

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic



Ma. Gloria G. Greganda, PhD<sup>1</sup>, Marilou Rimas-Tayao, PhD<sup>2</sup>, Hanzen M. Reyes<sup>3</sup>, Necitas P. Alegros<sup>4</sup>

<sup>1,2,3,4</sup> Pamantasan ng Cabuyao, Cabuyao, Laguna

**ABSTRACT:** Before the pandemic, teachers were comfortable with the educational system. The pandemic has lowered teacher's perceptions of well-being in the face of their work, raising fears about their future careers. During this time of pandemic, sex, length of service, well-being, sense of teaching challenges, and outlook have proven to be predictors of professional well-being. The study's findings will be used by the researchers to develop an action plan for the university to increase and sustain faculty members' professional and social well-being, as well as improve emotional management among Selected Psychology and Education students. For this reason, the researchers aimed to learn about the subjective well-being of Pamantasan ng Cabuyao Psychology and Education faculty members and students during the Covid-19 Pandemic. Specifically, attempts to assess the demographic profile of the respondent, the subjective well-being of the faculty members and the students as well as the significant difference between the subjective well-being as perceived by the faculty members and the students of Psychology and Education Departments of Pamantasan ng Cabuyao, and proposed an action plan to provide personal, social well-being and emotional management support for them during Covid-19 Pandemic. The study was anchored with Ed Diener's research as he devised a three-part model of happiness, which he describes how people experience the quality of their lives and includes both emotional reactions and cognitive judgements. The researchers adapted Ed Diener's questionnaires which posit three distinct but often components of wellbeing: frequent positive affect, infrequent negative affect, and cognitive evaluations such as life satisfaction. The researchers employed the descriptive approach by collecting the data from the faculty members and students of Psychology and the importance of the support system, sustain and improve faculty members' enthusiasm to serve the institution, improve the self-worth as part of the institution, recognize them as valuable as other staffs if the university as assets and their existence are valued and recognized. In addition, the university, specifically the departments the students and faculty members should enjoy to provide activities and programs that will instill positivity and overall life satisfaction, such as assistantships, parent-teacher interaction that will also improve the child's well-being and offer opportunities for measuring relationships with other people, get involved in some physical activities such as sports, meditations, yoga and exercises that can improve their subjective well-being.

**KEYWORDS:** subjective well-being, life satisfaction, positive affect, negative affect

### INTRODUCTION

Who would not want to be contented? It is self-evident that the majority of people, including ourselves, wish to feel happiness through a higher salary or more prestigious work, collecting various items, purchasing a car, living near the seaside or on a farm, owning a home, and many other means. People perform such activities primarily for the purpose of happiness and they are willing to give up a lot to achieve their desired happiness. Most individuals nowadays connect happiness with celebrity, earthly things, and power. Having all these things makes their life joyful and fulfilled. On the other side, there are still those who do not base their life fulfillment on fame, money, or power because these only give temporary happiness. Good physical, mental, emotional, and spiritual health, as well as positive interpersonal relationships, provide satisfaction in their lives. Since people have various perspectives on happiness, defining it may appear difficult. For example, a family living below the poverty line can be happy just by purchasing food for their family to consume during the day. However, when compared to wealthy families, it appears

# Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

that they are having difficulty finding happiness, despite having all they desire, they seem to be unsatisfied and yearn more. People's pleasure is not only limited to financial possessions; but also includes developing positive relationships with others, such as fellow coworkers, peers, and members of their community. Subjective well-being refers to how people feel about their lives, including both emotional and cognitive responses. It is the sum of people's perceptions of their life, including happiness, contentment, and positive and negative affect.

## METHODS

### Research Design

The researchers employed the descriptive approach to collect data, analyze, and interpret the findings. This study looked at the subjective well-being of teachers and students from the Departments of Psychology and Education, as well as the Departments of Arts and Science of Pamantasan ng Cabuyao, Cabuyao, Laguna during Covid-19 Pandemic. The descriptive technique of research is simply defined as the gathering of data in order to test hypotheses and answer questions about the study's current situation. Calmorin-Calmorin 2006 as cited by Comiso et.al (2015). Descriptive studies are useful for providing information on which to make decisions. This method was used to determine the subjective well-being of faculty members as well as selected students from Pamantasan ng Cabuyao's departments of Psychology and Education, as well as Arts and Sciences during Covid-19 Pandemic.

