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# Essential School Workers' Experiences During the COVID-19 Pandemic: A Qualitative Study on A Higher Education Institution in Metro Manila, Philippines

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#### **Abstract**

At the onset of the COVID-19 pandemic, higher education institutions (HEIs), have been mandated to protect employees from the threats of COVID-19. During the implemented lockdown in the Philippines, only essential school workers (ESWs) were permitted on site, limiting contact and mobility. As such, this study sought to describe the perceptions of ESWs of a selected higher education institution in Metro Manila, Philippines, and how the HEI capacitates them in compliance with national guidelines. Focus group discussions (FGDs) were conducted among four (4) sectors of ESWs: security, maintenance, health services, and office staff. The FGDs were conducted during the period of Enhanced Community Quarantine period year 2021. A total of twenty-three (23) ESWs participated in this qualitative study. Thematic analysis was used to draw insights from the narratives of the FGDs. Results show three (3) emergent themes from the FGDs namely: (1) Physical and Mental Health implications, (2) Changes in Personal Life, and (3) Identified Risks during Working Hours. This study highlights that from the perspective of ESWs, the identified higher education institution strives to comply with the Philippines' Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF) guidelines through various expressions of capacitation to protect them from the threat of COVID-19. However, results also demonstrate challenges that deter full compliance and consistent implementation of the guidelines across the said institution.

Keywords: capacitation, essential school workers, lockdown

# I. INTRODUCTION

When the COVID-19 virus hit the world in 2020, the social differences between various groups of workers became apparent. In addition to job losses, those who remained confronted additional challenges that varied by social and economic class (Bartik et al., 2020) Workers in numerous so-called essential enterprises were not allowed to work from home, putting them at danger of COVID-19 exposure (Blau et al., 2020; The Lancet, 2020; Goldman et al., 2020). A community's or a part of a community's safety, health, or welfare would be jeopardized or disadvantaged without essential services, according to the International Labor Organization (ILO) (ILO, 2020). Many governments rushed to identify essential services and personnel categories as soon as the virus hit (Gaitens et al., 2021). It varies by country, but it typically includes healthcare workers (Blau et al., 2020).

As a result of close contact with people and viral infection, most essential sector personnel must report to work, increasing their risk of disease and death (The Lancet, 2020). Frontline workers in healthcare are an obvious example. Due to the nature of their job, their health and safety at work has been widely documented (Barrett et al., 2020; Nguyen et al., 2020). COVID-19's impact on other "frontline" workers' health and safety is equally important to highlight. A combination of social and economic disadvantages predisposes this latter set of "frontline" employees, who are more likely to be low-income and ethnically diverse than other workers (Goldman et al., 2020; McCormack et al., 2020), to illness (McCormack et al., 2020; Hawkins, 2020). For example, many essential workers in the Philippines are underpaid and unprotected, exposing them to social and health inequities (Cordero Jr., 2020).

The academic industry has changed tremendously with the advent of online learning to fulfill student needs.

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2023 August; 6 (10s2): 1303-1310

Despite the challenges, schools and institutions took proactive measures to guarantee education continues (Cuaton, 2020). These regulations include modified online learning to help students learn. The Philippines' academic institutions produced health guidelines and recommendations based on the Inter-Agency Task Force's (IATF) published health protocols (Tria, 2020; Robosa et al., 2021). During the lockdown, only essential workers were permitted on site, limiting contact and mobility.

The Workforce Institute (2020) at the Ultimate Kronos Group conducted a survey to a more than 3,900 workers and business leaders in 11 countries to describe attitudes around trust in the workplace, digital transformation, and crisis response/management. Based on the data gathered, 43% of the participants manifested that the management or employers must prioritized the prevention of workers' fatigue and burnout by balancing workloads. More than half (59%) of the respondents said their employer has taken at least some measures to protect and safeguard their employees, while 29% said they wish their employer would be more empathetic to the uncertain situations of the workers. Interestingly, the study showed that worker-respondents are very much "concerned about coming in contact with an asymptomatic workplace visitor (45%) than an asymptomatic coworker (40%)." Lastly, the high-traffic areas in the workplace like elevators, staircases, and lobbies are a much concern for 35% of the respondents.

Many of the essential workers in the academe struggle during the pandemic, they were temporarily laid off from work and when they went back to work, they were given 2-3 days working days only. According to the research of Ford (2021), "in South-East Asia, unions suddenly found themselves fighting not only for their members' right to decent work, but also for their right to survive. They struggled to convince governments and employers to provide workplace protection and social security for those who needed it."

