

Covid-19 on Fb: Highlighting Psychosocial Wellness of College Students in the Philippines

¹Joel A. Ciriaco , ²Renelda P. Nacianceno

¹²Iloilo Science and Technology University

Burgos St., La Paz, Iloilo City, 5000 Philippines

Abstract

The study examines the impact of viewing COVID-19-related information on participants' physical, intellectual, emotional, environmental, occupational, social, financial, and spiritual dimensions on Facebook. Regardless of quarantine experience, most participants believed in the information they viewed, regardless of classification. The effects of viewing on spiritual, environmental, and occupational dimensions were alarming. Participants with ailments and those who experienced quarantine were similar to those who spent 1-12 hours daily on Facebook. The physical dimensions were similar for both those with and without ailments. The belief in the information and classification of belief had a significant relationship with the physical, intellectual, emotional, environmental, occupational, social, and financial dimensions but not with the spiritual dimension.

Keywords: Facebook platform, COVID-19, psychosocial wellness of college students, dimensions

1. Introduction

Since its creation, Covid-19 has made development, according to experts. The world is currently experiencing what may be among the worst risks of our lifetime, notably in education, which has led to a massive educational crisis. As it spreads daily, this epidemic harms billions of children, adolescents, adults, senior citizens, and all other societal segments. It also disrupts the world economy. It forces us to adjust to the new normal, changing how people live their lives—including teachers' perspectives on education—and how families, communities, and families as a whole.

Experts and educators in education deliberated and created teaching and learning delivery methods to continue the inexorable march of education despite the epidemic. Teachers and students are making significant adaptations regardless of the delivery mode while embracing flexible learning thanks to the deployment of technically new approaches in teaching and learning.

There have been concerns about how the pandemic affects students and teachers for more than a year in the teaching and learning process. This concern includes teachers' technical proficiency and skill, evaluation challenges, online and remote classroom administration, and many other factors that impact how this new norm impacts teachers.

According to studies, teachers and students struggle with readiness, connectedness, and technical proficiency during this epidemic, contextualising teaching and learning. On the other hand, to bring this to the surface, concerns about the persona and being a human while having this new method of teaching and learning need also be taken into account.

As a result of this new normal, literature verifies incidents of suicide, mentally disturbed people, sleep and peace issues, insanity, and more. The sources of information, particularly those from online sites, notably on social media, are seen to be the root of these issues. The study by Zheng, Goh, and Wen (2020) emphasised that the anxiety and panic brought on by false information connected to COVID-19 could impact people's mental health beyond COVID-19 media cycles. Furthermore, Facebook was identified as the most popular social media platform for disseminating panic related to the COVID-19 outbreak in the study by Araz Ramazan Ahmad and Hersh Rasool Murad (2020). A significant correlation between self-reported social media use and the dissemination of panic related to the COVID-19 outbreak led to most youths experiencing psychological anxiety. Hence, the present investigation.

2. Related Literature

Wellness might mean different things to different people. When we think of someone as "well" or "healthy," various images come to mind, including how they look and thoughts of circumstances affecting their wellness. The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed eight wellness characteristics to improve health. The eight dimensions are emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social (Swarbrick, 2006).

To be in good health, a person must be able to manage the many stressors of daily life and reach their full potential as contributing members of society. It is a state of complete physical, cognitive, emotional, social, physical, and spiritual well-being. It also includes the full spectrum of what is beneficial for an individual, such as playing an essential role in society, experiencing joy and hope, living by good values as locally defined, having supportive relationships with others, overcoming obstacles with the help of appropriate life skills, and having security, protection, and access to high-quality services.

In contrast, psychosocial well-being is a multifaceted concept of psychological, social, and subjective elements that affect how effectively people realise their full potential as members of society. It includes factors that affect health's physical, financial, social, emotional, mental, cultural, and spiritual aspects. According to Kumar (2020) in Leal Filho, Azul, Brandli, Zuyar, Wall, psychosocial well-being entails building cognitive, emotional, and spiritual strengths within people, families, and communities while fostering wholesome interpersonal connections. This condition of well-being encourages the acquisition of life skills, allowing people, families, or communities to comprehend and interact with their surroundings and achieve a healthy life balance.

