

Quarantine Cuisine Food Behavior and Personal Well-Being of Personnel in A Private HEI in The Philippines: A Mixed Method

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ABSTRACT: *This paper analyzes the quarantine cuisine food behavior of the participants during the COVID-19 pandemic and their personal physical, mental, and emotional well-being. Using the concurrent nested mixed method design, a survey was conducted among the 65 personnel of a private Higher Education Institution in Northern Mindanao, Philippines. Data from this survey were used to probe the personnel's experiences using a semi-structured interview. The results showed a significant relationship between the budget for food, food storage, safety and sanitation, eating habits and the physical, mental, social, and emotional well-being. Results also revealed that there is an apparent increase of body weight during the pandemic by the participants and that they see meaning and purpose in life and feel that faith impacts many of their decisions. From the culinary and nutritional perspectives, this study emphasizes the need for personnel to be mindful of the importance of good nutrition, and quality preparation of quarantine cuisine especially during the time of pandemic.*

KEYWORDS: personal well-being, quarantine cuisine food behavior

INTRODUCTION

The result brought about by COVID 19, made a lot of changes since people were forced to go into quarantine to help reduce the spread of the virus. Thus, one of the consequences brought about by the

pandemic is the change of lifestyle including their eating habits or nutritional habits which can either bring about health benefits or can cause unhealthy practices.

In the Philippines, especially in Cagayan de oro city, quarantine cooking became not only to feed oneself and the family but a way to pass the time.

A study by L. Renzo,et.al.(2020) stated that the enhanced exposure to food caused by the increase of boredom and having more time available to cook and consume the meal will also improve the way a person go grocery shopping and will induced people who least succeed in managing their diet to amplify the relationship between food intake and emotions.

An article written by Jones (2020) wrote that practicing self-discipline and avoiding “emotional eating” due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative. He further stressed that eating whole foods like dark, leafy greens, oranges and tomatoes, even fresh herbs are loaded with vitamins, fiber and minerals and to make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

Indeed, in today’s situation it is important to be conscious of what is being prepared and consumed at home. Quarantine cuisine therefore is cooking and preparing food at home in a most creative and nutritious way at the same time may be considered a comfort food specially in today’s situation.

This study assumes that quarantine cuisine brought about by the pandemic can have an effect on the food behavior and attitudes to health and wellbeing of the participants. This assumption is brought about by the Theory of Adaptation by Piaget. Adaptation is the tendency to adjust to the environment. It is the process by which humans match the original experience and the new experience and this may not fit together.

Another theory that could be employed to support the assumptions of this study is the “Wellness Theory” that focuses on the health diagram with three (3) components of health and wellbeing namely: physical, mental(emotional) and social.

This study will look into the changes in food behavior and consumption brought about by quarantine cuisine to the health and wellbeing of personnel and this study will benefit the personnel in understanding the benefits of good quarantine cuisine.

Statement of The Problem

The study aims to determine the following:

1. What food behavior did the participants experience during the pandemic in terms of the following?
 - 1.a Amount of time spent in cooking.
 - 1.b Amount of money spent in food.
 - 1.c Amount of food stored
 - 1.d Type of food Purchase

1.e. Safety and sanitation in food preparation

1.f Eating Habits

2. What is the level of the participants health and well-being during the pandemic in terms of:

2.1 Mental Health and Wellbeing

2.2 Physical Health and Wellbeing

2.c. Social Health and Wellbeing

2d. Emotional Health and Wellbeing

3. What are the effects of food behavior to health and wellbeing of participants in terms of:

3.a. Mental Health wellbeing

3.b. Physical wellbeing

3.c. Social Well being

3.d. Emotional Wellbeing

4. Does food behavior associated to the health and wellbeing of participants?

Scope and Delimitation

This study only focuses on quarantine cuisine specifically, the effects of food behavior to the health and well-being of the participants during the time of pandemic. This study is limited only to the employees of a specific college in the city.

METHODOLOGY

This study used the concurrent nested mixed method design which started with the quantitative followed by the qualitative. The concurrent nested approach was used by the researchers in following up the quantitative results with qualitative data for clarification of the results from the quantitative analysis, thus the qualitative data explained and contextualized the quantitative findings of the study. After the interpretation of the data, the research report was written.

There was a total of 65 participants in the study who responded in the survey given to the LC personnel. Data was sent and collected through google forms. Voluntary participation was encouraged among the participants. Any personal information collected was handled with the utmost confidentiality.

In this study, the questionnaire was the main tool where some items were based on the study of Valeria Borsellino, et.al.(2020) and modified and created by the researchers to suit the present study. The questionnaire has two sections: the first part consists of the personal information which entails age, gender, body weight before and during pandemic. The second part consists of items on the food

behavior and on the health and wellbeing. The questions were answered through the google form that were sent in the emails of the participants.

The research instruments were subjected to content validity. To establish the reliability of the instrument, a pilot testing was conducted among Graduate School students who are taking up MSHM and MAHE. The Cronbach's Alpha Reliability Coefficient was used to ensure the internal consistency of the items in the questionnaire. The result of the test of internal consistency showed an excellent internal consistency of 0.913

RESULTS AND DISCUSSION

Table 1 shows that the overall mean rating of participants on food behavior experiences during pandemic on cooking at home is rated 3.52 which is interpreted as agree or high meaning that during the pandemic most participants have experience quarantine cuisine, either cooking at home or delivering for food at home. Although, in the table it was indicated that there were 3 items out of 5 items that responded "neither agree nor disagree" or moderate.

Table 1

Mean Distribution on Quarantine Cuisine Food Behavior Experiences during the Pandemic (Cooking at Home)

| Point Value | Range | Description | Interpretation | f | % |
|---|-------------|----------------------------|-----------------------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 14 | 21.54 |
| 4 | 3.50 – 4.49 | Agree | High | 31 | 47.69 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 20 | 30.77 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean Description Interpretation SD | | | 3.52 Agree High 0.70 | | |

| <i>During the time of pandemic, I ...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|----------------------------|-----------------------|
| 1. Plan meals more carefully | 3.32 | Neither Agree nor Disagree | Moderate |

| | | | |
|---|------|----------------------------|----------|
| 2. Spend more time in the kitchen than in other parts of the house | 3.35 | Neither Agree nor Disagree | Moderate |
| 3. Prepare and cook food even during non-meal times | 3.46 | Neither Agree nor Disagree | Moderate |
| 4. Experiment and perform new menus | 3.77 | Agree | High |
| 5. make use of the internet in researches concerning cooking and food prefer to cook at home than buy food from outside sources | 3.71 | Agree | High |

Although respondents have the intent or plan to prepare and eat healthier meals, the demands of the work-from-home set up can sometimes suspend meal preparation at home. Its either they order online or cook easy to prepare foods instead that are not as nutritious. But if there is free time, respondents will definitely prefer exploring recipes and cooking as a form of enjoyment and to bond with their families. As what De Bree (2020) said, cooking at home encourages cooking skills and make the family get involved in food preparation which led to better meal plans and dietary choices.

