



HEALTH AND WELNESS PROGRAM AND NEW NORMAL LIFESTYLE OF CvSU FACULTY AND THEIR PERFORMANCE

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ABSTRACT

This study determined the health and wellness program and new normal lifestyle of faculty performance of Cavite State University (CvSU). Specifically, the study sought answers to the following questions: What is the demographic profile of CvSU faculty in terms of; age; gender; sex; position; years in service? What is the level of health and wellness awareness programs of the in terms of: stress management; smoking cessation programs; health screening; exercise program activities; nutrition education? What is the new normal lifestyle of the professor of the Cavite state university in terms of; physical distancing; frequent hand sanitation;

Wearing of face mask and face shield? What is the level of faculty performance in terms of teaching new normal lifestyle of CvSU faculty in terms of; teacher's performance (2019-2020) teaching effectiveness? Is the demographic profile has a significant effect on the faculty effectiveness performance? Is the health and wellness awareness program has a significant effect in the new normal new normal lifestyle of the faculty of CVSU?

In order to conduct this study, letters was sent to the University President Dr. Hernando D. Robles, asking permission and approval to conduct the study.

Permission from the university Dean for each department. Preparation of self-made questionnaire by the researcher followed in order to obtain the necessary data on the health and wellness awareness programs to the new normal lifestyle of Cavite State University (CvSU) faculty and their performance. The respondents of the study included approximately fifty (50) Faculty of Cavite State University in any field of specialization.

The research made questionnaires were checked by the thesis consultants. The copies were then converted and sent through google form, considering the health protocols. The study utilized a descriptive design. The main source of data which was prepared by the researcher, used a simple descriptive statistics such as T-test formula and the weighted mean to determine the mean level of the health and wellness program to the new normal lifestyle of the respondents.

The gathered information were automatically transferred into spreadsheets by google form and were given to the researcher's statistician for the treatment and analysis. The gathered data were interpreted and presented into matrix form and appropriate interpretation was made.

The result showed that there is a partial significant effect of health and wellness program on the new normal lifestyle of CvSU faculty and their performance, and therefore the null hypothesis stating that there is no significant effect is partially rejected, it can be inferred that there is a significant effect between them.

KEYWORDS: *Health and Wellness, New normal lifestyle, CvSU (Cavite State University) faculty*



I. INTRODUCTION

Promoting healthy communities is at the heart of what local government is about. It means creating places and spaces that cultivate belonging, inclusion, connectedness and engagement, creating a well-planned built environment that supports healthy behaviors and choices, a vibrant social environment in which people can live, work, learn and play. In short, it means striving to create the conditions in which all citizens, no matter where they are in life, can thrive, now and in the future. While there are many influences on our lives today, it is at the local level where policies and plans are made and can directly affect the health and well-being of our citizens. Local governments have a unique role to shape the local conditions that have an impact on the health of individuals and communities.

During the COVID-19 pandemic, self-care is more essential than ever to help build and maintain a healthy immune system. Your immune system plays a complex and elegant role in promoting wellness with the vital task of helping the body to identify and respond effectively to viruses and other pathogens. But how are we going to convince and motivate ourselves to start a long-term change when it comes to health and wellness?

Individuals' motivation to change is the most significant stumbling block in health promotion and wellness. Many companies are finding that health promotion programs are not achieving significant or lasting changes in health behavior. The role of wellness incentives is to motivate those who are not intrinsically motivated to participate in Wellness programs and/or adopt healthy behaviors. After all, intrinsically motivated people do not need Wellness initiatives-they will do it on their own! The size of this group is usually also affected by the novelty effect that occurs when the program is new. However, this group is usually a hard sell when it comes to any form of health promotion or Wellness, Chapman et. al (2012).

Our local government unit launch a health and wellness program for the citizen of the community of their vicinity to helps the individual to maintain the state of the art in building a health promotion programs that will benefit all individuals. Strong communities provide the essential social infrastructure necessary for individuals and families to attain well-being. Social well-being encompasses two components: basic needs such as nutrition, housing, sufficient income, and public health and safety; and, opportunities for learning, faith, recreation, creativity and artistic expression, community identity, citizen engagement and cooperation. To help meet these needs, local government, senior governments, and community stakeholders must continue to work in partnership.

Through this, a study of the health and wellness program and new normal lifestyle of CVSU faculty and their performance, the researcher wants to determine the new normal lifestyle of the Faculty in Cavite State University.

