental health problem** and along its broad epectrum of perceived harm they still considered it as an occurrence to overcome by having **positive outlook in life**. The result signified and explained the PERMA theory of Dr. Seligman.¹⁰

This PERMA theory of Well being states that P-stands for positive emotion, positive engagement, positive meaning and relationship. Despite the perceived harm respondents view this worldwide problem as situation to get over.

2.What are the challenges encountered by the MSU-GSC professors and how they handle and cope with these challenges in the course of maintaining their sense of well- being amidst the covid 19 crisis?

The challenges revealed by the participants in this study are the following.

Their **movement is restricted** therefore work related obligation and other activities are hampered, elevated **fear of getting infected with the virus**, a venue and time for a sound **personal reflection**, **restriction from visiting family members/relatives** and the **difficulty of the delivery of teaching under the new normal modes of learning**.

Accordingly people develop negative emotions such as fear and anxiety if they are faced with illness and difficult situation, which is stated in the Behavioral Immune System(BIS)¹² Theory this is one of the descriptions found in the challenges faced by the MSU Professors in this study which in the long run if not answered will connote negative cognitive assessment [5,6] for self-protection.

3.How do University professors handle/cope the covid 19 crisis pandemic to maintain their mental health and well being?

The respondents revealed that their coping mechanisms in order to maintain their sound mental health are the following. First, equipping themselves to be healthy at all times, by promoting health and wellness program. Second, good family relationship. Third , being morally upright citizen of the country by following protocols set by the IATF(Inter Agency Task Force). Fourth, deep expression of faith in God. Fifth, positive outlook in life. Sixth, concern for others. These are the disclosed statements of the participants which help them cope and maintain their sense of well being. Along these findings the responses of the participants depicted that human beings can draw strength from within even in an adverse environment as stated in the

Self-Determination Theory (SDT) formulated by psychologist Edward Deci and Richard Ryan Obeying the social norms strictly , as stated by Schaller, M.; et al 2015¹³ is another aspect that can explain the result of this study.

The state of being positive is in consonance with the PERMA theory of Well being formulated by Dr. Seligman,¹⁰ wherein P-stands for positive emotion, positive engagement, positive meaning and relationship, E is for engagement in important skills and giving attention to challenging tasks. R for relationship as fundamental to well being, that gives a feeling of belongingness. M for meaning and A for accomplishment.

According to stress theory¹⁴ and perceived risk theory¹⁵, public health emergencies trigger more negative emotions and affect cognitive assessment as well. These negative emotions keep people away from potential pathogens when it refers to the disease. However, long-term negative emotions may reduce the immune function of people and destroy the balance of their normal physiological mechanisms.¹⁶

4.What are the insights drawn by the participants out of their experiences on the Covid 19 phenomenon?

The insights drawn by the MSU -GSC professors out of their experiences on the covid 19 pandemic are the following. The respondents shows strong sense of a positive mental attitude at all times. The covid 19 pandemic enables them to obey the rules implemented by the government they become more morally upright by being Law abiding citizens of the country. Their faith in God is deepened. They realized that life must be lived meaningfully and productively. The value of sharing is ingrained. Ability to be strong physically and emotionally as a person being looked up to by their students. More so , the information from news and social media must be evaluated and lastly being contented in life. These insights gained by the professors is true to the Self-Determination Theory (SDT) formulated by psychologist Edward Deci and Richard Ryan,. This concept is supported by the PERMA theory of Well being formulated by Dr. Seligman¹⁰, wherein P-stands for positive emotion, positive engagement, positive meaning and relationship, E is for engagement in important skills and giving attention to challenging tasks. R for relationship as fundamental to well being, that gives a feeling of belongingness. M for meaning and A for accomplishment. This theory explains the experiences of the participants that gave them the strength to maintain their well being amidst the pandemic.

SUMMARY OF FINDINGS

The responses of MSU GSC depicted that they as human beings can draw strength from within even in an adverse environment as stated in the Self-Determination Theory (SDT) formulated by psychologist Edward Deci and Richard Ryan. This concept is supported by the PERMA theory of Well being formulated by Dr. Seligman, wherein P-stands for positive emotion, positive engagement, positive meaning and relationship, E is for engagement in important skills and giving attention to challenging tasks. R for relationship as fundamental to well being, that gives a feeling of belongingness. M for meaning and A for accomplishment. This theory explains the experiences of the participants that gave them the strength to maintain their well being amidst the pandemic and their strong sense of having positive outlook in life.

The Result significantly goes with study of Kluge(2020)³ that with this adversity,human beings can still draw remarkable powers of strength and cooperation which fortunately they have, and somehow mental health is keep in place. Mental Health is a state in which each individual realizes his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his community. It is in this case that the MSU -GSC professors stands for being able to cope challenges , and still maintain their sense of well being amidst global crisis.

Furthermore , the findings of the study strongly supports the study conducted by Cito et. al (2010)⁵ on Optimism and Its Impact on Mental and Physical Well-Being (2010)⁵, explored the “optimism” concept and its relations with mental health, physical health, coping, quality of life and adaptation of purpose, health lifestyle and risk perception, revealed that optimistic people present a higher quality of life compared to those with low levels of optimism or even pessimists. Optimism may significantly influence mental and physical well-being by the promotion of a healthy lifestyle as well as by adaptive behavior and cognitive responses, associated with

greater flexibility, problem-solving capacity and a more efficient elaboration of negative information. This is the most imminent characteristics possess by MSU-GSC professors.

CONCLUSION

1. This phenomenological inquiry revealed that the Professors of MSU-GSC professors perceived covid 19 as global threat, can affect mental health and well being , however by being positive one can overcome it.
2. This global threat brought a lot of challenges in the lives of the professors but they were able to handle them.
3. These challenges has been addressed through their well established coping mechanisms , thereby maintaining their mental health and well being.
4. The insights brought about by this Covid 19 crisis to the professors are statements worthy be emulated and observed at all times.

In time like this, one needs stand out figure to help face the crisis squarely. The experiences and insights of the MSU-GSC professors will serve as a guiding path whenever one encounter similar catastrophe.

RECOMMENDATIONS

The following recommendations are drawn from this study

A study on other groups of individuals who share the same experiences be made.

A study on the different age groups including their gender.

A study using a phenomenological inquiry on different groups establishing quantitative method of analysis

A study to explore the impacts of COVID-19 on people's mental health, to assist policy makers to develop actionable policies, and help clinical practitioners.

Compliance with Ethical Standards

This study comply with the ethical standard informed consent was sought, the respondents freedom to withdraw including the respondents ' anonymity was maintained throughout the study. Data privacy was followed strictly the respondents' well being was safeguard and there was no conflict of interest exists during the conduct of the study. Bias and interpretation was avoided and the results was purely intended for research. Some terms was taken from the citations of the previous studies and their names were included in this study for reference.

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