As a focal point of this study, workers at a private institution in Metro Manila get free housing and transportation, and to visit the university grounds, all jobsite staff must complete the Health Assessment Survey (HAS). Stakeholders were also encouraged to do business online to safeguard university staff. As a result, this study aims to describe the capacitation of essential school workers (ESWs) of a private institution in Metro Manila, in compliance with Philippine COVID-19 guidelines by: (1) physical and mental health implications; (2) changes in personal life; and (3) identified risks during working hours.

### **METHODS**

This study used a qualitative research design to examine the experiences of essential workers in a private institution in Metro Manila. Focus group discussion (FGD) was the main data collection used for the study. Multiple FGDs were conducted per HEI. Each FGD represented a specific sector of essential workers as follows:

- (1)Security staff: which includes guards manning key areas of the university ensuring the peace and order within the campus vicinity
- (2) Maintenance staff: which includes janitors and other property maintenance personnel
- (3)Health services staff: which refer to professional and non-professional personnel working in the university clinic or health services office
- (4)Office staff: which includes non-teaching personnel in key offices that were functional during quarantine such as registrar, finance, and administrative offices.

ESWs recruited for the FGDs are officially documented in the human resource office of the private institution. Table 1 shows the distribution of FGD participants per sector.

Table 1

Distribution of ECD and singue

elSSN: 2589-7799

2023 August; 6 (10s2): 1303-1310

#### Data gathering procedure

After gaining administrative and ethical clearances from the HEIs, an on-site FGD was conducted. Informed consent was secured from the respondents. An FGD guide was used to facilitate the discussions per session. This FGD guide is comprised of seven (7) open-ended, semi-structured questions and was validated by an expert on qualitative research. Follow-up questions were asked to probe into the topics further. The FGD sessions were audio recorded. The FGDs were conducted during the period of Enhanced Community Quarantine period year 2021. The FGDs were held in open spaces and the participants were physically distant from each other. COVID-19 protocols were observed throughout the data collection process. All audio and textual files were anonymized and stored in a two-factor authenticated cloud storage, accessible only to the research team members.

## Data analysis procedure and ensuring trustworthiness

Thematic analysis was used to derive insights from the FGDs (Braun & Clarke, 2019). First, the audio recordings were transcribed. The transcripts were then read and reread to gain a sense of the whole. Next, the narratives were coded. Codes were then clustered into categories, which in turn emerged into themes. Efforts were employed to ensure the trustworthiness of the findings according to the criteria of Lincoln and Guba (1986). Credibility and confirmability were ensured through peer review among team members, member checking, and triangulation through observation of participant behaviors pre-FGD. Dependability and conformability by documenting audit trails.

#### Results

Three (3) major themes emerged from the analysis of the FGDs among ESWs: (1) physical and mental health implications; (2) changes in personal life; and (3) identified risks during working hours. Categories represent the specific capacitation provided by the participating private institution in Metro Manila. Table 2 shows the conceptual categories and representative quotes under each emergent theme.

Table 2. Emergent themes, conceptual categories, and representative quotes

THEME I. PHYSICAL AND MENTAL HEALTH IMPLICATIONS		
Categories	Representative Quotes	
Sigh level of anxiety and fear	MP n.l. Nakakabungkot ma'am, kasi mangal din karsi nagsama sama ditto sa LPU tapoo iyon sa isang iglap dahil sa pandemic d na kami magkakasama.  MP sō: kasi hiwalay sko, yang es ko ma'am meron peng trabaha, nataslot din ako para na kaway kasi sobrang madak ko siya da, may malit po siyang madi ka na kata ka may malit po siyang madi ka ma ka ka may malit po siyang madi ka ma ka ka may malit po siyang madi ka ma ka ka ma ka mag mali ka mag mali ak ka ka ka ka mag mali ak ka	
	MPu1: Hindi iko kasi alam mangyayuri saamin man, nakakunkot po. Asawa ko din, parang ano po handi ka makalaban, kasi hindi kortrolado ang virus kaya yang hang nakakulaba, haloo pasang yang papuntahan mo parang napakadelikado. Kasi nakadi ga sawa ko, kung pagbalik niya, hindi pala naming alam na may covid siya baka mahawa an pala kami.	
Physically and emotionally exhauted	50 v2: Namber I talaga narsing pangamba is nag cost cutting tays, yang nag hawas ng tao, ikang saw na walang panek, which is kulineg sa pangantine ng pundiya. Kaya hindi na narsing manyadeng pionryentor ang reush test kasi halai- deduct pa sa sahed namin oh wala na halos sahod, no pinnagangamba yo talaga naming tyon ma'ant. Tapos pambayada ta bahay, sa senta, sa pagkais, kuling na talaga, kaya kalamigan talaga gunawa ka ng paranat, tapo kung garena pan- decision ni AGENCY or EPU na ganon na pagbayad hindi na talaga kulinyanin Nakahagangad na nakahataki op talaga.	
Penistent few of getting infected	MP 01: Ma'am pag nagkasaké ka, hospital ka, walang pwedeng hamapit sayo walakang pera wala na,	
	MP #2: Ano po, nakakatakot magkasakit, ubo lang covid na agad  NTP63: Opo ma' amnakakatakot, kasi yung iba hindi proper yang pag face mask at face ibini d. tupos yung mga nakakasakamaho pa sa sasakotas.	

