

# Psychological Impacts and Coping Mechanisms of 4th District of Camarines Sur, Philippines during the Community Quarantine due to Corona Virus Disease (COVID-19)

Marilou Palmes-Barcela

Partido State University Goa, Camarines Sur, Philippines

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## ABSTRACT

To determine the psychological impact and coping mechanisms of selected group of residents in the 4<sup>th</sup> District of Camarines Sur during the Community Quarantine due to COVID-19, this study was conducted. This a descriptive research and questionnaire was prepared and adopted the Self-Reporting questionnaire developed by World Health Organization (WHO); and the impact of Events Scale –Revised (IES-R). Findings revealed that students were high in terms of neurotic, psychotic and post-traumatic stress disorder (PTSD). Among these three, post-traumatic stress disorder (PTSD) was the highest at 76.81 % among students. Male recorded the highest compared to female. Symptoms were avoidance, intrusion and hyper arousal. Generally, they had experienced moderate symptoms. The respondents were with their family and stayed at home, generally felt sad and their top most coping mechanisms were praying, listening to music/singing, and connecting with others thru social media. Local governments and barangays provided support such as rice, grocery items and facemasks which in a way helped cope the impact of community quarantine. Some were happy and some were not due to some issues on the system of distribution. Various recommendations were given to improve the system and to cope with the impact of the community quarantine, that the local government and barangay officials must come up with the concrete programs and budget, specific focus on the distribution, prioritization of recipients, immediate response, protocols, recreational, wellness, moral and financial

support to boost the morale and avoid the adverse effect of community on the health condition of the residents.

**Key words:** psychological impact, coping mechanism, COVID- 19 pandemic, community quarantine, barangay and government support

## INTRODUCTION

A pandemic is a global outbreak of disease. Pandemics happen when a new virus such as COVID-19 (coronavirus disease 2019), which emerges to infect people and can spread between people. On the onset of SARS-CoV-2 virus or Corona Virus (COVID -19) pandemic, one of the measures in order control the spread is the declaration of community quarantine. Samantha K Brooks (2020) explains that quarantine is the separation and restriction of movement of people who have potentially been exposed to a contagious disease to ascertain if they become unwell, so reducing the risk of them infecting others. It is often unpleasant experience for those who undergo it.

In India, Varshney M, Parel JT, Raizada N, Sarin SK (2020), find out that higher psychological impact was predicted with younger age, female gender and comorbid physical illness. Presence of physical symptoms and contact history predicted higher psychological impact, but did not reach statistical significance. Rodríguez-Rey R, Garrido-Hernansaiz H and Collado S

(2020), also find out that the COVID-19 pandemic has negative psychological effects on Spanish people and those who suffer the most are women, young people, and those who consider themselves to be in the risk-population group. While in Algeria, Madani, A., Boutebal, S. E., & Bryant, C. R. (2020), noted that there was significant change in the habits of the population especially for the time of going to bed, the time of waking up, and the use of the Internet as well as the hours devoted to daily reading. The findings of McCracken LM, Badinlou F, Buhrman M, Brocki KC (2020) also showed significant levels of depression, anxiety, and insomnia in Sweden and mentioned that the strongest predictors of these outcomes included poor self-rated overall health and a history of mental health problems. The presence of COVID-19 symptoms and specific health and financial worries related to the pandemic also appeared important. While in Ethiopia, a cross-sectional study was conducted by Woday Tadesse A, Mihret ST, Biset G, et al (2020) among college students on psychological impacts, and the study revealed the level of anxiety, stress, and depression disorders are optimally high among students and was recommended that local governments should develop effective psychological interventions for students and to consider the educational enrolment types and academic years of the students during the interventions.

In the Philippines, Philippine President Rodrigo Duterte issued Proclamation No. 929 and 922 s. 2020 which declared the whole Philippines under a State of Calamity for a period of six (6) months from 16 March 2020; and imposed an Enhanced Community Quarantine (ECQ) throughout the island of Luzon (which includes Metro Manila) from 12:00 a.m. of 17 March 2020 to 12:00 a.m. of 13 April 2020. In this proclamation, provisions such as mandatory home quarantine for everyone with some exceptions was imposed. Citizens are advised to stay at home and not everybody was given the quarantine pass. Some provisions of the Enhanced Community

Quarantine poses many issues. For several weeks of the quarantine, the marginalized sector often relies on what their neighbors see on TV about COVID-19. Unfamiliarity with the imposed circumstances and constant misinformation can lead to serious problems which includes the psychological aspects.