II. OBJECTIVES

This study determined the health and wellness program and new normal lifestyle of CvSU faculty and their performance. Specifically, the study sought answers to the following questions:

1. What is the demographic profile of Cavite State University (CvSU) faculty in terms of;
 - 1.1 Age;
 - 1.2 Gender;
 - 1.3 Sex;
 - 1.4 Position;
 - 1.5 Years in Service?
2. What is the level of health and wellness programs of the in terms of:
 - 2.1 Stress management;
 - 2.2 Smoking cessation programs;
 - 2.3 Health Screening;
 - 2.4 Exercise Program Activities;
 - 2.5 Nutrition Education?
3. What is the new normal lifestyle of Cavite state university faculty in terms of;
 - 3.1 Physical distancing;
 - 3.2 Frequent hand sanitation;
 - 3.3 Wearing of face mask and face shield?
4. What is the level of Cvsu faculty performance in the new normal in terms of;
 - 4.1 Teacher's Performance (2019-2020)



4.2 Teaching Effectiveness

5. Is the demographic profile has a significant effect on the faculty effectiveness performance?
6. Is the health and wellness program has a significant effect in the new normal lifestyle of CVSU faculty?

III. METHODOLOGY

The researcher consulted her statistician on the sampling techniques. Purposive sampling, also known as judgmental, selective, or subjective sampling, is a form of non-probability sampling in which researcher rely on their own judgment when choosing members of the population to participate in their study. This sampling method requires researchers to have prior knowledge about the purpose of their studies so that they can properly choose and approach eligible participants. Researchers use purposive sampling when they want to access a particular subset of people, as all participants of a study are selected because they fit a particular profile. Each individual was chosen entirely by chance and each member of the population has an equal chance of being included fifty (50) Faculty members of the Cavite State University in any field of specialization.

In order to conduct this study, letters was sent to the University President Dr. Hernando D. Robles, asking permission and approval to conduct the study.

Permission from the university Dean for each department. Preparation of self-made questionnaire by the researcher followed in order to obtain the necessary data on the health and wellness programs and new normal lifestyle of CvSU faculty and their performance.

The researcher-made questionnaire was checked by the thesis adviser. The copies were then converted and sent through google form, considering the health protocols. Face validation of the contents of the questionnaire was done by the adviser of the researcher and other panel members in the researchers list. They are vital panel members of the research department.

The gathered information were automatically transferred into spreadsheets by google form and were given to the researcher's statistician for the treatment and analysis. The gathered data was interpreted and presented in matrix forms and appropriate interpretation was made.

The following statistical tools were used in order to analyze and interpret the gathered data:

Descriptive statistics were applied to properly derive information and frequency distributions of the gathered data.

The respondents were identified using the Slovin's formula. The answers of the respondents on the evaluation about the conducting study of the health and wellness program and new normal lifestyle CvSU faculty and their performance were analyzed. **Weighted mean** - used to find out the average responses of the respondents as measurement of the central tendency. T-test is used to know if there is a significant effect to the new normal lifestyle of Cvsu faculty and their performance.

IV. RESULTS AND DISCUSSION

This chapter deals with the presentation, analysis and interpretation of data gathered to answer the sub problem relative to the main problem of this study on health and wellness program and new normal lifestyle of CvSU faculty and their performance. This part discusses the findings of the study based on the research questions.

Status of Profile of Cvsu Faculty in Terms Of Age

Figure 1 below Demographic Profile of the Faculty of Cavite State University in terms of Age.