### Participants of the Study

The researchers engaged two groups of respondents: Pamantasan ng Cabuyao faculty members who are currently teaching full-time and part-time, as well as chosen enrolled Psychology and Education students in the current 2nd semester of Academic Year 2020-2021. The researchers utilized simple random sampling a total of 1014 respondents, fifty-one (51) full-time and part-time faculty members and nine hundred forty-three (943) selected students from the Education and Psychology departments. Participants were advised that the survey was optional and anonymous, that they could opt out at any moment, and that those who agreed were thanked for their time and effort. Because the survey was voluntary, the actual number of respondents for teachers and students was based on the overall number of participants who answered the survey questionnaire.

### Data Analysis

For data processing, the following statistical tools were used, Frequency and percentage distribution were used to determine the distribution of the respondents according to the demographic profile: weighted mean was used to determine the level subjective well-being of the faculty members and the students, and t-test was used to determine the difference between the perceived level of subjective well-being of the faculty and students when grouped according to their demographic profile during the Covid-19 pandemic.

Through in-depth literature and related study readings, verification and validation were used to build links that support the findings of this paper.

## RESULTS AND DISCUSSION

The following were deemed the summary drawn from the result of the data gathering and analysis. (1) On the demographic profile of the respondents, it has been shown that the majority of the respondents belong to the age bracket between ages of 20 and 29, male, single, earned Php11,000 and below. (2) In terms of Subjective well-being, the faculty members assessed their life satisfaction as satisfying, positive affect as high, and negative affect as average, however the students perceived their well-being in terms of life satisfaction as slightly satisfied, positive affect as high, and negative affect as average.(3) On the difference on the level of subjective well-being as perceived by the faculty members and students with the computed value of .001 which is less than.005, it was revealed that there is a significant difference in the level of subjective well-being in terms of life satisfaction, positive affect and negative affect.

**Table 1. Frequency and Percentage Distribution of the Respondents According to Age**

Age	Frequency	Percentage
19 and below	364	35.9%
20-29	609	60.1%
30-39	17	1.7%
40-49	12	1.2%

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

50-59	10	1.0%
60 and above	2	.2%
Total	1014	100%

This shows the frequency and percentage distribution of the respondents according to age. The majority of respondents (60 percent) are between the ages of 20 and 29, followed by those aged 19 and under (35.9%), 30-39 years old (1.7 percent), 40-49 years old (1.2 percent), 50-59 years old (1.0 percent), and those aged 60 and over (1.0 percent) (.2 percent).

The bulk of the responders were between the ages of 20 and 29, according to the report, the lowest age is from 60 to 80 years old. Young individuals were among the respondents who were tested to establish their subjective well-being, and those aged 60 and up are considered to be more resilient.

This supports the study of Genc et.al 2021, that young adults in Turkey were studied especially college students since stress has negative impact on the hope and optimism of these individuals especially due to the closure of schools, isolations, and lockdowns. However, in the study conducted by San Roman et.al (2017), that in the global context of aging, promoting subjective well-being of older adults through social support, with a view to enhance their life satisfaction, has presented a challenge not only for public policy makers but also for health professionals.

**Table 2. Frequency and Percentage Distribution of the Respondents According to Gender**

Gender	Frequency	Percentage
Male	793	78.2%
Female	221	21.8%
Total	1014	100 %

As shown from the table above, most of the respondents are male, 793 out of 1014 respondents or 78.2 % out of 100%, and 221 respondents are female which is 21.8%. The result implies that majority of the teaching personnel and students in Pamantasan ng Cabuyao are male both from the Departments of Psychology and Education and the teaching profession and Careers in Psychology are male dominated career in the future.

The findings of the study contradicted the findings of Greganda (2011), which more females are interested and willing to be in the teaching profession rather than the males. Furthermore, the same results on the study conducted by Del Mundo (2009), which stated that there is greater number of female professional faculty members than male professional faculty members.

**Table 3. Frequency and Percentage Distribution of the Respondents According to Civil Status**

Civil Status	Frequency	Percentage
Single	981	96.7%
Married	29	2.9%
In Domestic Partnership	3	.3%
Widowed	1	.1%
Total	1014	100%

As shown from the table above, majority of the respondents are single, nine hundred eight one (981) or 96.7 % out of 100%. Followed by, married twenty-nine (29), or 2.9%, while there three (3) or .3% in domestic partnership and lastly, one is widowed, or .1%. This shows that there are more respondents who are willing to be in the teaching profession and willing to finish their school before getting into a serious relationship.