Tee, M. L., Tee, C. A., Anlacan, J. P., Aligam, K., Reyes, P., Kuruchittham, V., & Ho, R. C. (2020) pointed out that during the early phase of the pandemic in the Philippines, one-fourth of respondents reported moderate-to-severe anxiety and one-sixth reported moderate-to-severe depression and psychological impact. Female gender; youth age; single status; students; specific symptoms; recent imposed quarantine; prolonged home-stay; and reports of poor health status, unnecessary worry, concerns for family members, and discrimination were significantly associated with greater psychological impact of the pandemic and higher levels of stress, anxiety and depression.

Coping strategies or mechanisms and social support are essential to support the psychological impact. Akbar Z and Aisyawati MS (2021) mentioned in their paper that coping strategies and increased social support were significantly correlated with decreased psychological distress and may serve as the basis for interventions. The study was also supported by the findings of Tindle, R., Hemi, A. & Moustafa (2022) which showed that social support facilitates higher levels of psychological flexibility. Thus, this study.

## **OBJECTIVES**

This study determined and assessed the psychological impacts and coping mechanisms of the students, parents and other residents in the 4th District of Camarines Sur (Partido) during the Community Quarantine due to Corona Virus Disease (COVID 19).

Specifically, this study

Determined the socio-demographic status of the students, parents and residents in

the 4th District of Camarines Sur affected by community quarantine due to COVID 19 pandemic.

Determined psychological impacts of the Community Quarantine due to COVID 19 to the college students and parents of the 4th District of Camarines Sur.

Identified and described the coping mechanisms of the students, parents, and other of the residents of 4th District of Camarines Sur during the Community Quarantine due to COVID 19.

Identified the support extended by the barangay, LGU and the National Government during Community Quarantine. Derived and recommended policies to the concerned agency of the Government towards community quarantine.

## **MATERIALS AND METHODS**

This study employed a descriptive survey research. The respondents of this were the college students, parents and other professionals and non-professionals of Partido. Convenient sampling was used. The data were gathered through questionnaire in google form and was sent on line via Facebook, messenger and other appropriate or similar application. Invitation to participate in the survey thru Facebook, and text and personal messages. The responses were collected through the questionnaire which contains the socio-demographic profile of the respondents (part 1), self-rating questionnaire adopting questionnaire developed by the World Health Organization (WHO) and Impact Event Scale by Weiss to determine the psychological impact of ECQ (part 2) and part 3 of the questionnaire was developed by the researcher to determine the coping mechanism, and support by the Barangay and LGU and by the National Government. The study was conducted for about one year, however, the time duration for data gathering was 4 months and 173 who responded and participated.

Using the SRQ guide, the result was interpreted as: Neurotic symptoms, 5-7 positive responses on items 1-20; psychotic

symptoms, any single positive response for items 22-24; and for Post-traumatic symptoms, any single response to items 25-29.

The questionnaire also included the Impact of Events Scale –Revised (IES-R) to assess the PTSD categorized as avoidance, intrusion and hyper-arousal and determined the severity of the symptoms. This was by determining the mean of the items in each category. Using the mean, it was determined the number of respondents and percentage who experienced the specific category and severity. No face to face contact was observed social/physical distancing during the data gathering and purely thru google form. For the psychological impact, it was treated using the guide developed.

Coping mechanisms, supports and impacts of the LGU and National Government was treated with an appropriate statistical tools such as weighted mean and percentage.

## **RESULTS AND DISCUSSION**

Socio-demographic status of the students and parents in the 4<sup>th</sup> District of Camarines Sur affected by community quarantine due to COVID 19 pandemic.