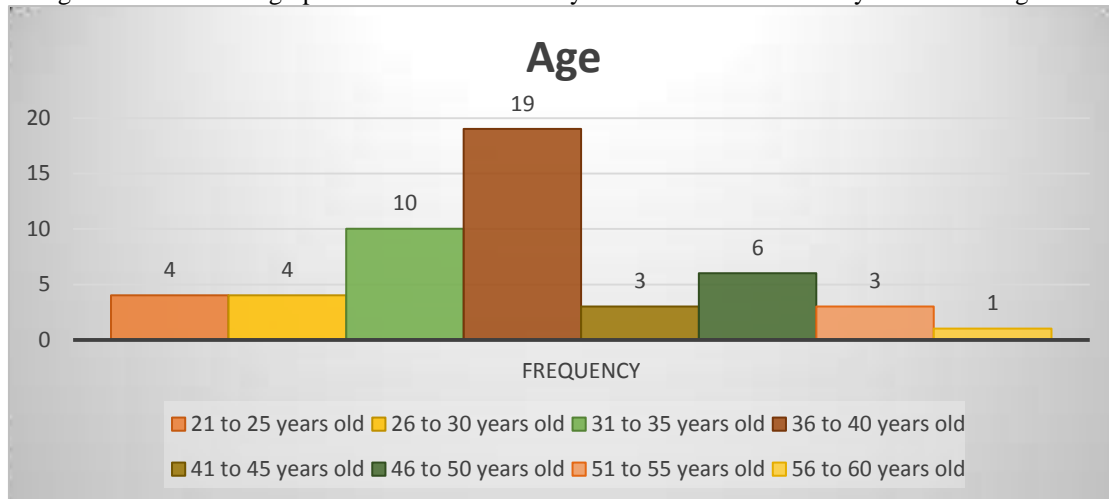


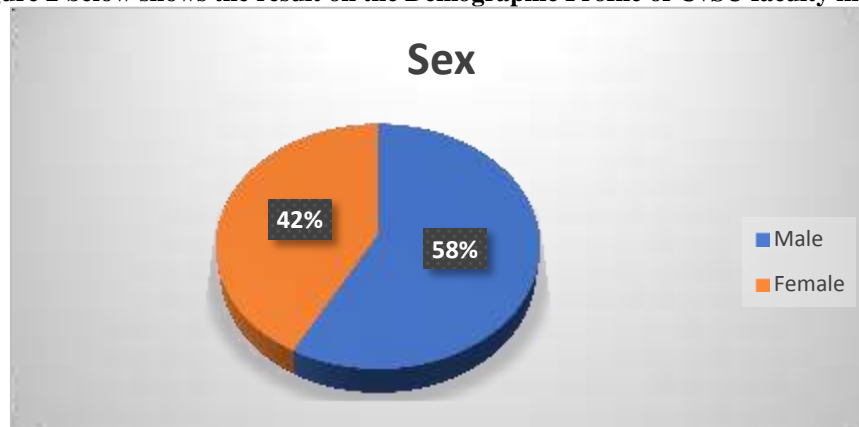
Figure 1. Demographic Profile of the CvSU faculty in terms of Age

Graph shows that ages “36 to 40 years old” have the highest frequency of nineteen (19) or 38.00% of the total respondent. And have ten (10) or 20.00% of the respondent are “31 to 35 years old”. While the ages “56 to 60 years old” received the lowest frequency of one (1) or 2.00% of the total respondents.

This means that the demographic Profile of the Faculty of Cavite State University in terms of Age were majority young adolescent during the time of the study.

Demographic Profile of CvSU faculty

Figure 2 below shows the result on the Demographic Profile of CvSU faculty in terms of Sex;

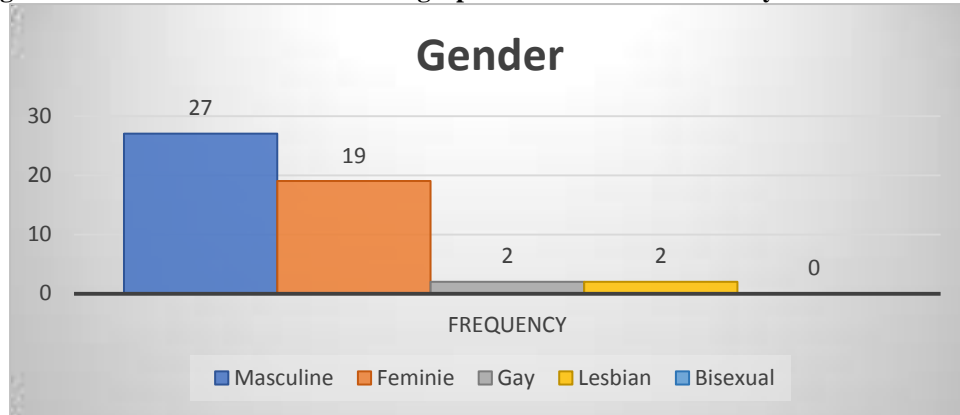


Graph shows that sex “Male” has the highest frequency of twenty-nine (29) or 58.00% of the total respondent. While the sex “Female” received the lowest frequency of twenty-one (21) or 42.00% of the total respondents.



Demographic Profile of CvSU Faculty

Figure 3 shows the result on the Demographic Profile of CvSU faculty in terms of Gender.