**Table 4. Frequency and Percentage Distribution of the Respondents According to Socioeconomic Status**

Socioeconomic Status	Frequency	Percentage
P11,000 and below	616	60.7%
P11,001 to P22,000	235	23.2%
P22,001 to P44,000	123	12.1%

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

P44,001 to P77,000	28	2.8%
P77,001 to P131,500	5	.5%
P131,501 to P219,000	4	.4%
P219,001 and above	3	.3%
Total	1014	100%

As shown from the table above, majority of the respondents earned P11,000 and below which are 616, or 60.7% out of 100%, followed by P11,001 to P22,000 235 or 23.2%. One hundred twenty-three earned P22,001 to P44,000 or 12.1%, twenty-eight (28) or 2.8% earned P44,001 to P77,000

**Table 5. Level of the Subjective Well-being of the Faculty Members in terms of Life Satisfaction**

Indicators	Mean	Verbal Interpretation
Q1. In most ways my life is close to my ideal.	5.22	Satisfied
Q2. The conditions of my life are excellent.	5.22	Satisfied
Q3. I am satisfied with my life.	5.37	Satisfied
Q4. So far I have gotten the important things I want in life.	4.98	Slightly Satisfied
Q5. If I could live my life over, I would change almost nothing.	5.02	Satisfied
<b>Overall Mean</b>	<b>5.16</b>	<b>Satisfied</b>

As shown from the table above majority of the faculty members in terms of life satisfaction is satisfied which has the overall mean of 5.16 which implies that despite of the struggles and challenges, they are experiencing still perceived life as satisfying. This supports the study of San Ramon et.al (2017), that in the global context of aging, promoting the subjective well-being of older adults through social support. They also mentioned that there are different factors that can contribute to a better well-being and how older adults perceived. Furthermore, education, degree of social integrations, support network and professional activities of teachers are clearly related with perceived well-being.

**Table 6. Level of the Subjective of Well-being of the Faculty Members in terms of Positive Affect (Life Optimism)**

Indicators	Mean	Verbal Interpretation
Q1. Positive	3.82	High
Q3. Good	4.04	High
Q5. Pleasant	3.98	High
Q7. Happy	3.92	High
Q10. Joyful	3.98	High
Q12. Contented	3.96	High
<b>Overall Mean</b>	<b>3.95</b>	<b>High</b>

As shown from the table above many of the faculty members perceived that their subjective well-being in terms of happiness is high which means they see their lives in a very positive way and optimistic manner that they obtain satisfaction and happiness despite of negative experiences. This supports the study of OECD, (2013) that the presence of positive effects does not imply the absence of negative experiences. In addition, it was mentioned in the study of Comiso, et.al (2015) that individuals can retain happy memories from the past by reminiscing, savoring the moment and anticipating what would be instore in the future.

**Table 7. Level of the Subjective Well-being of the Faculty Members in terms of Negative Affect**

Indicators	Mean	Verbal Interpretation
Q2. Negative	2.73	Average
Q4. Bad	2.55	Average

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

Q6. Unpleasant	.47	Low
Q8. Sad	2.71	Average
Q9. Afraid	2.94	Average
Q11. Angry	2.63	Average
<b>Overall Mean</b>	<b>2.67</b>	<b>Average</b>

As shown from the table above, the faculty members assessed their level of subjective well-being in terms of negative affect as average with the overall mean of 2.67. This means that they do not see their subjective well-being too negatively, in addition, they accept that life is not always a bed of roses, which means that if there are happy moments, there are also challenges and unpleasant times. This study supports the study of Ferguson, et.al (2017), that many teachers have been expected to transition, their classes shifted from face to face to fully online, as many work environments are being hostile to their well-being and despite of the situation, they still thought that this form of emergency schooling will not last forever. Such reactive activities that focus on the now will give them hope there is something positive on every negative situation,

**Table 8. Level of the Subjective Well- being of the students in terms of Life Satisfaction**

Indicators	Mean	Verbal Interpretation
Q1. In most ways my life is close to my ideal.	4.26	Slightly Satisfied
Q2. The conditions of my life are excellent.	4.37	Slightly Satisfied
Q3. I am satisfied with my life.	4.69	Slightly Satisfied
Q4. So far, I have gotten the important things I want in life.	4.41	Slightly Satisfied
Q5. If I could live my life over, I would change almost nothing.	4.32	Slightly Satisfied
<b>Overall Mean</b>	<b>4.41</b>	<b>Slightly Satisfied</b>

As shown from the table above, the students assessed their level of Life satisfaction as slightly satisfied with an overall mean of 4.41. This means that they are not fully satisfied with their lives as of the moment since pandemic, the education sector has been one of the most affected and students were not allowed to go out and the shift from face- to -face delivery of the lessons affected them tremendously. In addition, because of long period of lockdowns, teenagers limit their activities outside their homes This supports the study of Comiso et. al (2015), Heady and Wearing, Understanding Happiness: A Theory of Subjective Well-Being (1992), that life satisfaction is linked to happiness with friends and leisure, level of living, and health.