Emotional or psychological well-being and social and communal well-being are all included in the superordinate construct known as psychosocial well-being. In that it includes emotional, social, and physical elements in addition to others, quality of life is comparable to psychosocial well-being. Additionally, it emphasises how closely psychological parts of our experience, such as our ideas, feelings, and behaviour, and our broader social experience, such as our relationships, traditions, and culture, are related. According to research, living a fuller, happier life requires striking a balance among the seven dimensions of well-being: physical, intellectual, environmental, vocational, social, emotional, and spiritual health.

Tee et. al's research on the incidence of mental symptoms and the causes of psychological impact in the Philippines was published in 2019. According to the research, 16.3% of the 1,879 respondents said the outbreak's psychological effects were moderate to severe; 16.9% showed moderate to severe depressive symptoms; 28.8% expressed moderate to severe worry; and 13.4% reported moderate to severe stress. A substantial relationship between the pandemic's psychological effects and increased stress, anxiety, and depression was also shown to exist between the imposed quarantine, lengthy homestays, reports of poor health status, unwarranted worry, concerns for family members, and prejudice.

Furthermore, fewer psychological effects of the pandemic and lower stress, worry, and sadness were substantially correlated with having proper health information, having grown-up children, believing one's health is in excellent shape, and having faith in one's doctor. The study concluded that one-fourth of respondents expressed moderate-to-severe anxiety, and one-sixth reported moderate-to-severe depression and psychological impact during the early stage of the epidemic in the Philippines.

According to Moghe, Kotecha, and Patil's (2020) analysis of the personal, social, and psychological effects of COVID-19 on students between the ages of 16 and 25, female students are more worried about their health and future than male students. They are also more likely to experience psychological problems like feelings of uncertainty, helplessness, and outbursts. Urban students have more mental health issues than their rural counterparts, yet despite the disparity in infrastructure and resources, they spend approximately the same amount of time online.

Additionally, male students are becoming more isolated, withdrawing, and self-harming, which calls for attention. Although the advantages of a collectivistic society are undeniable, there is a change in mindset from perceiving family as a source of assistance to that of a limitation. The findings show that students are generally more aware of mental health issues.

According to Pressly's study from 2021, "College Students' Use of Social Media and its Effects on Well-being During Covid-19," students are now much more dependent on social media than they were before the pandemic, as well as showing higher levels of anxiety and stress when using social media, as well as a change in their preferred platforms.

In their study, Araz and Murad (2020), social media users in the Kurdistan Region of Iraq were sampled to determine how social media affects self-reported mental health and the spread of panic about the COVID-19 outbreak. Participants reported that social media significantly impacts the spread of fear and panic related to the outbreak, potentially negatively influencing people's mental health and psychological well-being. More precisely, Facebook was the social media platform most frequently used to propagate fear over the COVID-19 epidemic in Iraq. There was also a connection between self-reported social media use and the growth of COVID-19-related panic.

Results also indicated that psychological anxiety is a common problem for young people between 18 and 35. Thus, it was determined in the study that people use social media sites to learn about COVID-19 while there is a lockdown. Depending on an individual's gender, age, and level of education, social media panic has a different effect on them. Last but not least, the COVID-19 outbreak in Iraqi Kurdistan has stoked widespread concern, much of which has been disseminated via social media.

3. Objectives Of The Study

This study is on the adverse effects of the COVID-19 information on Filipino students viewed from Facebook.

The following are the objectives of the study:

1. To describe the profile of the respondents in the study;
2. To determine the adverse effects of COVID-19 viewed on FB on the psychosocial wellness of the respondents in areas of intellectual, emotional, environmental, occupational, social, financial and spiritual;
3. To determine the adverse effects of COVID-19 viewed on FB on the psychosocial wellness of the respondents considering gender, year level, health status, quarantine experience, viewing hours on FB per day, extent of belief in the information viewed;
4. To determine the significant difference in the effects of COVID-19 on FB on the psychosocial wellness of the respondents, gender, year level, health status, quarantine experience, viewing hours on FB per day, extent of belief in the information viewed, and
5. To determine whether a significant relationship exists among the study's different psychosocial wellness.

3.1.Null Hypothesis

1. There is no significant difference in the effects of COVID-19 on the psychosocial wellness of the respondents considering gender, year level, health status, home isolation (quarantine experience), viewing hours on FB per day, and extent of belief on the information viewed.
2. There is no significant relationship between the effects of COVID-19 and the psychosocial wellness of the study's respondents.