Such conclusion may be shown in the responses made by the participants in the comments section: As seen from the table below, there were four themes that were created namely ordering of food, quarantine eating, exploring new menus and focus on wellness. Out of 65 participants, only 31 made a response. Of the rejoinders, “quarantine eating” got the majority of responses.

| <i>Themes:</i> | <i>Domains:</i> |
|--------------------------|---|
| <i>Ordering of Food</i> | <ul style="list-style-type: none"> -Just order due to busy online teaching. - Busy with school work -, I prefer to buy ready prepared cook. to lessen boredom - Sometimes, I buy food outside to satisfy my children's craving and at the same time if budget allows. - I ordered food -I am influenced by the social media platforms especially in tiktok to try new snacks -If I have a class, I prefer to order in food panda |
| <i>Quarantine Eating</i> | <ul style="list-style-type: none"> -I am renting a pad and the kitchen is very near to me so the temptation to eat more than 4 times is possible - too much eating carbohydrates -I sometimes assist my family members in terms of preparing meals at home, that is why my responses are slightly agree -I like to eat and somehow prepare food as well |

| | |
|----------------------------|--|
| | <ul style="list-style-type: none"> -preparing food at home is way cheaper than food delivery and there are few options to choose from given our location -The work from home activity, sometimes if get bored from the usual work, I voluntarily ask my mother to cook for our food, sometimes also If I get tired -much better to cook than to buy food in outside -I prefer to prepare foods at home -I ate more foods than the usual - Stress eating on pandemic - Saving money. |
| <i>Exploring New Menus</i> | <ul style="list-style-type: none"> -Due to a freer schedule, I have more time to spend in exploring new menus. -Cooking has been my source joy to eliminate boredom during quarantine -I don't order food outside so I tend to cook my own food. I tend to not follow the meal time as well due to the work from home set-up wherein I want to finish my tasks first before eating. -I spend more time inside the house and cooking food that my children too, love to eat. -I prepare food and order when I have no time to cook -I also tried quarantine recipes posted and shared in facebook -This pandemic is giving me more time to experiment on some menus because it "forces" us to cook and not always buy food -This pandemic improves my cooking skills. |
| <i>Focus on Wellness</i> | <ul style="list-style-type: none"> -I am careful of my food intake since I am pregnant -This is the moment wherein I strongly express my love to my children and let them feel that I am paying the past years I allotted my time in school. - I eat healthy and more balanced diet. -Because I have more time to spent with stuff I'm not always doing. |

Table 1.2 shows the overall mean of 3.33 which is interpreted as neither agree nor disagree or moderate on food behavior experiences during pandemic on the budget for food. An item on the table had shown a low mean of 2.37 or disagree or low about buying more food than necessary during pandemic. . A very interesting caveat which was highlighted by Sturgis et al(2010) stated that such answer can either be a “hidden don’t know” or it can be a neutral opinion. On the other hand, it can also be a provision for the participants to provide an easy out to less likely inclined to express one’s opinion.

Table 1.2
Mean Distribution on Food Behavior Experiences during the Pandemic
(Budget for Food)

| Point Value | Range | Description | Interpretation | f | % |
|---|------------|----------------------------|--|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 8 | 12.31 |
| 4 | 3.50 –4.49 | Agree | High | 36 | 55.38 |
| 3 | 2.50 –3.49 | Neither Agree nor Disagree | Moderate | 20 | 30.77 |
| 2 | 1.50 –2.49 | Disagree | Low | 1 | 1.54 |
| 1 | 1.00 –1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean Description Interpretation SD | | | 3.33 Neither agree nor Disagree Moderate 0.59 | | |

| <i>During the time of pandemic, I ...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|--------------------|-----------------------|
| 1. Shop for food less frequently. | 3.65 | Agree | High |
| 2. practice frugality in purchasing food | 3.86 | Agree | High |
| 3. buy more food than necessary* | 2.37 | Disagree | Low |
| 4. do more online shopping for food* | 3.60 | Agree | High |
| 5. maintain the usual budget for food | 3.69 | Agree | High |

The result may be reinforced on the different comments given by the participants where two themes emerged namely: Bulk Purchasing and Wise Buying.

| <i>Themes:</i> | <i>Domains:</i> |
|------------------------|--|
| <i>Bulk Purchasing</i> | <ul style="list-style-type: none"> -When buying, look into the essentials, this is a difficult time -The pandemic crisis brought issue on security of food and increase the stocking of canned goods and other raw foods to prepare for lockdown scenario, If I report to school, I usually use food panda and other delivery app for some take away foods. -Buy in bulk to maximize the delivery fee -minimized going out to purchase food -Spend more money to food than any material things. |

| | |
|--------------------|---|
| <i>Wise Buying</i> | <p><i>-During crisis we have to be wise enough when in terms of using money</i></p> <p><i>-I have to budget well because we don't know when this pandemic will end.</i></p> <p><i>-the food budget has increased considering everyone is staying at home</i></p> <p><i>-Proper allocation of budget</i></p> <p><i>-I don't do online purchase that often. Due to food ordered online which is more expensive I spend more than the usual allotted food budget</i></p> <p><i>-prefer home cooked food to fit in the budget</i></p> <p><i>--Need to be more wise in buying food and choose only healthy food.</i></p> <p><i>-I buy foods in the market</i></p> <p><i>--much better make budget than to buy unnecessary things.</i></p> <p><i>- These are unprecedented times and I am living alone so I need to make means attainable within the given budget per month</i></p> <p><i>-We are more conscious of the nutritional quality of the food and the price. Sometimes we use the vegetables available in our small garden so we can save</i></p> |
|--------------------|---|

The above comments support the overall mean interpretation of “neither agree nor disagree”. Generally, though, there is a rating of “agree” on the rest of the items. Budget for food during pandemic is a major consideration. Respondents have expressed that they work within the budget, buy in bulk to save costs, do not go out often and cook at home as means to work within the budget. But there are circumstances that challenges the budgeting like ordering online food when working which is more expensive and there more family members to feed especially the children. Moreover, the anticipation of a possible lockdown scenario can sometimes encourage stocking more food which entails more budget.