eISSN: 2589-7799

2023 August; 6 (10s2): 1303-1310

Categories	Representative Quotes
Self-quarantining	NTF#4: Kaii ma'um ako neong nagkuron ako ng symptome dun ka tatawagan tapos instrace kung sino sino nakasalamuha mo tapos on the spot ipopositive ka na pwede ka na paswiin agad at home quarantne ka na po mum.
Fear of transmitting the disease to family members	MP 43: Arctiety po pagaroi mo may dala ka na palang vinus diba? May edad na ni kasi mga magadang ko kaya natsiakot ako para sa karala.  MP64: Natasiakot lang po kasi, nag positive ang boss ke, natataket po ako pag uwi ko baka makahawa ako sa mga anak ko at asawa.  SG42: "Syempte since nasa harapan karai yung risks po, kasi mamber 1 po iyan kasi lagi karai wanawa sa bahay, kaya napapaisep karai na "Paano karai nakakangurado na wala karaing sakir? Hindi karai nakakoha ng COV-ID, na wala karaing madadala sa bahay?"  Kasi ngayon ma'am, kabit yung mga impleng sakir kabit ubo, symptome kasi iyon ng Covid, pasang nagasalala ka na agad."

Categories	Representative Quotes
Inconsistency of provision of essential materials (i.e. face thields, face thields, sanitation supplies, RT PCR testing)	MP+1: Dan po ma'um may binigay po na mask ngayon wala na po. Ang agency p naming walang binigay kahit kouting ayuda, kahit face shield wala po.
	MPV2: Dati nag bigay si LPU ng alcohol pero ngayon po sarili na po naminj alcohol.
	MP#1; Wala dis pong sabon at tissue sa mga CR.
	MP44: Ope ma'um, Plywood at Karton lang po kami matutalog dito mung nag sta in kami.
	NTP#1Ma'um sa swab test si Management ang bahaja if nana office ka, bu outside it's your own expenses, pero sa samga regular may medicard.
	NTP#5: Wala po na provide na transportation, yung malalapit po pero sa malayi wala talaga, 10 km radius lang ang sakop, 3 months lag po yun.
	SG #1: During the first months, provided by the RGBC ang face mask po namin Then after nun-binbigyan na kanzi ng gallon na alcohol, kasi marami naman kami.
	SG #2: Since nandito kami sa fronting ma'am, front liness kami, lahat ng ta nakakausap namin at hinda kami kahat one-time naka pag RTP CR Test
	SO#1: Samin na training, sa tingin ko wala, pero yang meetings and paalala s emails, paalala yang mga dapat sundin, incase na may makacostact na tao na may sakit. Yun lang po pero wala pong training at webinars.
Unequal expectation across employee types	MP#2: Si doktora lang po nag seminar sa amin.
	MP41: Nag paregister po kami para sa vaccine tinulungan kami ni doktora, tapo kumuhang QR code, pspila nalang po sa site kung saan malapit.
	MPW2: Kahit neong 3 days lang ang pasok namin ma'am 3 mouths na 3 days lan ang pasok, tapos ang laki pa ng kaltas naming wala din po kami hazard pay.
	NTP #1: Webinars po meron po ma'um provide ng school.
	NTP *2. Meron po webmar sa mental health po si HR po ang mag invite pero hand naka attend kasi may work po kami dito.
	NTP#3: Meson pong vaccine sa aming regulars provided poni LPU.
	SG#1: Yes enrourage po kami kaso kami po hahala, sinabhan kami na dapat ma pa vaccine kayo, sinabhan na kami, kasi darating ang araw na "NO VACCINE NI DUTY"

HC\*1: I for myself experience, I had covid last April, so inalige pils skeng week for home, but dapat hinds since our week in here, but since there is lot of communication through emails and websiness, so grangages also with pay.

HC \*1: Security, custodial mags BGD, kasi hinds sila regulars so binds sila included as vaccination peoplems in E. P. Cromen, so nicregister lang namin silang lahat. Sa mga regulars lang kasi ang vaccine ni E.P.U.

# Discussion

# Physical and mental health implications

High level of anxiety and fear

The primary factors contributing to employees' mental health issues during the lockdown were the fear of losing their jobs, financial hardships, and excessive exposure to misinformation through social media, used to maintain

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2023 August; 6 (10s2): 1303-1310

social connections. Consequently, scholars (Liu et al., 2021) recommend implementing practical interventions, including social support and timely access to mental health assistance, to alleviate the psychological symptoms that emerged during the lockdown period.