**Table 1. Socio-Demographic Profile of the Respondents**

<b>Demographic Status</b>	<b>Frequency</b>	<b>Percentage</b>
<b>Category</b>		
Parents	49	28.3%
Students	69	39.9%
Others, Single professionals	50	28.9%
Single, Non Professional	5	2.9%
<b>Age Group</b>		
Adolescents - 13-18	3	1.7 %
Early Adult - 19-29	104	60.1%
Middle Adult – 30-60	66	38.2%
<b>Gender</b>		
Male	58	33.5%
Female	114	65.9%
Others	1	0.6%
<b>Civil Status</b>		
Single	114	65.9%
Married	56	32.4 %
Widower/Widow	3	1.7%
<b>Occupation</b>		
College Students	65	37.6%
Teacher	81	46.8%
Government Employee	18	10.4%
Others	9	5.2%
<b>Location</b>		
Mainland	154	89.0%
Coastal	19	11.0%

The table above revealed that after almost 4 months of online data gathering there were 173 who responded. Among these respondents, among the target respondents, there are 69 or 39.9% students, 50 or 28.9% are single professionals and 49 or 28.3% are parents. In terms of age group, most of the respondents belong to early adult (19-29) with the total frequency of 104 which is equivalent to 60.1%, followed by middle adult (30-60) with the frequency of 66 equivalent to 38.2%. It can be noted that most of the students belong to early adult. Also, among the respondents, 114 or 65.9% are female and 58 (33.5%) are male. Most of them are single, 114 or 65.9%, and only 56 (32.4%) are married. However, mostly the respondent is teacher, 81(46.8%), college students, 65 (37.6%) and working as government employee (18 or 10.4%). Generally the respondents are from the mainland area of the 4<sup>th</sup> District of Camarines Sur or the Partido Area.

This result can be attributed with the present mode of delivery of instruction during the time of COVID -19 pandemic in which the use of gadgets such as mobile phone, laptops and internet is evident. Thus there was substantial increase of adults in the online activities. The sudden shift from physical classroom to virtual classroom, students and teachers which comprises the early adult, now frequently used the internet, so they can access and answer online questionnaires. Other members of the

community who do not direct access to internet can be the reasons why they were not able to respond to online questionnaires. This finding was supported by the study of Jones, et al (2009) that Internet use had predictably increased but that college students continued to prefer using multiple methods of communication to stay in touch with friends and family. Also in this study it was cited the college students continue to be early adopters of new Internet tools and applications in comparison to the general U.S. Internet-using population. In 2016, Annan Saeed Khan, et al reported also that there is a higher use of internet among young people as compared to aged people. Also, it was also emphasized that the higher income class within the sample is found to be a major user of internet, and having an online job increases the internet usage hours by manifolds and it depicts that youngsters are more inclined towards the use of social websites which is also a source of social satisfaction for its users.

Assessment of the psychological impacts of the Community Quarantine due to COVID 19 to the college students and parents of the 4<sup>th</sup> District of Camarines Sur.

Psychological impact in this study focuses on the effects to an individual brought caused by environmental and/or biological factors specifically, community quarantine due to COVID 19 on individual's social and/or psychological aspects.

**Table 2. Psychological Impacts of the Community Quarantine**

Psychological Impact	Respondents									
	Students (N=69)		Parents (N=49)		Single (N=55)		Male (N=59)		Female (N=114)	
	f	%	f	%	f	%	f	%	f	%
Neurotic Symptoms										
With Symptoms	48	69.57	16	32.65	30	54.54	34	57.63	60	52.63
Without symptoms	21	30.43	33	67.35	25	45.46	25	42.37	54	47.37
Total	69	100%	49	100%	55	100%	59	100%	114	100%
Psychotic Symptoms										
With Symptoms	31	44.93	3	6.12	17	30.91	23	38.98	29	25.44
Without symptoms	38	55.07	46	93.88	38	69.09	36	61.02	85	74.56
Total	69	100%	49	100%	55	100%	59	100%	114	100%
Post -Traumatic Stress Disorder										
With Symptoms	53	76.61	15	30.61	27	49.09	35	59.32	59	51.75
Without symptoms	16	23.19	34	69.19	28	50.91	24	40.68	55	48.25
Total	69	100%	49	100%	55	100%	59	100%	114	100%

The Self-reporting Questionnaire developed by the WHO, was used in gathering the above result. It was revealed that 32.65% or 16 out of 49 parents, 57% or 48 out of 69 students, and 54.5% or 30 out of 55 single or unmarried experienced neurotic symptoms. Male has the highest percentage (57.63%) compared with female with only 52.63%. It was noted that students and male had a highest percentage with neurotic symptoms and it was interpreted that there is the presence of significant psychological distress.