Table 1.3
Mean Distribution on Food Behavior Experiences during the Pandemic
(Food Storage)

| Point Value | Range | Description | Interpretation | f | % |
|---------------------------------|--------------|----------------------------|--|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 7 | 10.77 |
| 4 | 3.50 –4.49 | Agree | High | 44 | 67.69 |
| 3 | 2.50 –3.49 | Neither Agree nor Disagree | Moderate | 14 | 21.54 |
| 2 | 1.50 –2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 –1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean Description | | | 3.49 Neither Agree nor Disagree | | |

| Interpretation SD | Moderate 0.50 | | |
|---|--------------------------|-------------|----------------------------|
| | | Mean | Description |
| | | | Interpretation |
| <i>During the time of pandemic, I ...</i> | | | |
| 1. do batch cooking for storage | 3.23 | | Neither Agree nor Disagree |
| 2. freeze new dishes to be consumed at a certain time | 3.52 | | Agree |
| 3. shop and store nonperishable food good for a month. | 3.78 | | Agree |
| 4. experience panic buying, storing food more than necessary* | 3.00 | | Neither Agree nor Disagree |
| 5. stockpile foodstuffs that are good for the immune system | 3.89 | | Agree |

The table 1.3 shows the mean distribution on food behavior experiences during pandemic on food storage with an overall mean of 3.49 interpreted as neither agree nor disagree implying that the participants may not be sure whether they do batch cooking or they have experience panic buying, thus storing food more than necessary with a mean rating of 3.23 and 3.00 respectively. However, there are some comments made by the participants that indeed they do batch cooking to save time and resources. While the rest of the items was rated as “agree” meaning that the participants food behavior during pandemic on food storage agree that indeed they practiced freezing dishes to be consumed at a given time, they shop and store food for a given time and they store food that are good for the immune system. Also, the participants expressed that to ensure food security, they have to store enough food, as affirmed by Long and Khoi (2020) that the risk perception had a positive effect on consumers’ willingness to stockpile food, irrespective of the price and quality, including food with short expiry

Comments regarding food storage were given by the participants which created three themes namely: batch storage, healthy food stores and convenience food stores.

| <i>Themes:</i> | <i>Domain:</i> |
|----------------------|---|
| <i>Batch Storage</i> | <ul style="list-style-type: none"> -Because we are so many in the house that is my we need to stuck foods in case of emergency - i bought foods just in one week -I see to it that we have good enough supply of foods especially in these trying times -I try my best to join my mom in doing groceries. I usually get more food during pandemic since we've been staying at home most of the time. -batch cooking to save time and resources -I need to secure I have enough to survive in this pandemic time |

| | |
|--------------------------------|---|
| | <p><i>-It's Pandemic. 'Got no choice.</i></p> <p><i>-I store food good for at least 2 weeks but I consume those that easily gets rotten (vegetables and fruits).</i></p> <p><i>-I just usually buy food that's need on the given time of just enough for a week consumption</i></p> <p><i>--to minimize the amount of time, spend in cooking, and to save gas at the same time staying healthy</i></p> <p><i>-if you have food, its necessary to food panic buying</i></p> |
| <i>Healthy food Stores</i> | <p><i>-We usually store foods rich in nutrients to boost the immune system</i></p> <p><i>-Yes, I usually buy foods that has vitamins and minerals to boost my health and protect us from the deceases, I did not experience panic buying because I don't have much money but more on panic lang! when I prepared food, we will consume it right away.</i></p> <p><i>-I make sure fresh and newly cooked food for my family</i></p> <p><i>-If I have enough budget, I buy a lot of healthy food like fruits and vegetables. I also stock food for me to lessen my exposure to people in the market.</i></p> <p><i>-I only buy food enough for my budget. I'm particular of course the food which gives us good and best beneficial for the health.</i></p> |
| <i>Convenience Food Stores</i> | <p><i>-Prepare foods that are easily cooked like frying. Limited stocks on vegetable, they are easily perishable items.</i></p> <p><i>-I don't stack food since supplies could easily be purchased nearby.</i></p> <p><i>-The food we usually cook is good for 1 meal only</i></p> <p><i>-Less frequent going out, conserved energy used for cooking</i></p> <p><i>-to save time, money and energy I prepare a lot at lunch time & extend it for dinner</i></p> |

Table 1.4
Mean Distribution on Food Behavior Experiences during the Pandemic
(Type of Food Purchase)

| Point Value | Range | Description | Interpretation | f | % |
|--------------------|--------------|----------------------------|-----------------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 5 | 7.69 |
| 4 | 3.50 – 4.49 | Agree | High | 54 | 83.08 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 6 | 9.23 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |

| | |
|-----------------------|--------------|
| Overall Mean | 3.52 |
| Description | Agree |
| Interpretation | High |
| SD | 0.38 |

| <i>During the time of pandemic, I buy ...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|--|-------------|----------------------------|-----------------------|
| 1. foods with longer shelf life | 4.25 | Agree | High |
| 2. Fresh Food (fruits and vegetables) | 4.35 | Agree | High |
| 3. healthy comfort foods online* | 2.42 | Disagree | Low |
| 4. more convenience food such as noodles, chips,etc. | 2.85 | Neither Agree nor Disagree | Moderate |
| 5. Canned and Processed Food* | 2.38 | Disagree | Low |
| 6. foodstuffs to boost the immune system | 4.20 | Agree | High |
| 7. varied local food after reviewing food labels | 3.68 | Agree | High |

Table 1.4 shows the food behavior experiences during pandemic on the type of food purchase by the participants shows an overall mean of 3.52 which is interpreted as “agree” Of all the indicators, the highest mean is 4.35 which indicate that participants agree on the buying of fresh food during this time of pandemic. There are 2 items where the mean rating is 2.42 and 2.38 which is interpreted as “disagree” stating that the participants do not agree on buying healthy food online and purchasing canned and processed food. These results are reinforced on the comments given by the participants on their food behavior experiences during pandemic on the type of food purchase where three themes emerged namely: flexitarian food, plant -based and healthy food and convenience food.