4. Theoretical/ Conceptual Framework

No matter their social standing, Covid-19 has impacted people of all ages, and students are not exempt. More and more people are looking for information online, on television, in chat rooms, and on social media sites like Facebook. Facebook has established itself as a popular site for downloading and viewing content, regardless of its validity. Due to movement restrictions and safety precautions, people have focused more on viewing through Facebook throughout the pandemic. During lockdown, their only activity is to be informed about global and pandemic-related matters.

The Facebook page provides easy access to information related to COVID-19 during the pandemic, focusing on wellness dimensions. Wellness is the conscious development of the whole self, involving intentions, choices, and actions towards optimal well-being. This study is anchored in individuals' physical, intellectual, emotional, environmental, vocational, social, financial, and spiritual dimensions, aiming to promote thriving rather than survival.

The study's core dimensions are interconnected and impact each other. To achieve well-being, one must adopt a proactive mindset, learn healthy habits in each dimension, and establish routines, habits, and coping mechanisms that promote wellness.

Miles (2013) supports the World Health Organization's advocacy on health is understood as a state of complete physical, mental, and social well-being, including such diverse aspects as physical health, mental health, well-being, and psychosocial adjustment, including biological, psychological, and social factors to understand health and illness.

The World Health Organization advocates for health advocacy, defining health as total physical, mental, and social well-being. Factors such as gender, year level, health, quarantine experience, Facebook usage, belief in COVID-19-related difficulties, source of information, and belief level are considered independent variables. The dependent variable is psychosocial wellness, which considers an individual's physical, intellectual, emotional, environmental, vocational, social, financial, and spiritual dimensions. Understanding these factors is crucial for understanding health and illness.

5. Methodology

5.1. Research Design

A descriptive research design was used in this research endeavour, utilising the survey method via Google form to gather the data relevant to the study.

5.2 Respondents of the Study and Sampling

The study's respondents are the sample population of college students in the Philippines. Purposive-accidental sampling was used in the study. The respondents were college Filipino students at the time of the study in the middle of the pandemic in 2020.

5.3. Instrumentation

A researcher-made questionnaire is the instrument of the study. This instrument includes part I to gather the data for the variables in the study. The second part is the 35 questions on psychosocial wellness and the aspects included in the study, which are the basis for the discussion and analysis of results.

5.4. Data Gathering Procedure

Since COVID-19 cases were in progress at the time of the study, the data were gathered directly from the participants through Google Forms.

5.5. Data Analysis

SPSS was utilised to analyse the data in the study using Mean, Mann Whitney and Kruskal Wallace for significant differences in Spearman Rank for relationship.

Scale	Interpretation	Description
4.21- 5.00		Very Alarming
3.21- 4.20		Alarming
2.41- 3.20		Moderately Alarming
1.81-2.40		Fairly Alarming
1.00-1.80		Not Alarming

6. Results And Discussion

Table 1 shows that the female respondents are 922 of 79.83 per cent, and the remaining percentages are males distributed to the different levels where the first year has 376 as the highest of 32. Fifty-five per cent, followed by the fourth year of 316, making a share of 27. Thirty-six per cent, followed by the second year of 20.52 per cent and the third as the lowest of 19.36 per cent.

Table 1. Profile of the Respondents of the Study

Variables	Frequency	Percentages
Gender		
Male	233	20.17
Female	922	79.83
Year Level		
First Year	376	32.55
Second Year	237	20.52
Third Year	226	19.57
Fourth Year	316	27.36
Health Status		
With Ailments	53	4.59
Without Ailments	1,102	95.41
Quarantine Experience		
Home	214	18.53
LGU/Community Quarantine	31	2.68
Never	910	78.79
FB Viewing Hours		
0-6	703	60.87
7-12	346	29.96
13-18	92	7.97
19-24	14	1.21
Extent Belief		
Does Not Believe	34	2.94
Fairly Believed	238	20.61
Moderately believed	497	43.03
Believed	328	28.40
Strongly Believed	58	5.02

The study found that 53 respondents reported a condition, while 95.42% did not. Of these, 78.79 per cent have never experienced quarantine, while 18 respondents have experienced it in 2014. Most respondents had a condition, with 2.68 per cent of community quarantine experiences. Respondents' average daily Facebook viewing time is 703 hours, with 346 spending 7-12 hours and 1.211% spending 19-24 hours. The respondents' level of belief in COVID-19 information was categorised into moderate and reasonable, with 497 respondents having a moderate level of belief, 28.40% believing, and 20.61% having a reasonable level of belief. The average viewing time ranges from 0-6 hours.