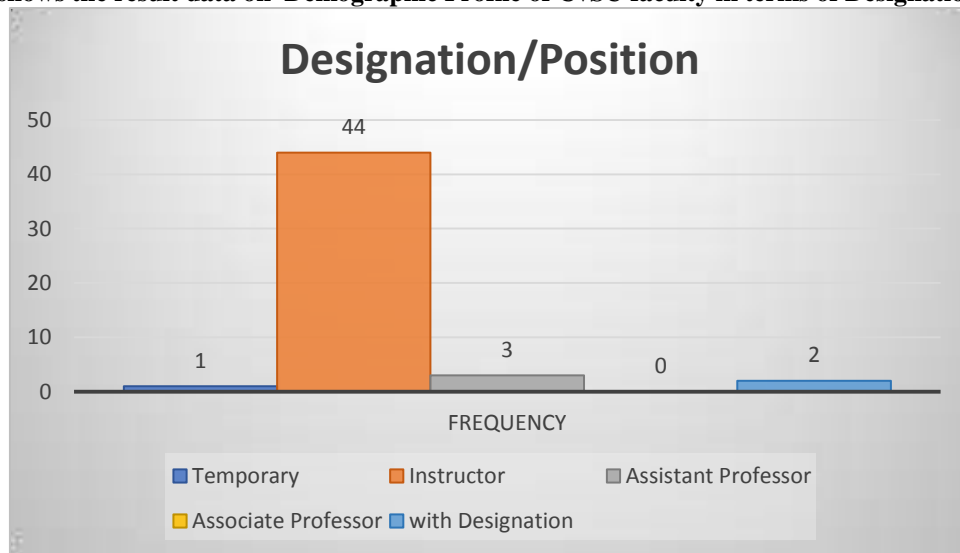


Graph shows that gender “*Masculine*” has the highest frequency of twenty-seven (27) or 54.00% of the total respondent. And have nineteen (19) or 38.00% of the respondent are “*Feminine*”. While the gender “*Gay*” and “*Lesbian*” received each the lowest frequency of two (2) or 4.00% of the total respondents

This means that the demographic Profile of CvSU faculty in terms of Gender were majority masculine during the time of the study.

Demographic Profile of CvSU faculty

Figure 4 shows the result data on Demographic Profile of CvSU faculty in terms of Designation/Position.

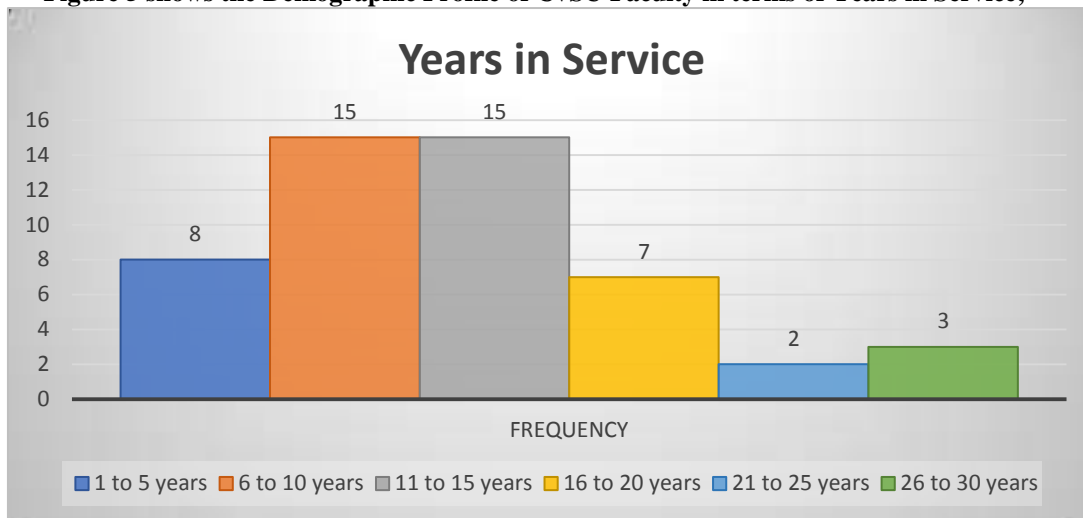


Graph shows that position “*Instructor*” has the highest frequency of forty-four (44) or 88.00% of the total respondent. And have three (3) or 6.00% of the respondent are “*Assistant Professor*”. While the position “*Temporary*” received the lowest frequency of one (1) or 2.00% of the total respondents.



Demographic Profile CvSU Faculty

Figure 5 shows the Demographic Profile of CvSU Faculty in terms of Years in Service;



Graph shows that service “6 to 10 years” and “11 to 15 years” have each the highest frequency of fifteen (15) or 30.00% of the total respondent. And have eight (8) or 16.00% of the respondent has “1 to 5 years”. While the service “22 to 25 years” received the lowest frequency of two (2) or 4.00% of the total respondents.