| <i>Themes:</i> | <i>Domain:</i> |
|-------------------------|--|
| <i>Flexitarian food</i> | <ul style="list-style-type: none"> -We buy food based on the likes of the family members and based on the planned menu -We buy the usual food that we eat (either fresh or canned). We always consider the shelf life of the food that we buy . -It no longer matters to me if it is healthy or not for as long as I am able to survive. -We choose this kind of food for us to become healthy and at the same time less expensive. -Not thinking that much if such food boost immune system or not. It usually just to taste what it seems delicious upon seeing the ads online. -Limited options for fruits and vegetables online and quality cannot be ascertained -Yes, I strongly agree some of this are true to me, I always check the label of the |

| | |
|-------------------------------------|--|
| | <p><i>content of the food</i></p> <ul style="list-style-type: none"> -just in case canned goods is enough -I'm not use to review food labels. -In order for me not to go outside. |
| <i>Plant-Based and Healthy food</i> | <ul style="list-style-type: none"> -We usually eat food rich in vitamins like fruits -I wanted to keep myself healthy that's why I usually cook vegetables than process foods -I buy healthy foods -I see to it that the healthy foods are in variety for my family members to consume. -, I do some research about food that can boost my health and protect from the virus, as much as possible we don't consume much proceed, can goods and junk foods. bought fresh veggies from the public market -Fruits and vegetables are a must. -I see to it that nutritious foods are served to boost the immune system of my family, for it is a way to fight against COVID 19 -Choosing healthy options is still a thing even in the pandemic since supply is not an issue. -Safety and health are primary concerns. <p>-I see to that we have a small garden to be sure vegies are fresh</p> |
| <i>Convenience Food</i> | <ul style="list-style-type: none"> -Actually, my children love and prefer instant food but I discourage them to practice. I always see to it that every time they volunteer cooking, I educate them how important the food they are preparing and the place where they are doing the actual cooking as well -The tendency to do stress eating can provide temptation to eat even the not so healthy food... comfort food -Actually, my children love and prefer instant food but I discourage them to practice. I always see to it that every time they volunteer cooking, I educate them how important the food they are preparing and the place where they are doing the actual cooking as well. |

The above comments elucidated the result of the table which was rated as indeed participants “agree” on the type of food purchase during the pandemic. This was also reinforced about an article on eating healthy where it was indicated that in supporting the health and wellbeing of a person, it is important to eat nourishing meals such as fruits and vegetables, lean protein, and whole grains. Those foods can help keep the body and mind healthy during stressful times, which a study of Oksana Fotina, et.al (2021) can confirm that there is an evident change in consumers’ diet during the COVID-19 pandemic that shows a

decrease in the consumption of meat and unhealthy foods (e.g. fast-food) and unhealthy snacks, sweets, cookies and cakes, but an increase in fresh, natural fruits and vegetables. This preference will likely lead them to purchase healthier food. But what challenges this is that, based from the comments of the participants, some members of the family like instant food better, the shelf life of fruits and vegetables, stress eating and limited options for fruits and vegetables online.

Table 1.5

**Mean Distribution on Food Behavior Experiences during the Pandemic
(Safety and Sanitation in Food Preparation)**

| Point Value | Range | Description | Interpretation | f | % |
|---|-------------|----------------------------|---|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 52 | 80 |
| 4 | 3.50 – 4.49 | Agree | High | 12 | 18.46 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 1 | 1.54 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean Description Interpretation SD | | | 4.52 Strongly Agree Very High 0.44 | | |

| <i>During the time of pandemic, I ...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|--------------------|-----------------------|
| 1. wash hands before, during and after food preparation | 4.80 | Strongly Agree | Very High |
| 2. use apron, hairnet and other protective equipment while preparing food | 3.62 | Agree | High |
| 3. wash thoroughly the raw materials before these are used | 4.74 | Strongly Agree | Very High |
| 4. handle food using suitable utensils | | | |
| 5. practice CLAYGO (clean as you go) | 4.71 | Strongly Agree | Very High |
| 6. wash and sanitize food equipment, utensils and food contact surfaces | 4.72 | Strongly Agree | Very High |

There were comments that reinforced the general rating on “strongly agree”. These statements were taken from the comments portion of the survey questionnaire which formed two themes namely: healthy practices and habits.

| <i>Themes:</i> | <i>Domain:</i> |
|--------------------------|---|
| <i>Healthy Practices</i> | <p><i>-It is important to practice cleanliness as possible, especially with the food that we prepare to avoid spreading of virus in our body.</i></p> <p><i>-We practice proper handling of food for us to become safe.</i></p> <p><i>-Even before the pandemic, I have been doing these as it appropriate and clean.</i></p> <p><i>-I do follow healthy ways</i></p> <p><i>-I really sanitized the kitchen utensils to protect my family from sickness.</i></p> <p><i>-while prepared a food, you must be cleaned.</i></p> <p><i>-Yes, it's always part of my routine to clean the area after use.</i></p> <p><i>-To prevent the spread of the virus.</i></p> <p><i>-Ensuring a hygienic handling of the food is my way of keeping myself safe from the virus as well.</i></p> <p><i>-This time is already confident that covid -19 is not as harmful and deadly or infectious as during the first time it was informed.</i></p> <p><i>-But of course, the basic hand washing and other health and hygiene practices are still continuously enforced.</i></p> <p><i>-I work before in restaurant as a cook, I graduated as HRM, I adopt, practice and observe most of the time this basic hygiene and sanitation practices in the kitchen.</i></p> <p><i>-It's a way of disinfecting foods and ensure that what we eat are clean</i></p> <p><i>-It's very important to sanitize every now and then most especially with the food that we eat and serve.</i></p> <p><i>-maintain cleanliness at all times</i></p> <p><i>-Making sure that the food we are about to cook is clean</i></p> <p><i>-Yes, this is really clearly instructions which we need to impose once children perform in the kitchen.</i></p> <p><i>-It's a very significant to follow rules and since it already protocols to sustain and attain the goals of being well and healthy.</i></p> |
| <i>Customary Habits</i> | <p><i>-I don't use hairnet but I tie my hair up.</i></p> <p><i>-We are not used to wearing protective equipment while preparing food</i></p> <p><i>-we always do that in the house when we are going to cook something in the kitchen it is our number -I thing to do after we finished everything</i></p> |

Table 1.6 presents the mean rating on food behavior experiences of participants during the pandemic on the eating habits showing an overall mean of 3.61 interpreted as “agree”. Among the indicators, it is the drinking of 8-10 glasses water which got the highest mean score of 4.32 followed by the consumption of eating healthier and balanced food with a mean rating of 4.17, implying that they agree on that particular food behavior experiences on the eating habits. However, there were 4 items out of 5 that the participants neither agree nor disagree, the highest mean is 3.31 on the eating of convenience and junk food.