With regards to psychotic symptoms, it was revealed that 3 out of 49 or 6.1% parents, 31 out of 69 or 44.93% and 17 out of 55 or 30.90 % single or unmarried had experienced psychotic symptoms. Male had

highest percentage compared to female. Psychotic symptoms indicates serious symptoms and need for help. However, the data shows that among the three (3) psychological impact psychotic symptoms recorded low.

The post-traumatic stress disorder, recorded the highest among the three (3) psychological impacts. It showed that 15 out of 49 or 30.61% parents had this impact. Still the students record the highest which is 53 out of 69 or 76.81%. Male respondents showed also higher post-traumatic symptoms which is 35 out of 59 or 59.32%. These record means that they need follow-up. However, this study focus only on the over-all impact among students and parents not on the individual impact.

**Table 3. Assessment of Post- Traumatic Stress Disorders as an Impact of Community Quarantine (Impact of Events Scale Revised (IES-R))**

Criteria	Student (N=69)		Parents (N=49)		Single (N=55)		Male (N=59)		Female (N=114)	
	f	%	f	%	f	%	f	%	f	%
Avoidance symptoms										
· Few Symptoms	14	20.29	21	42.86	20	36.36	16	27.12	40	35.09
· Moderate symptoms	38	55.07	24	48.98	27	49.09	31	52.54	57	50.00
· High level symptoms	15	21.74	4	8.16	8	14.55	10	16.95	17	14.91
· Extremely high level symptoms	2	2.90	0	0.00	0	0.00	2	3.39	0	0.00
Intrusion Symptoms										
· Few Symptoms	12	17.39	18	36.73	19	34.55	15	25.42	35	30.70
· Moderate symptoms	44	63.77	24	48.98	26	47.27	32	54.24	60	52.63
· High level symptoms	11	15.94	7	14.28	10	18.18	10	16.95	19	16.67
· Extremely high level symptoms	2	1.45	0	0.00	0	0.00	2	3.39	0	0.00
Hyper-arousal										
· Few Symptoms	23	33.33	29	59.18	28	50.90	20	33.89	60	52.63
· Moderate symptoms	32	46.38	17	34.69	21	38.18	28	47.46	42	36.84
· High level symptoms	12	17.39	3	6.12	6	10.91	10	16.95	10	8.77
· Extremely high level Symptoms	2	2.90	0	0.00	0	0.00	1	1.69	2	1.75

\*\*\* Mean: 0 – no symptoms; 1 – Few symptoms; 2 – Moderate symptoms; 3 – a high level of symptoms; 4 – an extremely high level of symptoms

Table 3 revealed the severity of the psychological impact of the respondents categorized as avoidance, intrusion and hyper arousal. It showed that higher percentage of students (38 out of 69 or 55.07%), parents (24 out of 49 or 48.98%) and single (27 out of 55 or 49.09%) had moderate avoidance symptoms. In terms of gender, both Male (31 out of 59 or 52.54%) and female (57 out of 114 or 50%) also had moderate avoidance symptoms. Extremely high level avoidance symptoms recorded low and no parent and female experienced.

In terms of intrusion symptoms, 44 out of 69 or 63.77% students, 24 out of 49 or 48.98% parents and 26 out of 55 or 47.27% single individuals had moderate intrusion symptoms. In terms of gender, male which recorded 32 out of 59 or 54.24% and 60 out of 114 or 52.63% female both had moderate intrusion symptoms. It was noted that extremely high level symptoms is quite low. This means that all of the respondents and all gender experienced moderate intrusion symptoms.