Table 2 shows the adverse effects of COVID-19-related information on participants' psychosocial wellness across various dimensions. Spirituality has the highest adverse effect, with a mean of 3.90, followed by environmental and vocational dimensions at 3.80 and 3.80, respectively. Intellectual, emotional, social, and financial dimensions have a mean of 3.70, while physical dimensions have a mean of 3.50. Regardless of the mean of all dimensions, the overall description is alarming.

Table 2. Results of the adverse effect of the viewed information from FB on Covid-19 on the Psychosocial Wellness of the Respondents on the Different Dimensions

Dimensions	Mean	Description
Physical	3.50	Alarming
Intellectual	3.70	Alarming
Emotional	3.70	Alarming
Environmental	3.80	Alarming
Vocational	3.80	Alarming
Social	3.70	Alarming
Financial	3.70	Alarming
Spiritual	3.90	Alarming

Table 3. Covid-19 to the Psychosocial Wellness of the Respondents

Dimensions		Physical		Intellectual		Emotional		Environmental		Occupational		Social		Financial		Spiritual	
Variables	Category	Me	Desc	Me	Desc	Me	Desc	Me	Desc	Me	Desc	Me	Desc	Me	Desc	Me	Desc
Gender	Male	3.6	Alarming	3.8	Alarming	3.7	Alarming	3.8	Alarming	3.9	Alarming	3.8	Alarming	3.5	Alarming	4.0	Alarming
	Female	3.5	Alarming	3.7	Alarming	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.7	Alarming	3.4	Moderate	3.9	Alarming
Year Level	1st Year	3.5	Alarming	3.7	Alarming	3.8	Alarming	3.9	Alarming	3.9	Alarming	3.8	Alarming	3.4	Moderate	4.0	Alarming
	2nd Year	3.7	Alarming	3.8	Alarming	3.7	Alarming	3.7	Alarming	3.9	Alarming	3.8	Alarming	3.5	Alarming	4.1	Alarming
	3rd Year	3.5	Alarming	3.5	Alarming	3.6	Alarming	3.8	Alarming	3.8	Alarming	3.7	Alarming	3.4	Moderate	3.9	Alarming
	4th Year	3.4	Moderate	3.6	Alarming	3.6	Alarming	3.7	Alarming	3.7	Alarming	3.6	Alarming	3.4	Moderate	3.7	Alarming
Health Status	Without Ailments	3.5	Alarming	3.7	Alarming	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.7	Alarming	3.5	Alarming	3.9	Alarming
	With Ailments	3.8	Alarming	3.7	Alarming	3.6	Alarming	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.4	Moderate	3.9	Alarming
Quarantine	Home	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.8	Alarming	3.9	Alarming	3.8	Alarming	3.5	Moderate	4.0	Alarming
	LGU	3.5	Alarming	3.6	Alarming	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.6	Alarming	3.4	Moderate	4.0	Alarming
	Never	3.5	Alarming	3.7	Alarming	3.7	Alarming	3.8	Alarming	3.8	Alarming	3.7	Alarming	3.4	Moderate	3.9	Alarming