Table 1.6
Mean Distribution on Food Behavior Experiences during the Pandemic
(Eating Habits)

| Point Value | Range | Description | Interpretation | f | % |
|---|-------------|----------------------------|-----------------------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 11 | 16.92 |
| 4 | 3.50 – 4.49 | Agree | High | 47 | 72.31 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 7 | 10.77 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean Description Interpretation SD | | | 3.61 Agree High 0.42 | | |

| <i>During the time of pandemic, I buy ...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|----------------------------|-----------------------|
| 1. consume healthier balanced food | 4.17 | Agree | High |
| 2. eat a lot of convenience and junk food* | 3.31 | Neither Agree nor Disagree | Moderate |
| 3. prefer to order nutritious food online | 3.15 | Neither Agree nor Disagree | Moderate |
| 4. take time to relax and enjoy my meals | 4.09 | Agree | High |
| 5. eat my meals on time, slowly and mindfully | 3.95 | Agree | High |
| 6. consume food that are high in fat, salt and sugar* | 2.86 | Neither Agree nor Disagree | Moderate |
| 7. drink tea or warm water after meals | 3.71 | Agree | High |
| 8. drink 8-10 glasses of water everyday | 4.32 | Agree | High |

9. take my meals in front of the t.v. and or computer* 2.94 Neither Agree nor Disagree Moderate

Among the indicators, it is the drinking of 8-10 glasses of water got the highest mean followed by the consumption of healthier balanced food.

There were comments made by the participants which strengthened the results of the study where four themes emerged considering the types of eating namely: fuel eating where eating of food that support one's body and needs, fun eating is an eating habit that eat foods that one love to eat that don't exactly give nutrients, fog eating is eating without awareness like munching chips or simply snacking and storm eating is a binge eating or eating out of control.

| <i>Themes:</i> | <i>Domain:</i> |
|--------------------|---|
| <i>Fuel Eating</i> | <ul style="list-style-type: none"> - I do take my meals regularly. -Specially that I have a med to maintain as much as possible I have to eat on time, I at the same time drink a lot of water. -To have a healthy body to avoid any kinds of diseases - Proper eating habits should be emphasized. - We drink a lot of water -I ate foods in the dining table -but most of the time we are eating together -we must eat nutrition foods and healthy foods -I try to give myself a time to eat especially when -I'm at home. I like to eat nutritious food -"Yes, I believed and experience this one, I drink more cook because of the summer vibe, init kaayo, then I enjoy eating desserts, no tea but water will do, healthy food sometimes can be expensive |
| <i>Fun Eating</i> | <ul style="list-style-type: none"> -The basics of healthy diet are not often followed. -The focus is often more on food that satisfies ones craving to taste what is new and delicious food that releases stress and anxieties. - there are times that I get to eat junk food. -I enjoyed the food i ate because I can work in flexible hrs. -While I have been spending more time in watching shows on the television, I make it sure that I eat right. -I don't follow the meal time and I don't order food online. - |
| <i>Fog Eating</i> | <ul style="list-style-type: none"> -I eat if there is available may it be with too much salt and so on. -And I like being in front of my laptop eating while watching movies and/or video clips. -sometimes I buy foods that is much lesser but nutritional value is being sacrifice, the food, basic commodities are expensive right now so no to expensive foods..." |

| | |
|---------------------|--|
| <i>Storm Eating</i> | <i>-Sometimes, due to the so many works to accomplish that I tend to eat while eating in order to meet the deadline. I know it's bad, it's just that I can't really stop myself in doing it sometimes.</i> |
|---------------------|--|

Although participants generally agree on positive and healthier food habits, some have expressed that they tend to satisfy their cravings by eating unhealthy food like junk food. Because, according to Blue (n.d.) people who comfort eat, will likely eat unhealthy foods. And some even eat while working to meet deadlines and while watching television. A study by Di Renzo., et.al.(2020) on the Eating habits changes during COVID-19 emergency, indicated that some have less or more appetite. People who declare an increased appetite are younger than those with unchanged or reduced one, it also shows that there is an increased appetite to midnight snacks.

Table 2

**Mean Distribution on the level of Participants Health and Well being
(Mental Health and Wellbeing)**

| Point Value | Range | Description | Interpretation | f | % |
|-----------------------|--------------|----------------------------|-----------------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 9 | 13.85 |
| 4 | 3.50 – 4.49 | Agree | High | 49 | 75.38 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 7 | 10.77 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0 |
| Total | | | | 65 | 100 |
| Overall Mean | | 3.55 | | | |
| Description | | Agree | | | |
| Interpretation | | High | | | |
| SD | | 0.46 | | | |

| <i>During the time of pandemic, I...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|----------------------------|-----------------------|
| 1. have little interest or pleasure in doing things* | 2.89 | Neither Agree nor Disagree | Moderate |
| 2. don't have trouble falling asleep or staying asleep | 3.72 | Agree | High |
| 3. Feel tired or have little energy* | 2.80 | Neither Agree nor Disagree | Moderate |
| 4. look for creative ways to alter difficult situations | 4.09 | Agree | High |

| | | | |
|--|------|----------------------------|----------|
| 5. feel confident about my ability to handle personal problems | 3.98 | Agree | High |
| 6. have trouble concentrating on things* | 3.00 | Neither Agree nor Disagree | Moderate |
| 7. feel that faith impacts many of my decisions | 4.15 | | |
| 8. feel afraid as if something awful might happen* | 2.58 | Neither Agree nor Disagree | Moderate |
| 9. easily adapt to day-to-day changes of my life | 4.05 | Agree | High |
| 10. See meaning and purpose in my life | 4.25 | Agree | High |

Table 2 shows the mean rating of the participant's level on mental health and wellbeing with an overall mean of 3.55 described as "agree" and interpreted as high level. Among the indicators, the highest mean is 4.25 followed 4.15 indicating that during the pandemic in terms of their mental health and wellbeing, the participants see meaning and purpose in life and that they feel that faith impacts many of their decisions. Indeed, for a school where its core values is anchored on faith, service and excellence, the results of the study implies that the participants have shown manifestation on the values. As what Jones (2020) stated, to improve the overall health and wellness of an individual, it is important to be aware that although eating nutritious foods, physical activity, adequate rest and taking care of our mental health makes us more resilient.