Various studies (Giorgi et al., 2020) have focused on healthcare workers and frontline employees as a work group at higher risk of experiencing multiple psychological outcomes like depression, anxiety, stress, and sleep disturbances. The data collection took place in April and May 2020, a period when fear of COVID-19 was widespread. The results indicated that individuals more susceptible to emotion contagion also had increased concerns about COVID-19's spread, along with higher levels of depression, anxiety, stress, and OCD symptoms. This complements the study of Wheaton et al. (2019) on emotional aspects related to the COVID-19 pandemic.

## Physically and emotionally exhausted

Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout, which supports the study of Rožman & Tominc (2021). Increase in emotional symptoms, such as depressive feelings, afraid of losing the job or not finishing the work on schedule, tension, feeling of helplessness, sadness, emotional exhaustion, feeling panic, everything seems meaningless, extreme sensitivity, feeling anger and quarrelsome, among employees during the COVID-19 epidemic.

### Persistent fear of getting infected

Employees show psychological symptoms, including psychological distress, depression, anxiety, stress, worries, insomnia, somatization, and emotional reactions. Scholars (Liu et al., 2021) have found that the fear of contracting the coronavirus is the chief concern of employees, especially those who cannot avoid face-to-face interactions during work (e.g., bank employees, restaurant workers, and teachers). In a survey of 44,000 participants conducted in Belgium in the beginning of April 2020 (Eguchi et al., 2021), the number of people reporting an anxiety (20 %), or a depressive disorder (16 %) had increased substantially compared to a survey conducted in 2018 (i.e., 11 % and 10 % prevalence, respectively).

## Changes in personal life

# Self-quarantining

The legal situation of workers in mandated quarantine who cannot work from home differs across countries. In some countries, quarantined workers are covered by sick pay (Howatt, 2020). As cases of COVID-19 continue to rise across the country, many employers are making decisions around when to ask employees to quarantine themselves for their own protection and that of others (Rožman & Tominc, 2021). But employers who are making these policies may not be considering the psychological impact a quarantine could have on employees. Instead, employers should consider how employees will be able to cope with being isolated from the workplace, as work is a critical part of employees' social connection and identity.

#### Fear of transmitting the disease to family members

In addition, during the COVID-19 pandemic, essential workers were worried about contracting the disease and transmitting it to their families. This is true with the hospital workers who were parents who reported worrying about bringing the virus into their homes. They expressed concerns regarding a lack of protective equipment which put not only them but also their families at risk (Mayer et al., 2021). Amidst previous pandemics such as SARS and H1N1, significant fears included fear of being infected with the disease, and fear of infecting family members and having family members who worried about being infected.

# Identified risks during working hours

Inconsistency of provision of essential materials (i.e. face masks, face shields, sanitation supplies, RT PCR testing)

The respondents claimed about the abrupt provision of essential materials to them. Numerous studies have likewise highlighted the challenges faced by selected healthcare systems in managing the supply chain during the

elSSN: 2589-7799

2023 August; 6 (10s2): 1303-1310

pandemic. The sudden surge in demand for personal protective equipment (PPE) like face masks and face shields led to shortages in many regions, particularly during the early stages of the pandemic (Peters et al., 2020; Sengupta et al., 2021). Inconsistencies in the availability of these essential materials raised concerns about the safety of frontline workers and the public.

Unequal capacitation across employee types

Responses show that there was an unequal capacitation and treatment across employee types of the institution. Kugler et al. (2023) examined how the COVID-19 pandemic affected employment in 40 mostly low and middle-income countries. The findings reveal that at the beginning of the pandemic, more women, young people, less educated individuals, and urban workers stopped working. The gender gaps in work stoppage were mainly due to differences within sectors rather than between sectors. The differences in work stoppage between urban and rural workers were smaller compared to gender, age, and education groups. As such, future research is needed to explore how the COVID-19 crisis impacted the labor market in developing countries and highlights the usefulness of real-time phone surveys to measure differential employment impacts across different groups during a crisis.

#### Conclusion

The findings show that the private academic institution in Metro Manila made efforts to follow IATF (Inter-Agency Task Force) guidelines by providing support to the Essential School Workers (ESWs) to protect them from COVID-19. However, the results also revealed challenges that hindered complete compliance and consistent implementation of the guidelines among different employee types.

The findings suggest that the administrators establish policies that encourage protective behaviors and have a structured plan for employees to follow during health emergencies, not only during pandemics but also in other health-related crises. The experiences shared by ESWs during the pandemic highlight the challenges they faced, so HEI leaders are encouraged to review their health support and benefits policies, ensuring that they are distributed fairly among all employees.

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2023 August; 6 (10s2): 1303-1310

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