**Table 9. Level of the Subjective Well- being of the Students in Terms of Positive Affect (Life Optimism)**

Indicators	Mean	Verbal Interpretation
Q1. Positive	3.41	Average
Q3. Good	3.53	High
Q5. Pleasant	3.47	Average
Q7. Happy	3.64	High
Q10. Joyful	3.55	High
Q12. Contented	3.65	High
<b>Overall Mean</b>	<b>3.54</b>	<b>High</b>

As shown from the table above on the level of subjective well-being of the respondents in terms of positive affect is high which has the overall mean of 3.54 which implies that despite of long periods of lockdowns and extreme isolations of the students since most of them were not allowed to go out with their friends like the usual way, they still find their lives happy and positive. They were contented and joyful despite of the situation.

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

However, on the study of Genc, E. et.al (2021) however, revealed that young adults like the college students with a high level of stress due to Pandemic have a lower optimism and hope. Moreover, that pandemic stress was negatively correlated with the college students' sense of hope and optimism.

**Table 10. Level of the Subjective Well- being of the Students in Terms of Negative Affect**

Indicators	Mean	Verbal Interpretation
Q2. Negative	3.18	Average
Q4. Bad	2.90	Average
Q6. Unpleasant	2.82	Average
Q8. Sad	3.23	Average
Q9. Afraid	3.39	Average
Q11. Angry	2.94	Average
<b>Overall Mean</b>	<b>3.10</b>	<b>Average</b>

The table above shows the assessment of the students on their level of subjective well-being in terms of negative affects which is average with an overall mean of **3.10** which implies that similarly with the teachers that there are ups and downs on the lives of the students. That based on the study of Al Nima, et.al (2020) that the subjective well- being has been conceptualized as comprising of affective and cognitive evaluations of one's own life. In addition, the presence of negative feelings among the students could be one of the reasons why as of May 2020, due to the closure of schools, 1.2 billion students were not able to attend the school, UNESCO (2020)

**Table 11. Difference on the Level of the Subjective Well-Being as Perceived by the Faculty Members and Students**

Variable	Mean Difference	t	df	p-value	Decision	Interpretation
Subjective Well-being	.25210	3.319	1012	.001	Reject Ho	Significant

**Decision Rule: If the computed p- value is less than 0.05,  $p < 0.05$ , reject Ho.**

Table 4 shows that there is a significant difference in the level of subjective well-being perceived by faculty and students ( $p = .001$ ). This implies that there is a significant difference in the subjective well-being of faculty members and students, and teachers are found to be more adaptable to challenges in life because they are more matured. According to Benevene, P. et al. (2020), teachers' well-being has started to receive more interest over the past decades as a result of a dramatic rise in sick leave along with job trying to quit among educators across different countries and cultures.

Furthermore, it was revealed that as a result of the pandemic, teachers were more deeply challenged due to the abrupt change in instructional structures and delivery of the lesson to their students, leaving them more vulnerable to stress and burnout. According to the students, on the basis of the Genc, E et al. (2021), the study also revealed that young adults with an anxiety due to corona virus have lower hope and optimism, which leads to lower subjective well-being. As a result, pandemic stress was found to be negatively associated with college students' feelings of hope and optimism. Furthermore, the corona virus had an indirect impact on subjective well-being via optimism and hope.

Finally, on a related study by Benevene, P., et al. (2020) discovered that students' well-being is linked to positive relationships with peers, colleagues, and families, as well as higher academic performance.

## CONCLUSIONS

That a typical faculty and student respondent from the Departments of Education and Psychology are 20- 29 years of age, male, single, earned Php11,000 and below. More specifically, that the faculty members from the Education and Psychology departments perceived their lives as satisfying despite the struggles and challenges. perceived their lives in a positive way, they are optimistic, happy, contented, and satisfied despite of the negative experiences. In addition, they perceived those negative feelings are part of their lives that life is not always a bed of roses. There will be times that they may experience happy moments

## **Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic**

and sad moments, challenges, and problems. However, the students from the Education and Psychology departments perceived their lives as slightly satisfying due to the long periods of isolation, limited time to be with friends and abrupt change to the delivery of the instructions, that despite their limited movements outside their homes, the students perceived their lives positively. Regardless of the circumstances of the pandemic, they live happily, and they are contented. Moreover, they also perceived their lives to be similar to the lives of adults in that there are ups and downs in the lives of college students despite being positive most of the time.