Comments regarding the mental health and wellbeing were given by the participants which validate the results of the table to which three themes emerged namely: mindfulness, mental resilience and mentally food. Mindfulness may mean that a person is being conscious and aware of the present moment, Mental Resilience is the ability and skill to be able to adapt to any situations and Mentally food, may refer to eating well that can have improved one's sense of wellbeing and mood.

| <i>Themes:</i> | <i>Domain:</i> |
|--------------------|--|
| <i>Mindfulness</i> | <p><i>-Faith helped me a lot in these trying times.</i></p> <p><i>-It's the faith and trust that holds me fast not to fear of what might happen to us</i></p> <p><i>--I offered my day-to-day activities to God my savior.</i></p> <p><i>-I have more time for myself... doing things I like ..</i></p> <p><i>-The pandemic hasn't in any way blurred my vision as to what's essential in life. So, I have never lost my sense of purpose and meaning.</i></p> <p><i>-This time pandemic i draw closer to God, I always take time to reflect many things including my personal problem.</i></p> <p><i>-I appreciate the continue support of spiritual activity in the school, which helps me a lot</i></p> |

| | |
|---------------------------------|--|
| | <p><i>to handle depression, anxiety and stress this time</i></p> <p><i>-If you would want to respect start to yourself first so give yourself to respect and everything will follow.</i></p> <p><i>-I do my best to stay and be focused. With the type of work I have; I need to keep myself okay to help out others.</i></p> <p><i>-Pandemic or during these trying times will also give us all a chance to reflect and do things what is best.</i></p> <p><i>-Indeed, prayers are the most important and giving myself a constant communication with God.</i></p> <p><i>- Doing creative things such as pot planting, gardening, learning music skills, etc, helped much in staying resilient and positive no matter what.</i></p> <p><i>-Love and give tender care to yourself. We only live once in this world. So, we need to take care ourselves specially our life is a precious gift from above.</i></p> |
| <p><i>Mental Resilience</i></p> | <p><i>-Inasmuch as I would like to validate my feelings that I am not okay and so on, I need to move forward and restore my sanity.</i></p> <p><i>-I seldom sleep for the least 8 times a day because of work and so many things to do and priority this time.</i></p> <p><i>-No time to rest, laban lang sa work!</i></p> <p><i>-There were times I feel anxious but my faith strengthens me.</i></p> <p><i>-I believe that this pandemic will end soon</i></p> <p><i>-I need to be highly resilient at this time</i></p> <p><i>-you must learn to rest</i></p> <p><i>-Everything happen today I put into consideration as new a challenge</i></p> <p><i>-I'm in the average of dealing all the troubles I've encounter; I am brave and I am capable of conquering negativities.</i></p> <p><i>-I have experienced all of the things I have check above because I am worried and pressured.</i></p> <p><i>-starting learning to cook.</i></p> <p><i>-I followed time schedule correctly</i></p> |
| <p><i>Mentally food</i></p> | <p><i>-Food, in the pandemic, has also become important in bonding with family.</i></p> <p><i>.</i></p> <p><i>-Children are in the house and they tend to eat more than the usual.</i></p> <p><i>.</i></p> <p><i>-Because I feel like I am hungry all the time even if I have nothing to do.</i></p> |

Table 2.2
Mean Distribution on the level of Participants Health and Well being
(Physical Health and Wellbeing)

| Point Value | Range | Description | Interpretation | f | % |
|---|-------------|----------------------------|--|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | | 1 | 1.54 |
| 4 | 3.50 – 4.49 | Agree | | 44 | 67.69 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | | 20 | 30.77 |
| 2 | 1.50 – 2.49 | Disagree | | 0 | 0.00 |
| 1 | 1.00 – 1.49 | Strongly Disagree | | 0 | 0.00 |
| Total | | | | 65 | 100 |
| Overall Mean Description Interpretation SD | | | 3.27 Neither Agree nor Disagree Moderate 0.37 | | |

| <i>During the time of pandemic, I...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> | |
|---|-------------|----------------------------|-----------------------|--|
| 1. gained weight more than the average | 3.62 | Agree | High | Based on Table 2.2 the participants generally rated their level on |
| 2. lose weight because of being more conscious of what I eat | 2.88 | Neither Agree nor Disagree | Moderate | |
| 3. maintain my weight because my eating habits are the same | 3.08 | Neither Agree nor Disagree | Moderate | |
| 4. Learn to do more physical activities to maintain body weight to normal | 3.45 | Neither Agree nor Disagree | Moderate | |
| 5. tend to hibernate, thus gained weight* | 3.09 | Neither Agree nor Disagree | Moderate | |
| 6. always keep myself physically healthy and active | 3.51 | Agree | High | |
| 7. have poor appetite or tend to overeat* | 3.25 | Neither Agree nor Disagree | Moderate | |

physical health and wellbeing with an overall mean of 3.27 which is interpreted as neither agree nor disagree. Among the 7 indicators, there are only 2 items to which the participants gave a rating of “agree” with a mean of 3.62 and 3.51 stating that there is an increased of weight more than the average and keeping oneself physically healthy and active. The lowest mean is 2.88 indicating that they have lose weight because they are conscious of what they eat.

Comments regarding the level of the participant's physical health and wellbeing which reinforced the results that were made by the participants created three themes from the responses which are healthy weight, body movement and stress eating.

| <i>Themes:</i> | <i>Domain:</i> |
|-----------------------|---|
| <i>Healthy weight</i> | <p><i>-My body weight is almost the same even before pandemic. I do eat a lot at times but still have the same weight</i></p> <p><i>-I lost weight but not because I was conscious with what I eat. It was more of somatic effect.</i></p> <p><i>-Sometimes I have poor appetite due to my morning sickness</i></p> |
| <i>Body movement</i> | <p><i>-Because of the so many things to accomplish online, I tend to dwell so long on my laptop. But, i tried to stretch and do some cooking to allow me to move, walk, and bend.</i></p> <p><i>-Still needs to continuously strive to stay healthy by starting to do exercises both for physical and mental health purposes and eventually making this as a good habit even after the pandemic time.</i></p> <p><i>-Sometimes I tend to get lazy and just stay indoors and forget to do physical exercise</i></p> <p><i>-Less physical activity</i></p> <p><i>-For a while I gained weight but I made it sure just recently to integrate physical exercise at least 30 minutes or more during the day</i></p> <p><i>-Just conscious of what I eat because I am not very active</i></p> |
| <i>Stress Eating</i> | <p><i>-I tend to eat more than do physical exercise, usually my exercise is I do a lot of jogging early in the morning but due to heighten restriction due to MECQ and ECQ status, so now I always sit down and do a lot of paper works and other things related to the work and wait for my meals to cook.</i></p> <p><i>-i gain weight</i></p> <p><i>-having a overweight must be think a stress</i></p> <p><i>-My eating habits changes during the pandemic because I spend most of my time at home.</i></p> <p><i>-I eat a lot during depressing and frustrating moments.</i></p> <p><i>-Usually, I eat more than the required meals due to being alone and sometimes consumed by present problems.</i></p> <p><i>-I tried hard to maintain my weight consistent, but circumstances and stressed constantly affects my being but i am in the process of having my normal weight back.</i></p> <p><i>-I gained weight because I feel like I am tired and I overthink a lot</i></p> <p><i>-i am diabetic but i forget to discipline myself like eating and tardy in doing things.</i></p> |