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Viewing Hours	1-6 Hrs.	3.4	Moderate	3.7	Alarm ing	3.7	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.7	Alarm ing	3.4	Moderate	3.9	Alarm ing
	7-12 Hrs.	3.6	Alarm ing	3.7	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.9	Alarm ing	3.8	Alarm ing	3.4	Moderate	3.9	Alarm ing
	19-24 Hrs.	3.9	Alarm ing	3.9	Alarm ing	3.9	Alarm ing	4.0	Alarm ing	4.2	Alarm ing	4.1	Alarm ing	3.6	Alarm ing	4.1	Alarm ing
Belief on the viewed Information	Does not	3.6	Alarm ing	4.0	Alarm ing	4.0	Alarm ing	3.9	Alarm ing	4.2	Alarm ing	4.0	Alarm ing	3.6	Alarm ing	4.1	Alarm ing
	Fairly Believe	3.3	Moderate	3.6	Alarm ing	3.6	Alarm ing	3.7	Alarm ing	3.7	Alarm ing	3.7	Alarm ing	3.3	Moderate	3.8	Alarm ing
	Moderately Believe	3.5	Alarm ing	3.6	Alarm ing	3.6	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.7	Alarm ing	3.4	Moderate	3.8	Alarm ing
	Believe	3.6	Alarm ing	3.6	Alarm ing	3.6	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.7	Alarm ing	3.4	Moderate	3.4	Alarm ing
	Strongly believe	3.8	Alarm ing	3.8	Alarm ing	3.8	Alarm ing	3.9	Alarm ing	3.9	Alarm ing	3.8	Alarm ing	3.5	Alarm ing	4.0	Alarm ing
Classification	Legitimate	3.7	Alarm ing	3.8	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.9	Alarm ing	3.8	Alarm ing	3.4	Moderate	4.0	Alarm ing
	Not Sure	3.6	Alarm ing	3.8	Alarm ing	3.6	Alarm ing	3.7	Alarm ing	3.8	Alarm ing	3.7	Alarm ing	3.4	Moderate	3.8	Alarm ing

The study reveals that male respondents have a higher mean rank in various dimensions of social wellness than female respondents. They rank highest in financial, followed by intellectual and social, and social, while spiritual and environmental are lowest. The highest mean rank for female respondents is in environmental, followed by spiritual and emotional, and the lowest is in financial. However, no significant differences were found between the male and female respondents when considering all dimensions. The results suggest that gender differences in social wellness are not significant.

Table 4-3A. Mann Whitney results on the significant differences on the social wellness of the respondents in different dimensions according to gender.

Dimensions	Male	Female	U-value	P-value	Remarks
	Mean Rank	Mean Rank			
Physical	596.09	573.43	103197.00	0.353	Not Significant
Intellectual	602.38	571.84	101732.00	0.210	Not Significant
Emotional	591.28	774.64	104318.50	0.494	Not Significant
Environmental	581.13	577.21	106683.50	0.872	Not Significant
Vocational	598.05	572.93	102741.00	0.302	Not Significant
Social	601.27	572.12	101992.00	0.321	Not Significant
Financial	606.86	570.71	100689.50	0.138	Not Significant

Spiritual	585.30	576.16	105713.00	0.706	Not Significant
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Table 4-3B. Mann Whitney results on the significant differences on the social dimensions of the respondents according to health status.

Dimensions	Without Ailments	With Ailments	U-value	P-value	Remarks
	Mean Rank	Mean Rank			
Physical	573.29	675.94	24012.00	0.029	Significant
Intellectual	577.43	589.86	28574.500	0.790	Not Significant
Emotional	579.57	545.42	27476.500	0.464	Not Significant
Environmental	580.38	528.42	26575.00	0.266	Not Significant
Vocational	577.67	584.84	28840.500	0.876	Not Significant
Social	576.58	607.45	27642.00	0.508	Not Significant
Financial	676.23	614.85	27250.00	0.409	Not Significant
Spiritual	578.43	569.03	28727.500	0.840	Not Significant

The study reveals that respondents without ailments have the highest mean rank in environmental factors (580.38), followed by physical factors (573.29) and environmental factors (528.42). However, those with ailments have the lowest mean rank (675.94) and the highest mean rank (528.42). The results show no significant differences in adverse effects on viewing COVID-19-related information, except for respondents' physical psychosocial dimensions.

Table 4-3C. Kruskal Wallis on the significant differences on the social dimensions of the respondents according to year level

Dimensions	Mean Rank	Mean Rank	Mean	Mean	H -Value	P-Value	Remarks
	1st Year	2nd year	Third Year	4th year			
Physical	583.35	644.02	564.36	531.88	15.895	.001	Significant
Intellectual	598.68	625.30	545.20	541.38	12.321	.006	Significant
Emotional	612.37	589.65	548.87	549.21	8.463	.037	Significant
Environmental	610.36	572.70	573.36	546.79	6.482	.090	Not Significant
Vocational	611.03	612.15	541.79	538.98	13.303	.004	Significant
Social	610.07	584.62	562.95	545.63	7.085	.069	Not Significant
Financial	580.12	591.67	587.76	558.25	1.736	.631	Significant
Spiritual	603.44	622.22	561.50	526.35	14.696	.022	Significant

The study reveals that the emotional dimension has the highest mean rank among respondents at the first-year level, followed by the physical dimension at 644.02, the environmental dimension at 572.70, the financial dimension at 587.76, and the vocational dimension at 541.79. The fourth year has the highest mean rank in the financial dimension at 558.25 and the spiritual dimension at 526.35. The study also found significant differences in the effects of the Financial Factor Viewing (FFV) on physical, intellectual, emotional, and vocational dimensions when considering year levels in different dimensions.