LEVEL OF HEALTH AND WELLNESS PROGRAMS

Table 1. Level of health and wellness programs in terms of Stress Management

The health and wellness awareness program in terms of Stress Management, the Professors were able to:	Mean	SD	Remarks
1. Prioritize the career and personal obligation.	4.44	0.58	Always
2. Have some exercise as part of the physical activity like, Zumba, jogging, biking that could relax the mind and body.	3.92	1.03	Often
3. Small talk with trusted friend for sometimes	4.36	0.75	Always
4. Do some sports discipline as part of relaxation.	4.06	1.00	Often
5. Go to place where we could find peace and stress reliver.	4.24	0.98	Always
Overall Mean = 4.20			
Standard Deviation = 0.898			
Verbal Interpretation = Very High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The health and wellness program in terms of Stress Management was generally very high. They prioritize the career and personal obligation have (M=4.44, SD=0.58) and small talk with trusted friend for sometimes with (M=4.36, SD=0.75). They have some exercise as part of the physical activity like, Zumba, jogging, biking that could relax the mind and body with (M=3.92, SD=1.03); and this item got the lowest rating. All item indicators got a verbal interpretation of high and very high, as disclosed by the overall mean of 4.20 and supported with standard deviation value of 0.898.

**LEVEL OF HEALTH AND WELLNESS PROGRAMS****Table 2. below shows the result on the Level of health and wellness programs in terms of Smoking Cessation Programs.**

The health and wellness awareness program in terms of Smoking cessations, the Professors were able to:	Mean	SD	Remarks
1. Get motivated to find a good reason to quit smoking.	3.70	1.62	Often
2. Lean on the important person that could help you to quit smoking.	3.68	1.61	Often
3. Divert in some relaxing activities that could forget my smoking habits.	3.82	1.59	Often
4. Prioritized health is wealth.	4.24	1.29	Always
5. Engaged of being busy in some valuable physical activities.	4.10	1.31	Often
Overall Mean = 3.91			
Standard Deviation = 1.495			
Verbal Interpretation = High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The health and wellness awareness program in terms of Smoking cessations was generally high. They prioritize health is wealth have (M=4.24, SD=1.29) and engaged of being busy in some valuable physical activities with (M=4.10, SD=1.31). They lean on the important person that could help you to quit smoking with (M=3.68, SD=1.61); and this item got the lowest rating. All item indicators got a verbal interpretation of high and very high, as disclosed by the overall mean of 3.91 and supported with standard deviation value of 1.495.

LEVEL OF HEALTH AND WELLNESS PROGRAMS IN TERMS OF HEALTH SCREENING**Table 3. Level of health and wellness programs in terms of Health Screening**

The health and wellness awareness program in terms of health screening, the Professors were able to:	Mean	SD	Remarks
1. Monitor the blood pressure and other important health monitoring.	3.96	0.90	Often
2. Exercise the health protocols to prevent sickness.	4.42	0.84	Always
3. Find time to ask for an expert's advice in health and wellness.	4.12	0.98	Often
4. Informed the health workers about the mild and serious health status.	3.72	1.09	Often
5. Aware on the health protocols and precautionary measures practicing in this new normal lifestyle.	4.70	0.61	Always
Overall Mean = 4.18			
Standard Deviation = 0.956			
Verbal Interpretation = High			



Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The health and wellness awareness program in terms of Health Screening was generally high. They are aware on the health protocols and precautionary measures practicing in this new normal lifestyle have (M=4.70, SD=0.61) and exercise the health protocols to prevent sickness with (M=4.42, SD=0.84). They informed the health workers about the mild and serious health status with (M=3.72, SD=1.09); and this item got the lowest rating. All item indicators got a verbal interpretation of high and very high, as disclosed by the overall mean of 4.18 and supported with standard deviation value of 0.956.

LEVEL OF HEALTH AND WELLNESS PROGRAMS IN TERMS OF EXERCISE PROGRAM ACTIVITIES

Table 4. Level of health and wellness programs in terms of Exercise Program Activities

The health and wellness awareness program in terms of exercise programs activities, the Professors were able to:	Mean	SD	Remarks
1. Walk, run, jog at least three times a week.	3.94	1.10	Often
2. Have Zumba dance at home.	3.08	1.03	Sometimes
3. Do the biking with friends.	3.08	1.19	Sometimes
3. Make use of jumping rope as part of cardio exercise.	3.00	1.14	Sometimes
4. Make use of stationary bike at home for some physical activities.	2.56	1.40	Seldom
Overall Mean = 3.13			
Standard Deviation = 1.253			
Verbal Interpretation = Moderately High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The health and wellness awareness program in terms of Exercise Programs Activities was generally moderately high. They walk, run, jog at least three times a week have (M=3.94, SD=1.10) and have Zumba dance at home and do the biking with friends with (M=3.08, SD=1.03, 1.19). They make use of stationary bike at home for some physical activities with (M=2.56, SD=1.40); and this item got the lowest rating. All item indicators got a verbal interpretation of low to high, as disclosed by the overall mean of 3.13 and supported with standard deviation value of 1.253.