Husain and Ashkanani (2020) asserted that due to the increase in unstructured time and the psychological impact resulting from the enforced quarantine might induce changes in dietary habits and lifestyle. As much as the participants wanted to exercise or move around, restrictions and the quarantine status prevents them to do so. Being stuck at home and working at home has resulted to less active

lifestyle, thus the difficulty of maintaining weight. However, the comments from the participants reveal that factors like, metabolism and being health conscious contribute to current weight issues.

Table 2.3 represents the level of participants social health and wellbeing where the overall mean indicates “agree” or a mean of 4.11 which pointed that the participants generally agree and interpreted as high that during the pandemic, they love to spend time and developed closed relationship with family, they can turn to family and friends for support and can contribute to towards the benefits of day-to-day activities to family and self.

Based from the results of the study the social health and wellbeing of the participants implies that despite the pandemic, they are still able to continue their social relationships with family and friends. Indeed, a study on social connection and wellbeing during COVID 19 was conducted by Miyamoto, K. (2021) shows that the quality and quantity of people's social relationships have also been shown to protect the well-being during the pandemic. Furthermore, it stated that increase in the sense of connectedness from before to during the pandemic were associated with increases in life satisfaction, while increases in loneliness were associated with decreases in life satisfaction

Table 2.3

**Mean Distribution on the level of Participants Health and Well being
(Social Health and Wellbeing)**

| Point Value | Range | Description | Interpretation | f | % |
|-----------------------|-------------|----------------------------|----------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 35 | 53.85 |
| 4 | 3.50 – 4.49 | Agree | High | 29 | 44.62 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 1 | 1.54 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0.00 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0.00 |
| Total | | | | 65 | 100 |
| Overall Mean | | | 4.11 | | |
| Description | | | Agree | | |
| Interpretation | | | High | | |
| SD | | | 0.37 | | |

| <i>During the time of pandemic, I...</i> | <i>Mean</i> | <i>Description</i> | <i>Interpretation</i> |
|---|-------------|--------------------|-----------------------|
| 1. contribute towards the benefits of my family and self in my day-to-day | 4.31 | Agree | High |

activities

| | | | |
|---|------|----------------------------|----------|
| 2. love to spend time with my family. | 4.43 | Agree | High |
| 3. feel isolated from others* | 3.03 | Neither Agree nor Disagree | Moderate |
| 4. developed close relationships with family | 4.42 | Agree | High |
| 5. can turn to my family and friends for support either virtually or other means of communication | 4.35 | Agree | High |

Comments from the participants validated the results of the study where three themes emerged specifically, relationships, sense of belongingness and supportive network.

| Themes: | Domain: |
|------------------------|---|
| Relationships | <ul style="list-style-type: none"> - Strengthened family relationship. -i really don't like virtual we sometimes go out with friends and talk for a while. -The pandemic has provided a lot of avenues to bond with my family. -What I've learned in this time of pandemic is the importance of communication among family members. -we must spend our time to our family -It's a way that we are closer with each other -The advantage of this pandemic is we are able to connect more with our family and spend time with them. -As pandemic happened my connection with my love once have become closer than before. -Quarantine helps me to be a full-time mom without sacrificing my work. -i am with my immediate family -This pandemic allowed me to spend more quality time with my family. -This pandemic has allowed me to reconnect and deepen my relationship with my family as I have always been away because of work during pre-pandemic -I love spending time with my family especially as we stay at home. I talk to them often. Same thing with how I communicate with a few of my friends. -Love one another and join hands to dialogue with the Lord together with my children so you will be closer and near to God. |
| Sense of Belongingness | <ul style="list-style-type: none"> -Just be with the community -My social wellbeing is very much affected as I am living alone. Also, I don't like |

| | |
|----------------------------|---|
| | <i>people to know my struggles as they could still not help me. They may be able to hear me when I share but they are not attentively listening and I am afraid I will just be judged harshly. Also, I don't like my family to know my concerns and struggles as I do not like to burden them with my problems.</i> |
| <i>Supportive Networks</i> | <i>-Support system during pandemic time really played a big role in staying hopeful, positive, still engaged in community/organizational activities and be resilient. -I spend more time with my family and talk more about us, and usually my friends are always visiting me in my house when they feel bored.</i> |

With increased quality time at home, the pandemic has allowed families to be closer than before. But being in quarantine or being physically distanced from friends or co-workers is still a form of social isolation. Perceived social isolation can have a significant effect on health and well-being. According to Claire et. Al (2021) one can live with others and still experience perceived social isolation which can have a significant effect on health and well-being.

Table 2.4 shows the level of emotional health and wellbeing of participants with an overall mean of 3.69 which is interpreted as “agree” implying that the participants have a positive response on their emotional health and wellbeing.