Table 4-3E. Kruskal Wallis on the significant differences on the social dimensions of the respondents according to FB viewing hours

Dimensions	Mean 1-6 H	Mean 7-12	Mean Rank 13-18	Mean Rank 19-24	H Value	P-Value	Remarks
Physical	555.67	601.80	636.99	723.46	10.513	0.015	Significant
Intellectual	568.95	585.20	609.38	648.18	2.132	0.545	Not Significant
Emotional	636.56	587.20	622.36	633.57	3.144	0.370	Not Significant
Environmental	563.76	591.74	625.45	641.93	4.295	0.231	Not Significant
Vocational	560.93	594.33	625.66	718.43	7.108	0.069	Not Significant
Social	563.44	587.32	637.71	686.36	6.104	0.107	Not Significant
Financial	568.29	570.66	668.95	651.89	8.352	0.039	Significant
Spiritual	569.86	591.25	576.41	669.68	2.054	0.561	Not Significant

The study reveals that respondents who spend 1-6 hours of Facebook viewing per day have the highest mean rank in emotional dimensions (636.56), followed by physical dimensions (7-12 hours) (601.80), and financial dimensions (13-18 hours) (668.95 and 723.46, respectively). The lowest rank is physical (555.67), followed by intellectual (585.02), spiritual (576.41), and emotional (633.57). The results show significant differences in physical and financial dimensions (p-values of 0.015 and 0.039, respectively).

Table 4-3F. Kruskal Wallis on the significant differences on the social dimensions of the respondents according to the beliefs of the respondents

Dimensions	Does Not believe (Mean	Fairly Believe (Mean	Moderately Believe (Mean	Believe (Mean	Strongly Believe (Mean	H-Value	p-value	Remarks
Physical	647.28	517.15	554.97	628.82	697.02	26.919	0.001	Significant
Intellectual	762.26	550.43	543.86	609.77	695.98	27.693	0.001	Significant
Emotional	748.87	564.39	541.96	598.85	724.62	27.953	0.001	Significant
Environmental	677.06	565.41	536.89	615.01	714.61	24.942	0.001	Significant
Vocational	774.71	548.67	542.78	603.89	738.43	34.977	0.001	Significant
Social	702.88	563.73	541.65	605.38	720.00	24.100	0.001	Significant
Financial	647.28	517.15	554.97	628.82	697.07	14.214	0.007	Significant
Spiritual	656.47	546.46	555.51	605.50	698.62	16.320	0.003	Significant

The study analysed respondents' psychosocial wellness based on their belief in information related to Covid-19. The results showed that those who did not believe in vocational aspects had the highest mean rank of 774.71. Those who did believe in environmental aspects had a mean rank of 565.41, while those who moderately believed in physical and financial aspects had a mean rank of 628.82. Those who strongly believed in vocational aspects had a mean rank of 738.43.

Table 4-3G. Summary results of Mann Whitney and Kruskal Wallis Significant Differences on the adverse effect of FB viewing related to COVID-19 on the psychosocial wellness of the respondents

Variables	Categories	of Mean Rank	U/	H-P-	Remarks
Gender	Male	594.89	103477.500	0.386	Not Significant
	Female	573.73			
Health Status	Without Ailment	577.48	28634.500	0.810	Not Significant
	With Ailment	588.73			
Year Level	1st Year	608.52	12.599	0.005	Significant
	2nd Year	612.55			
	3rd Year	553.27			
	4th Year	533.46			
Quarantine Experience	Never	569.37	3.482	0.175	Not Significant
	Home Quarantine	616.35			
	LGU Community Quarantine	566.55			
Viewing Hours on FB per day	1-6	562.83	5.311	0.150	Not Significant
	7-12	591.47			
	13-18	638.74			
	19-24	673.57			
Belief in the viewed Information	Does Not Believe	755.87	36.852	0.001	Significant
	Fairly believe	542.04			
	Moderately believe	538.81			
	Believe	617.18			
	Strongly believe	735.59			

The study analysed the adverse effect of Facebook viewing related to COVID-19 on the psychosocial wellness of respondents. Results showed no significant difference in the P-value for male and female respondents and no significant difference in health status between those without and with ailments. The H-value was 12.599, indicating a significant p-value of .005. The results were also significant for those with never, with, and without quarantine experience. Regardless of the number of hours viewed, no significant difference was found in the H-value of 5.311, indicating a p-value of .150. Respondents' belief extent on information related to COVID-19 was 36.852, resulting in a p-value of 0.001.