LEVEL OF HEALTH AND WELLNESS PROGRAMS IN TERMS OF NUTRITION EDUCATION

Table 5. Level of health and wellness programs in terms of Nutrition Education

The health and wellness awareness program in terms of nutrition education, the Professors were able to:	Mean	SD	Remarks
1. Take time to check the nutritional facts at the back label of goods / foods.	3.70	1.11	Often
2. Prepare a well-balanced carbohydrates, proteins and mineral food to serve.	3.98	0.91	Often



3. Avoid eating food high in sugar and salt.	3.84	1.00	Often
4. Take extra time to prepare the left-over food for some variation.	3.86	1.05	Often
5. Practice meal planning.	3.84	1.06	Often
Overall Mean = 3.84			
Standard Deviation = 1.024			
Verbal Interpretation = High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

Based on the health and wellness awareness program in terms of Nutrition Education was generally high. They prepare a well-balanced carbohydrates, proteins and mineral food to serve have (M=3.98, SD=0.91) and take extra time to prepare the left-over food for some variation with (M=3.86, SD=1.05). They take time to check the nutritional facts at the back label of goods / foods with (M=3.70, SD=1.11); and this item got the lowest rating. All item indicators got a verbal interpretation of high, as disclosed by the overall mean of 3.84 and supported with standard deviation value of 1.024.

LEVEL OF NEW NORMAL LIFESTYLE OF CVSU FACULTY;**Table 6. Level of new normal lifestyle of CvSU faculty in terms of Teaching Performance**

Grade	frequency	%	Adjectival Rating
4.500-5.000	13	26.00	Outstanding
3.500-4.499	25	50.00	Very Satisfactory
2.500-3.499	12	24.00	Satisfactory
1.500-2.499	0	0.00	Unsatisfactory
Below 1.499	0	0.00	Poor
Total	50	100.00	Very Satisfactory
Weighted Mean	4.046		
Lowest Grade	3.27		
Highest Grade	4.87		
Standard Deviation	0.535		

Table 6. shows the level in new normal lifestyle of CvSU faculty in terms of Teaching Performance, out of 50 faculty, the grade "3.500-4.499" got the highest frequency of twenty-five (25) or 50.00% of the sample population and with descriptive equivalent of *Very Satisfactory*. And the grade "4.500-5.000" has a frequency of thirteen (13) or 26% of the sample population and with descriptive equivalent of *Outstanding*. While the grade "2.500-3.499" received the lowest frequency of twelve (12) or 24.00% of the sample population and with descriptive equivalent of *Satisfactory*.

With the weighted mean of 4.046 and supported value of standard deviation of 0.535 and the (Lowest Grade = 3.27, Highest Grade = 4.87) the level of faculty performance in terms of teaching new normal lifestyle of the professor of the Cavite State University in terms of Teaching Performance has a descriptive equivalent of *Very Satisfactory*.

**LEVEL OF PERFORMANCE AND NEW NORMAL LIFESTYLE OF CVSU FACULTY****Table 7. Level of performance and new normal lifestyle of CvSU Faculty in terms of Teaching Effectiveness**

The Faculty of Cavite State University were able to:	Mean	SD	Remarks
1. Inspire in their students a love of learning and also understand how students best learn concepts, content and skills.	4.62	0.49	Always
2. Employing active learning teaching pedagogies regularly during classes.	4.60	0.49	Always
3. Assigning frequent homework or problem sets.	4.18	0.85	Often
4. Provides feedback on the quality of student work.	4.60	0.49	Always
5. Contribute to student learning;	4.72	0.45	Always
Overall Mean = 4.54			
Standard Deviation = 0.601			
Verbal Interpretation = Very High			

The performance and new normal lifestyle of CvSU faculty in terms of Teaching Effectiveness was generally very high. They contribute to student learning have (M=4.72, SD=0.45) and inspire in their students a love of learning and also understand how students best learn concepts, content and skills with (M=4.62, SD=0.49). They assigning frequent homework or problem sets with (M=4.18, SD=0.85); and this item got the lowest rating. All item indicators got a verbal interpretation of high and very high, as disclosed by the overall mean of 4.54 and supported with standard deviation value of 0.601.