With regards to the hyper arousal symptoms, from among 69 students 32 or 46.38% had moderate symptoms. However, the parents (29 out of 49 or 59.18%) and single (28 out of 55 or 50.90%) had few symptoms. It was noted that male had moderate hyper-arousal symptoms while female had few symptoms.

According to Hamid Sharif Nia et al (2021), in avoidance symptoms there is the tendency to avoid thoughts or reminders about the incident, however, in intrusion symptoms there is difficulty in staying asleep, dissociative experiencing and similar to flashbacks while in hyper arousal there is manifestation of irritated feeling, angry and onset of difficulty in sleep. It showed that

student and parents had moderate symptoms. Steven Christianson, et al (2012) also cited that avoidance experienced numbling of responsiveness and avoidance of feelings situations and ideas, while, intrusion is characterized by intrusive thoughts, nightmares, intrusive feelings and imagery and dissociative-like or re-experiencing; and hyper arousal is characterized by anger, irritability, hypervigilance, difficulty in concentration and heightened startle.

Coping mechanisms of the students and parents of the residents of 4<sup>th</sup> District of Camarines Sur during the Community Quarantine due to COVID-19.

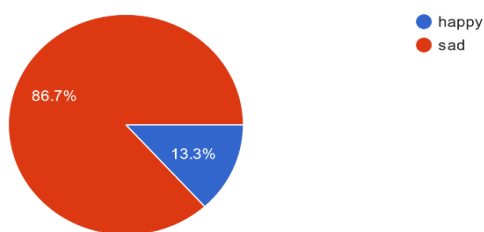


Fig.2 Feeling of the respondents during the commu quarantine

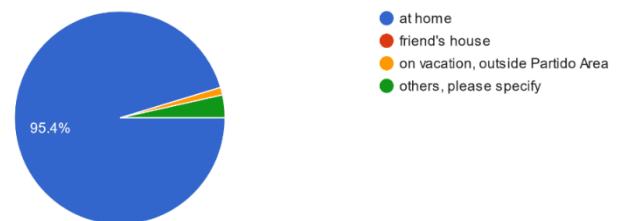


Fig.3 Location of the respondents during community quarantine

Figures 2, 3 and 4, show how the respondents felt, their location and companion during the community quarantine. It was revealed in figure 2 that 86.7% of the respondents felt sad and in

figure 3, showed that 95.4% of the respondents spent at home during the community quarantine. However, 93.15% of the respondents are with their family during the event.

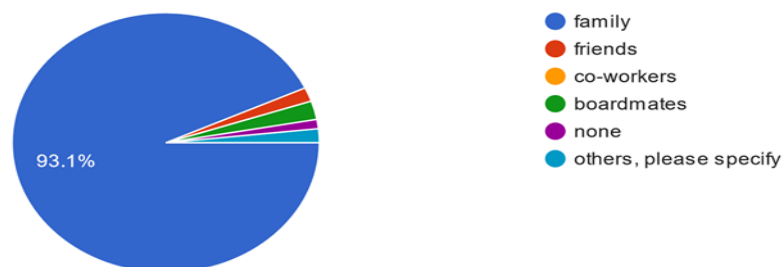


Fig 4. Companion during community quarantine

The result revealed that even the respondents were at their families and stayed at home, still felt sad. However, to cope with their sadness, they engaged

themselves in various activities as their coping mechanisms and to address the adverse effect of the community quarantine.

**Table 4. Coping Mechanisms of the respondents during the Community Quarantine due to COVID -19**

No	Coping Mechanism	Always	Sometimes	Never
1	Depth breathing	67	87	19
2	walking	63	101	9
3	mindfulness	73	91	9
4	talk to someone via phone	60	95	18
5	self-soothing	76	88	9
6	plant ornamental plants	51	76	46
7	plant vegetables	49	78	46
8	write poems, literary pieces	22	66	85
9	read books	48	98	85
10	listen to music/singing	125	46	2
11	isolate from the people/stay alone	42	71	60
12	connect with others thru social media	122	47	4
13	eat ice cream or favorite food	62	98	13
14	spend time with people	70	95	8
15	regular exercise	41	114	18
16	play card game	13	62	98
17	play online games	34	81	58
18	working from home	63	76	34
19	cook foods	74	85	14
20	watch TV programs	72	92	9
21	over sleep/sleep early	52	105	16
22	do household chores	112	57	4
23	attend/join zumba class online	22	57	94
24	yoga/meditation	14	48	111
25	Pray	141	28	4