Table 4. Significant Relationship of the Different Dimensions According to Variables in the Study

Variables								
Dimension	Statistics	Gender	Year	Health	Quarantine	Viewing	Belief on the	Classification
s			level	Status	Experience	Hours	viewed	n
Physical	df	20	60	20	40	60	80	40
	P-V	0.059	0.587	0.32	0.117	0.835	0	0.026
	P-C	30.716	56.892	22.384	50.83	49.364	135.186	59.245
	S	NS	NS	NS	NS	NS	S	S
Intellectual	df	20	60	20	40	60	80	40
	P-V	0.697	0.297	0.33	0.297	0.563	.013	0.111
	P-C	16.314	65.352	27.088	44.25	57.633	110.539	51.129
	S	NS	NS	NS	NS	NS	S	S
Emotional	df	28	60	20	40	60	80	40
	P-V	0.455	0.415	0.003	0.725	0.853	0.001	0.155
	P-C	20.05	61.703	41.893	34.283	48.542	127.496	49.028
	S	NS	Ns	NS	NS	NS	S	S
Environmental	df	20	60	20	40	60	80	40
	P-V	0.473	0.232	0.458	0.175	0.508	0	0.132
	P-C	19.758	67.655	20.132	48.2	59.106	132.293	50.063
	S	NS	NS	NS	NS	NS	S	S
Occupation	df	20	60	20	40	60	80	40

al	P-V	0.812	0.614	0.083	0.192	0.63	0	0.012
	P-C	14.361	70.631	29.213	.47 533	55.801	134.187	62.667
	S	NS	NS	NS	NS	NS	S	S
Social	df	20	60	20	40	60	80	40
	P-V	0.283	74.087.	0.496	0.493	0.925	0.004	0.008
	P-C	23.113	0.104	19.403	39.493	45.029	118.202	64.832
Financial	S	NS	NS	NS	NS	NS	S	S
	df	20	60	20	40	60	80	40
	P-V	0.39	400	.6 99	0.074	0.581	0.007	0.096
Spiritual	P-C	21.122	62.143	16.284	53.612	57.28	114.755	52.02
	S	NS	NS	NS	NS	NS	S	S
	df	20	60	20	40	60	80	40
	P-V	0.607	0.45	0.935	0.859	0.719	0.727	0.192
	P-C	17.695	60.707	11.397	30.558	53.258	71.977	47.545
	S	NS	NS	NS	NS	NS	NS	NS

The study found significant relationships between belief in viewed information and classification of belief on physical, intellectual, emotional, environmental, occupational, social, and financial dimensions of psychosocial wellness. However, the spiritual dimension showed no significant relationship, indicating that while other dimensions are influenced by the two variables mentioned in the diverse effects of COVID-19 on respondents, the spiritual dimension proved no relationship regardless of the variables in the study.

Table 5. Significant Relationships among Psychosocial Wellness

Dimensions	Statistics	Physical	Intellectu	Emotional	Environment	Occupationa	Social	Financial
Intellectual	df	400						
	P-V	1923.27						
	P-C	0.000						
	Sig	significant						
Emotional	df	400	400					
	P-V	1749.365	2946.018					
	P-C	0.000	0.000					
	Sig	significant	significant					
Environmenta l	df	400		400				
	P-V	1382..326	2057.928	3630.807				
	P-C	0.000	0.000	0.000				
	Sig	significant	significant	significant				
Occupational	df	400	400	400	400			
	P-V	1557.058		2693.457	2451.451			
	P-C	400		400	400			
	Sig	significant		significant	significant			
Social	df	400	400	400	400	400		
	P-V	1764.263	2236.745	2623.604	2361.48	3482.991		
	P-C	.000	.000	.000	.000	.000		
	Sig	significant	significant	significant	significant	significant		
Financial	df	400	400	400	400	400	400	
	P-V	1052.363	1154.493	1669.75	1694.406	1685.545	1791.4	
	P-C	400	.000	.000	.000	.000	.000	
	Sig	significant	significant	significant	significant	significant	signific	
Spiritual	df	400	400	400	400	400	400	400
	P-V	1130.308	1400.683	1379.224	1694.406	1859.269	1609.9	970.364
	P-C	.000	.000	.000	.000	.000	.000	.000
	Sig	significant	significant	significant	significant	significant	signific	significant