Table 8. Level of new normal lifestyle of CvSU faculty in terms of Physical Distancing

The new normal lifestyle of the faculty in terms of Physical distancing, the faculty were able to:	Mean	SD	Remarks
1. Attended meeting face to face in a 6-meter distance from each other.	3.68	1.25	Often
2. Practicing the skeletal working force at school.	4.52	0.84	Always
3. Went to groceries store practicing the household schedule.	4.42	0.93	Always
4. Make use of public transportation going to the public markets.	3.24	1.60	Sometimes
5. Paying Bills online to avoid the crowded areas.	4.60	0.70	Always
Overall Mean = 4.09			
Standard Deviation = 1.227			
Verbal Interpretation = High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The new normal lifestyle of CvSU Faculty in terms of Physical distancing was generally high. They paying Bills online to avoid the crowded areas have (M=4.60, SD=0.70) and practicing the skeletal working force at school with (M=4.52, SD=0.84). They make use of public transportation going to the public markets with (M=3.24, SD=1.60); and this item got the lowest rating. All item indicators got a verbal interpretation of moderately high to very high, as disclosed by the overall mean of 4.09 and supported with standard deviation value of 1.227.

**Table 9. Level of new normal lifestyle of CvSU faculty in terms of Frequent Hand Sanitation**

The new normal lifestyle of the Faculty in terms of frequent hand sanitation, the Faculty were able to:	Mean	SD	Remarks
1. Have alcohol in the bag to sanitize the hand from time to time.	4.90	0.36	Always
2. Washed the hand frequently with clean water and soap.	4.84	0.47	Always
3. Disinfect the school supplies issued by the property custodian to avoid the germs.	4.56	0.95	Always
4. Washed the products bought from the grocery stores.	4.66	0.66	Always
5. Provide a separate corner for shoes and other materials at home before putting it inside the house.	4.66	0.66	Always
Overall Mean = 4.72			
Standard Deviation = 0.658			
Verbal Interpretation = Very High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The new normal lifestyle of CvSU faculty in terms of Frequent Hand Sanitation was generally very high. They have alcohol in the bag to sanitize the hand from time to time have (M=4.90, SD=0.36) and washed the hand frequently with clean water and soap with (M=4.84, SD=0.47). They disinfect the school supplies issued by the property custodian to avoid the germs with (M=4.56, SD=0.95); and this item got the lowest rating. All item indicators got a verbal interpretation of very high, as disclosed by the overall mean of 4.72 and supported with standard deviation value of 0.658.

Table 10. Level of new normal lifestyle of CvSU faculty in terms of Wearing Face Mask and Face Shield

The new normal lifestyle of the Faculty in terms of wearing of face mask and face shield, the Faculty were able to:	Mean	SD	Remarks
1. Practice wearing mask as part of necessity.	4.94	0.24	Always
2. Make use of mask even inside the house.	3.40	1.18	Often
3. Washing the mask to use it again	3.26	1.75	Sometimes
4. Wearing face shield going to the public place	4.88	0.39	Always
5. Change face shield as needed.	4.58	0.84	Always
Overall Mean = 4.21			
Standard Deviation = 1.261			
Verbal Interpretation = Very High			

Legend:

Scale	Range	Remarks	Verbal Interpretation
5	4.20-5.00	Always	Very High
4	3.40-4.19	Often	High
3	2.60-3.39	Sometimes	Moderately High
2	1.80-2.59	Rarely	Low
1	1.00-1.79	Never	Very Low

The new normal lifestyle of CvSU faculty in terms of Wearing Face Mask and Face Shield was generally very high. They practice wearing mask as part of necessity have (M=4.94, SD=0.24) and wearing face shield going to the public place with (M=4.88, SD=0.39). They wash the mask to use it again with (M=3.26, SD=1.75); and this



item got the lowest rating. All item indicators got a verbal interpretation of moderately high to very high, as disclosed by the overall mean of 4.21 and supported with standard deviation value of 1.261.

EFFECT OF DEMOGRAPHIC PROFILE ON THE FACULTY PERFORMANCE OF CAVITE STATE UNIVERSITY

Table 11. Significant effect of demographic profile on the faculty performance of Cavite State University

Age	Beta	t-value	p-value	Analysis
Teaching Performance	-1.537	-6.559	0.000	Significant
Teaching Effectiveness	-0.902	-2.806	0.007	Significant
Sex				
Teaching Performance	0.124	1.933	0.059	Not Significant
Teaching Effectiveness	-1.031	-11.71	0.000	Significant
Gender				
Teaching Performance	-0.031	-0.205	0.838	Not Significant
Teaching Effectiveness	-1.183	-5.714	0.000	Significant
Designation/Position				
Teaching Performance	-0.939	-4.769	0.000	Significant
Teaching Effectiveness	-1.149	-4.253	0.000	Significant
Years in Service				
Teaching Performance	-0.174	-0.838	0.406	Not Significant
Teaching Effectiveness	-0.387	-1.362	0.179	Not Significant

Adjusted R-Square: 0.9110

F-value: 114.70

Sig.: 0.0000

Results from Table 11 revealed that the performance of the faculty Cavite State University had no effect on demographic profile. The beta coefficient indicates that for every standard deviation unit increase in Teaching Performance and Teaching Effectiveness, there is a corresponding unit increase in demographic profile. The t-value of Teaching Performance and Teaching Effectiveness, is partially significant having a p-value of less than 0.05 level of significance.