Finally, regardless of the situation, irrespective of age, gender, civil status, or socioeconomic background, everyone has a unique approach and perception of their subjective well-being. We all face difficulties and challenges, whether we are emotionally stable or young, and our power to cope with them varies.

That the faculty of all local university experienced high level of stressed both related to pandemic and job-related stress due to current situation brought by many uncertainties of Covid-19 as well as the fear of getting infected by the deadly virus and the attitudes of students during online due to intermittent internet signals. They were techno-pedagogically proficient since they had the ability to express various strategies and techniques about the course being taught, their expertise helped them develop their deep understanding of the corresponding curriculum, they have had very high level of specialized knowledge displayed for effective learning environments to diverse students. Lastly, they were technologically proficient in understanding the basic computer functions, operations and other online platforms.

### **FUTURE DIRECTIONS**

The investigation, however, has some limitations, most notably the sample size, which was limited to the faculty and students of two departments of Pamantasan ng Cabuyao during the Academic Year 2021-2022. It is proposed that future researchers conduct a similar study with such a larger number of respondents to optimize generalization. Other employees of the local university, as well as other variables, may be considered for a more comprehensive picture of the interplay of the variables. On a practical level, the study's findings have important impacts for faculty and students at the university, particularly in terms of subjective well-being as well as degree of life satisfaction. The knowledge of the significant difference between the faculty members and students' subjective well-being was determined to assist both in managing and sustaining the subjective well-being. Thus, skills, programs and seminars will assist faculty and students at Pamantasan ng Cabuyao in becoming more content and satisfied with many aspects of quality of life.

### **REFERENCES**

- 1) Batz, C., et.al (2017), Gender Differences in Subjective Well-Being, Purdue University, E-handbook of Subjective Well-Being, Noba Scholar Publishing Company.
- 2) Bazzano, A. N., et.al (2018), Effect of Mindfulness and Yoga on Quality of Life for Elementary School Students and Teachers: Results of a Randomized Controlled School Based-Study, Psychology Research and Behavior Management - Department of Global Community Health Behavioral Sciences, Tulane University School of Public health, and Tropical Medicine, New Orleans. Los Angeles, U.S.A
- 3) Benevene, P. et.al (2020). Well-Being of Teachers in Their Work Environment, *Frontiers in Psychology*, <https://doi.org/103389/fpsyg.2020.01239>
- 4) Comiso, I.P., et al (2015), The Subjective Well-Being of Married Women in Depante Subdivision, Brgy. Banay-Banay, City of Cabuyao, Laguna.
- 5) Diener, E. et.al (2018) Theory and Validity of Life Satisfaction Scales. *Social Indicators Research*.
- 6) Ferguson, K. et.al (2017), Teacher Stress and Social Support Usage, *Nipissing University, Brock Education Journal*, 26 (2).
- 7) Genc, E., et.al (2021), Optimism and Dispositional Hope to Promote College Students Subjective Well-Being and the Context of the Covid-19 Pandemic, *Bartın, Turkey*.
- 8) Greganda, M.G., (2011), Interpersonal Relationships Among Teacher personnel of Pamantasan ng Cabuyao and Their Level of Commitment to The University.
- 9) Kissane, Caroline M. (2021), Prevention of Burnout Through Resilience, Wellness Programs, and Civility in the Work Environment.
- 10) Martinez, Lina et.al, (2020), Subjective Well -Being and Mental Health During the Covid -19 Pandemic: Data from three populations groups in Columbia.
- 11) OECD (2013), OECD Guidelines on Measuring Subjective Well-Being, OECD Publishing. <http://dx.doi.org/10.178/9789264191655-en>.

## Subjective Well-Being of Faculty and Students of Psychology and Education Departments of Pamantasan Ng Cabuyao during Covid-19 Pandemic

- 12) San Ramon, X. et.al (2017), Factors Associated to Subjective Well- Being in Older Adults, <http://dx.doi.org/10.1590/0104-07072017005460015>
- 13) Steiner, D.E., and Ashley Woo (2021), Job Related Stress Threatens the Teachers Supply., Key Findings from the 2021 State of the US Teacher Survey.
- 14) the US Teacher Survey.
- 15) Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC987476>.
- 16) Retrieved from <https://www.upo.es/revistas/index.php/IJERI/article/view/5120>



There is an Open Access article, distributed under the term of the Creative Commons Attribution – Non Commercial 4.0 International (CC BY-NC 4.0) (<https://creativecommons.org/licenses/by-nc/4.0/>), which permits remixing, adapting and building upon the work for non-commercial use, provided the original work is properly cited.