The study reveals that intellectual dimensions have a significant relationship, with a p-value of 1923.2, indicating a p-c of 0.000. Other dimensions, such as emotional, environmental, occupational, social, financial, and spiritual, also have a significant p-value of 0.000. The results suggest that other dimensions are likely to be

affected when one dimension is adversely affected by COVID-19 information. This result indicates a strong correlation between the dimensions in the study.

7. Summary Of Findings

The study has a more significant proportion of female participants. The fourth year of college has the second-highest participation rate. Amid the epidemic, there is only a tiny percentage of illness, and most people have never been quarantined. An enormous number of participants in the daily twelve hours of viewing on Facebook moderately agreed with the COVID-19-related views that are openly proclaimed, independent of the category. According to the participants' Facebook posts on COVID-19, the spiritual dimension is the most negatively impacted, followed by the environmental and occupational dimensions.

The participants' adverse reactions to the COVID-19-related Facebook material are typically concerning. However, selective variables on to female moderate on the financial dimension similar to first year, third year, and fourth year, so with illnesses, to those who were able to experience quarantine in home, local quarantine facility, and even to those who have never been quarantined equally similar to those spending 1- 12 hours on Facebook. The results demonstrate a similar classification of the viewed information for those who reasonably and moderately believed in what they had watched in the same dimension.

Results indicate no gender-related differences between the male and female participants in all measures. There are apparent disparities between those with and without illnesses on the physical dimensions. In the meantime, when it comes to results comparable to the physical and financial quarantine experience and viewing hours, the physical, intellectual, and spiritual are in the same vein. A substantial difference expressly states that the psychological well-being of the participants in all aspects is significantly impacted by the classification of the belief on the material viewed from Facebook.

The results of the psychosocial wellness of the dimensions, in particular, highlight the significance of the relationship between "belief on the viewed Information and "classification of "belief stated on the physical, intellectual, emotional, environmental, occupational, social, and financial dimensions. Interestingly, the spiritual component demonstrates no meaningful link with the study's factors regardless of the dimension. When all the study's dimensions are considered, the conclusion reveals a solid connection to each participant's dimension.

8. Conclusions

Females are more receptive to requests, have more free time, and feel they have spent enough time on Facebook, even though most were never confined throughout the pandemic. In some circumstances, the participants' spirituality during the pandemic causes them to turn to God, something they do not typically do, and potentially, in the opposite direction, causes them to stop attending church, something they used to do. Undoubtedly, the pandemic resulted in poor conditions for everyone, but especially for the participants, which they signalled as mild in some dimensions and variables but worrying overall.

Most likely, during a pandemic, the participants' physical, intellectual, and financial elements are attacked, especially concerning their perceptions of the Facebook items they have viewed and the number of hours they have spent doing so. Whatever the participants' views on Facebook are categorised as and what they believe, this most certainly harms their psychosocial dimensions but not so much their spiritual dimensions. When one of the participants' psychological dimensions is negatively impacted, others are likely also negatively impacted.

9. Recommendations

Learners need to be informed about proper Facebook viewing and how to filter what they see to form an accurate opinion of what they have seen. Environmental, financial, and spiritual activities should be prioritised to reduce the negative impacts of Facebook viewing. Since the COVID-19 pandemic has affected the students directly and indirectly, it is necessary to update their psychosocial wellness. Each of the several dimensions needs to be well cared for by the individual, the organisation, and the community.

To accurately assess what they have seen, learners need to know good Facebook viewing techniques and how to filter what they see. Activities related to the environment, money, and religion should take precedence to lessen the adverse effects of Facebook use. Updating the students' psychological wellness is vital because the COVID-19 pandemic has touched them directly and indirectly. The individual, the organisation, and the community must all take good care of each of the several dimensions.

10. References

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