Table 4 showed the coping mechanisms of the residents particularly the students and parents. It was revealed that the top 5 activities which were always their coping mechanisms during the quarantine were praying, listening to music/singing, connecting with others thru social media, doing household chores and self-soothing. Sometimes they did regular exercise, watch TV programs, walking, read books and eat ice cream and their favorite foods. However, majority never do the yoga/meditation, play card games, attend/join Zumba class online and write poems and literary pieces.

Praying as coping mechanisms was affirmed by Ozgul Ozcan (2021) in his study that a faith-based and spiritual practice can be an effective coping mechanism through processes that are linked to humanity's primary needs of identity, space for self-care, community, belonging, and connection supports this finding.

Listening to music/singing as coping mechanisms was explained by Ramesh (2020) in which he said that music along with mankind has evolved as a way of coping strategy for stress during psychological trauma in people's lives. Music has been found to have a profound effect on the physiological, psychological, and socializing aspects of human life. World over people have been using music to connect with each other from their homes. He further conclude that the use of music to entrain positive thoughts and create hope in the minds of people will help them to cope with the sense of isolation, negativity, and a feeling of hopelessness during COVID-19, making them more able and strong to survive whatever may come.

Support of the barangay, LGU and the National Government during Community Quarantine.

**Figure 5. Support Extended by the Local Government Unit**

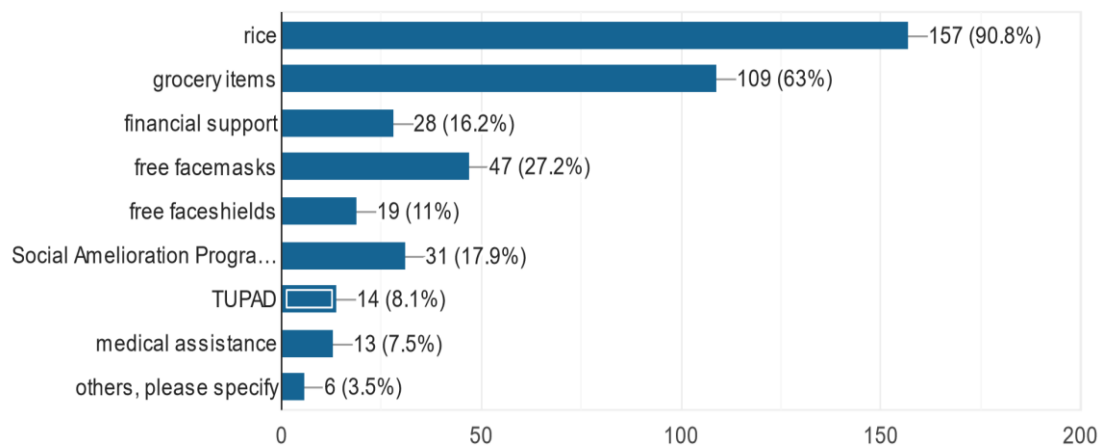
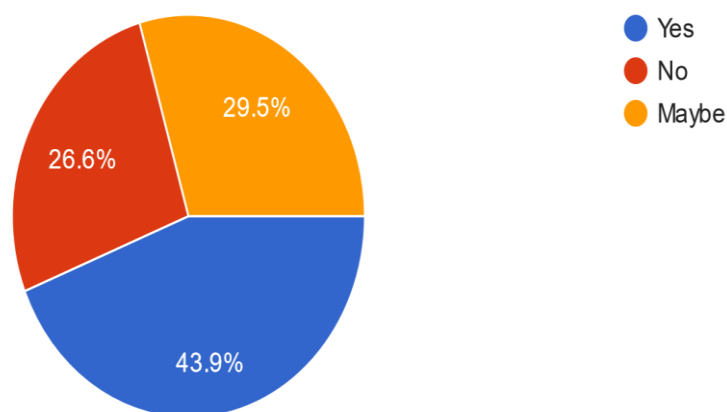


Figure 5, shows the support extended by the local government units. It revealed that the top most support by the LGU during the community quarantine were rice, grocery items and facemasks.