This means that the demographic profile to the performance of the professors of Cavite State University was influenced by Age and Gender.

Based on the data, it is shown that there is “a partial significant effect of demographic profile on the professor’s performance of Cavite State University” at 0.05 level of significance. It shows that the null hypothesis stating that “There is no significant effect of demographic profile on the professor’s performance of Cavite State University” is partially rejected, it can inferred that there is “a significant” effect between them.

Table 12. Significant effect of health and wellness program on the new normal lifestyle of CvSU faculty

Stress Management	Beta	t-value	p-value	Analysis
Physical Distancing	-0.009	-0.056	0.955	Not Significant
Frequently Hand Sanitation	0.155	1.589	0.119	Not Significant
Wearing of Face Mask and Face Shield	0.953	4.977	0.000	Significant
Smoking Cessations				
Physical Distancing	1.660	6.318	0.000	Significant
Frequently Hand Sanitation	0.099	0.611	0.544	Not Significant
Wearing of Face Mask and Face Shield	-0.387	-1.209	0.233	Not Significant
Health Screening				
Physical Distancing	0.329	3.258	0.002	Significant
Frequently Hand Sanitation	0.000	0.001	0.999	Not Significant
Wearing of Face Mask and Face Shield	0.638	5.190	0.000	Significant
Exercise Program Activities				
Physical Distancing	0.362	1.249	0.218	Not Significant



Frequently Hand Sanitation	-0.413	-2.294	0.026	Significant
Wearing of Face Mask and Face Shield	1.175	3.329	0.002	Significant
Nutrition Education				
Physical Distancing	0.355	1.855	0.070	Not Significant
Frequently Hand Sanitation	-0.284	-2.391	0.021	Significant
Wearing of Face Mask and Face Shield	0.998	4.287	0.000	Significant

Adjusted R-Square: 0.9626

F-value: 1236.1

Sig.: 0.0000

Results from Table 12 revealed that the new normal lifestyle of CvSU faculty had no effect on health and wellness program. The beta coefficient indicates that for every standard deviation unit increase in Physical Distancing, Frequently Hand Sanitation and Wearing of Face Mask and Face Shield, there is a corresponding unit increase in health and wellness program. The t-value of Physical Distancing, Frequently Hand Sanitation and Wearing of Face Mask and Face Shield is partially significant having a p-value of less than 0.05 level of significance.

This means that the health and wellness program to the new normal lifestyle of CvSU faculty was influenced by Health Screening, Exercise Program Activities and Nutrition Education.

Based on the data, it is shown that there is “a partial significant effect of health and wellness program on the new normal lifestyle of CvSU faculty” at 0.05 level of significance. It shows that the null hypothesis stating that “There is no significant effect of health and wellness program on the new normal lifestyle of CvSU faculty” is partially rejected, it can inferred that there is “a significant” effect between them.

CONCLUSIONS

Drawn the results of the study, the following results are set forth;

1. The null hypothesis stating the demographic profile of the Cavite State University has no significant effect in the effectiveness of their performance is accepted.
2. The null hypothesis stating that “There is no significant effect of demographic profile on the faculty performance of Cavite State University” is partially rejected, it can inferred that there is “a significant” effect between them.

RECOMMENDATIONS

Based on the findings and conclusion of the study, the following recommendations were drawn.

1. Instructors may find an interesting physical activity that could help them improve the health and wellness program that promotes healthy lifestyle.
2. The Faculty performance could maintain it’s rating by means of attending webinars seminars that could inform them to enhance techniques of their teaching ability and effectiveness.
3. The researcher advice the members of the faculty to conduct a virtual meeting at least once a week for the update of the lessons, learners progress and health monitoring.
4. Health and wellness promotion in the new normal lifestyle of the instructors may continue to enhance that being healthy is most essential things that need to find time.
5. Healthy living has to consider the best thing that a faculty could have, for he or she could maintain a very satisfactory rate and an effective educator.
6. To the future researchers, a parallel study could be done in order to negate, confirm or improve the result of the present study in this time of pandemic

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