**Table 5. Support extended from the Barangay to the respondents**

Kinds of Support Extended	Frequency	Percentage
Rice	154	89%
Grocery items	114	65.9
Financial Support	13	7.5
Facemasks	37	21.4
Face shields	13	7.5
Medical Assistance	9	5.2
Others	5	2.9

The said support was also the top most support from their barangay. Financial support, medicine, face shields were extended but only for few respondents.



**Figure 6. Happy or contented with the support**



However, 43.9 % were happy of the support, 26.6% were not happy and 29.5% were not sure whether they will be happy or not. Those who were happy or contented reasoned that it helped them sustain during the lockdown. According to some, it was not enough but at least it helped to deal with their everyday lives. They also said that it sustained the basic needs and promoted awareness in stopping the spread of the virus and some other health related stuff. They also said that it is a big help especially those who lost their job. They were also thankful for it really helped support the needs of the family, and the LGU really tried their best to help those in need. The amount was not enough but they also understood that many families were in need. With this support they also feel that they were safe.

Likewise, for those who were not happy, reasoned out that some were not given. The support was not for all and there are some biases or unfair distribution of support. They lack consistency in supporting and addressing the needs of the citizens under their premise and jurisdiction. Others said that because “they don't even support our barangay there is no financial supports, foods and medical assistance...But I remember during quarantine they gave 3kilos of rice... just once and never happened again”. Other reasons were: “I'm not contented because ,the support of the LGU and barangay is not enough to those big families, since they give rice and groceries that will last only a week”, “they neglected our sitios in terms of relief goods during quarantine”, “Maybe, we just had 3 times of relief good which is really far compared to the other barangays”, “Because of the colors in the politics...if you are not their follower you are not going to receive the 100% "ayuda" coming from our government:”. Others also reasoned that the support was not enough especially for big families and not enough for the whole duration of community quarantine.

Some respondents, 29.5%, were not decided if they were happy or contented. They

reasoned out that “the program is only for the people they know or relatives not for us”, “the support is not enough in one day but it still helpful to us”, “helping should be hells with everyone not just to the supporter of the recent officials”, “I believe that I still feel that there are lots of people who really needs more help from the government. I have observed that this pandemic has resulted to lack of food supply most especially to less fortunate people”, “because most of the poor people in our barangay did not receive these kinds of support, some of them were still left behind”, “They tend to focus on the physical needs of people like food and finances, which is really good. However they forgot to provide interventions with regards to people's mental health”, “It is because, during quarantine days we are not in our own barangay that is why we don't have a chance to be a beneficiaries of any support from our LGU and Barangay” and “Because they are not really prepared for this pandemic. They don't have concrete program to support the community during this time of crisis”.

This result supported the principle and previous studies that social support reduces the effects of stressful life events on health through either the supportive actions of others or the belief that support is available. Supportive actions are thought to enhance coping performance while perceptions of available support lead to appraising potentially threatening situations as less stress (Lakey and Cohen, 2000). It was evident that because of the social support the psychologic impact was only moderate and some felt happy because of the government and barangay support.

Recommendations to the concerned agency of the Government towards community quarantine.

The respondents gave recommendations to the Local Government, the Barangays and residents in order to improve the services to their stakeholders during community crises like pandemic which resulted to community quarantine.

**Table 6. Recommendations to the concerned agency of the Government and Residents towards community quarantine.**

<b>Recommendations</b>
They should provide meaningful activities like planting or gardening at home. The purpose of this is both creational and economical.
Motivate people, do some online activities or games
A program like awareness on mental health.
Follow the government's implementation for protocols and above all pray for the Lord to guide us
Extent support system
Do productive activities all the time.
The government must have concrete plans in times like this and release the appropriate funds to the people religiously.
Do not overthink, relax, be happy, spend more time with the people you love especially your family and most important always pray and ask for the God's guidance.
Take care of yourself, eat regularly, exercise, sleep enough and reduce all other sources of stress
Provide psychosocial activities for students.
Conduct a psychological/psychosocial briefing to every household especially to teenagers and bread winners who are most affected of this.
Don't over stress and stay happy with you love ones.
Make sure the quarantine area are safe for the people take quarantine.
Practice equality, fairness and give attention to the needs of those who have less.
Proper planning for the programs and services.
Keep communication and do not entertain negativities
Always exercise a helping hand to others in need.
As individual maybe we need to be strong and always do a prayer to cope this situation that we have right now in time of pandemic.
Physical activity, relaxation and also follow the health protocols .It help us to remain calm and continue to protect our health during the time of pandemic
Having a prayerful life and a heart full of trust to our God is enough to cope up with the community quarantine.
Adoption of new normal situation to cope up the impact
Have a livelihood and mental health programs be implemented.
Find a good way to spend your time with. Be as productive as you can be, and take this time to learn new things and improve yourself.
Be with someone who accepts you as who you are either it is family member, friends or lover.
Government should give more support the families that are affected by the quarantine.
Do some of your hobbies that definitely could be done at home and try to learn to do some new hobbies as well that would divert your attention and strengthen your thinking. If possible, restrain yourself from reading post on social media which would just make you feel frustrated or down and talk to some people that you know would help you from coping to the pandemic situation
Provide counselling.
Conduct seminar/webinar to reduce anxiety and depression among residents, students, and community
Keep yourself busy. Try to find another source of income to cope with the inflation.
Psychological Programs for everyone
Planting and Raising Poultry animal.
Don't be panic easily stay calm.
Promote psychological and mental health, by any feasible means, spearheaded by the employers. Be concerned more on social and psychological wellbeing as there is high concern for performance and productivity. Distressed workers find it hard to cope with high expectations and pressures which further demotivates them.
Always have the positive outlook in life in which you have to think of the alternative solutions instead of complaining to the Government.

It can be noted that the recommendations focuses more on the importance of health during community quarantine. With this concern, they recommended the following: programs on the promotion of psychological and mental health and conduct activities related to this such as counselling, good sleep, healthy lifestyles, providing healthy foods, recreational activities and livelihood assistance. On the other hand, the concerned agency such as the local government and barangay officials must come up with the concrete programs and budget for this kind of event, specific focus on the distribution, prioritization of recipients, immediate response, protocols, recreational and wellness and moral and financial support to boost the morale of the people in their respective community to avoid the adverse

effect of community on the health condition of the residents.

## **CONCLUSION**

Community quarantine had psychological impact among college students and parents. Many had experienced the Post-traumatic stress disorder. Majority felt sad, though they were at home together with their family. The psychological impact was generally experienced moderate symptoms because of coping mechanisms. The common identified coping mechanisms include praying, listening to music/singing, connecting with others thru social media, do household chores and self-soothing. Sometimes they do regular exercise, watch TV programs, walking, read books and eat ice cream and their favorite foods.

The support of the barangay and local government unit matters most during community quarantine. The support was in the form of rice and grocery items in which the support only the basic needs. Higher percentage of the respondents were happy the support but it is not the majority. Those who are happy were thankful and those who were not happy gave suggestions. Suggestions or reason why they were not happy focused on the system of distribution, health services, and the kind and amount of support.

Therefore the psychological preparedness and social supports are necessary during community quarantine because of pandemic and should be given important.

It is highly recommended that Local Government units, academic institutions, private organizations, NGOs may formulate policies and programs to enhance the coping mechanisms of the residents during pandemic to avoid the adverse psychological impact of community quarantine. Government may also formulate policy on the proper and fair implementation of government support during community quarantine due to pandemic.

Academic institutions must provide strategies to support students during community quarantine to lessen its psychological impact. Government and barangay officials, academic institutions, private citizens, and family may strengthen good relationship to cope the adverse psychological impact of the community quarantine.

Researchers may conduct a further study on the systematic and longitudinal assessment and correlation of psychological impacts of the population with the coping mechanisms and socio-demographic profile must be conducted since the respondents in this were delimited to those who are online, which can help the government and academic institutions in formulating holistic interventions for affected individuals.

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