Table 2.4

**Mean Distribution on the level of Participants Health and Well being
(Emotional Health and Wellbeing)**

| Point Value | Range | Description | Interpretation | f | % |
|-----------------------|--------------|----------------------------|-----------------------|-----------|------------|
| 5 | 4.50 – 5.0 | Strongly Agree | Very High | 14 | 21.54 |
| 4 | 3.50 – 4.49 | Agree | High | 44 | 67.69 |
| 3 | 2.50 – 3.49 | Neither Agree nor Disagree | Moderate | 7 | 10.77 |
| 2 | 1.50 – 2.49 | Disagree | Low | 0 | 0.00 |
| 1 | 1.00 – 1.49 | Strongly Disagree | Very Low | 0 | 0.00 |
| Total | | | | 65 | 100 |
| Overall Mean | | 3.69 | | | |
| Description | | Agree | | | |
| Interpretation | | High | | | |

| | SD | 0.50 | | |
|--|-------------|-------------|----------------------------|-----------------------|
| <i>During the time of pandemic, I...</i> | <i>Mean</i> | | <i>Description</i> | <i>Interpretation</i> |
| 1. grow in positive ways by dealing with challenges. | 4.38 | | Agree | High |
| 2. feel a sense of emotional security and well-being | 4.09 | | Agree | High |
| 3. can discuss my fears and concerns | 4.13 | | Agree | High |
| 4. Feel anxious most of the time* | 2.83 | | Neither Agree nor Disagree | Moderate |
| 5. Remain calm amidst uncertainties, trials or conflicts | 4.00 | | Agree | High |
| 6. manage my emotions to achieve my goals | 4.18 | | Agree | High |
| 7. have difficulty in controlling my anger* | 3.06 | | Neither Agree nor Disagree | Moderate |
| 8. get easily annoyed or irritated* | 2.80 | | Neither Agree nor Disagree | Moderate |

To validate the responses of the participants, comments were garnered and there were three themes emerged namely: sense of wellbeing, self-awareness and stress management.

| <i>Themes:</i> | <i>Responses:</i> |
|---------------------------|--|
| <i>Sense of wellbeing</i> | <p><i>-During the pandemic I tried to do things for my personal growth which is why right now It helps me a lot.</i></p> <p><i>-Calmness despite uncertainties through faith and the hope that things will surely be over soon.</i></p> <p><i>-Hearing online mass everyday help, me a lot.</i></p> <p><i>-I just surrender everything to God and I feel enlighten the whole day</i></p> |
| <i>Self-Awareness</i> | <p><i>-I would say that I am not emotionally stable. A lot of emotions overwhelm me and sometimes I tend to overthink and feel hurt by many things</i></p> <p><i>-I challenge myself everyday</i></p> <p><i>-Tries to strike a balance with emotions and everyday dealings.</i></p> <p><i>-The time spent with the family members have helped me emotionally.</i></p> <p><i>-In this time of crisis patience is very important, to be able to assess our issues fluently</i></p> |
| <i>Stress Management</i> | <p><i>-When bombarded with work online it irritates me but I often use time management to handle the situation and/or relax before doing anything to clear</i></p> |

| | |
|--|--|
| | <p><i>my thoughts.</i></p> <p><i>-The pandemic has not altered my personality permanently. While I could get irritated at times because of the ever-changing protocols, those times are rather short and sporadic.</i></p> <p><i>-I personally can control my temper.</i></p> <p><i>-I easily gets irritated.</i></p> <p><i>-With current problem in financial and the security of my work, I tend to think more about worst things might happen if the pandemic crisis will not end in the next few years, I easily irritated and get mad of things that really annoyed me, I don't like to be disturbed.</i></p> <p><i>-Just adjust to situation</i></p> <p><i>-I tend to get upset if my children are not taking their studies seriously, so to calm me, sometimes I check and move around to monitor them or really observing them from a far just to let them feel that I have my eyes on them LOL.</i></p> |
|--|--|

However, the indicators that were answered “neither agree nor disagree “or moderate were mentioned in some comments given by the participants, such as: “getting easily annoyed or irritated and having difficulty in controlling one’s temper came out in the comments stating that there were times that they get irritated and angry. There is acknowledgement that certain negative emotions are expressed but are only temporary because of emotional stability and different coping strategies.

Table 3
Pearson Correlation Coefficient Test to Show Effects of Quarantine cuisine
Food Behavior to Mental Health and Wellbeing

| Coefficients | | | | | | |
|--------------|-----------------|-----------------------------|------------|---------------------------|--------|-------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 1.351 | 0.689 | | 1.961 | 0.055 |
| | Cooking at home | -0.095 | 0.079 | -0.145 | -1.195 | 0.237 |
| | Budget for Food | 0.096 | 0.094 | 0.124 | 1.018 | 0.313 |
| | Food Storage | 0.020 | 0.118 | 0.022 | 0.173 | 0.863 |

| | | | | | |
|--|-------|-------|-------|-------|-------|
| Type of Food Purchase | 0.141 | 0.164 | 0.119 | 0.856 | 0.395 |
| Safety and Sanitation | 0.125 | 0.140 | 0.122 | 0.896 | 0.374 |
| Eating Habits | 0.300 | 0.145 | 0.278 | 2.072 | 0.043 |
| a. Dependent Variable: Mental Health Wellbeing | | | | | |

Table 3 shows the result of the Pearson correlation coefficient test on the effects of quarantine cuisine food behavior to the mental health and wellbeing namely: cooking at home, budget for food, food storage, type of food purchase, sanitation and safety and eating habits. Of the six independent variables, eating habits was the only variable that has a significant effect to the mental health and wellbeing. This is similar to the study by Laura Di Renzo (2020) stated that because of lockdown during the Covid 19, people tend to get bored and thus spend more time eating which could lead to weight gain. It further stated that in order to contrast and respond to the negative experience of self-isolation, people could be more prone to look for reward and gratification physiologically associated with food consumption.

Benett et. Al. (2021) explains that those who followed a healthier diet routine during lockdown exhibited healthy behaviors. It can be noted that respondents generally agree to be consuming healthier food most of the time and with proper hydration which explains a healthy status of their mental health by being resilient and positive. In this study, having good eating habits proved to be helpful in maintaining good mental health status.

Table 3.2

Pearson Correlation Coefficient Test to Show Effects of Quarantine cuisinefood Behavior to Physical Health and Wellbeing

| | | Coefficients | | | | |
|-------|-----------------|-----------------------------|------------|---------------------------|--------|-------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 1.842 | 0.576 | | 3.198 | 0.002 |
| | Cooking at home | -0.041 | 0.066 | -0.078 | -0.625 | 0.535 |
| | Budget for Food | 0.107 | 0.079 | 0.171 | 1.362 | 0.178 |
| | Food Storage | -0.052 | 0.098 | -0.071 | -0.532 | 0.596 |

| | | | | | |
|-----------------------|--------|-------|--------|--------|-------|
| Type of Food Purchase | -0.021 | 0.137 | -0.022 | -0.156 | 0.877 |
| Safety and Sanitation | 0.101 | 0.117 | 0.121 | 0.867 | 0.390 |
| Eating Habits | 0.281 | 0.121 | 0.319 | 2.317 | 0.024 |

Table 3.2 on the effects of food behavior to Physical health and wellbeing shows that among the variables of food behavior, it is eating habits which has a significant effect on the physical wellbeing. As stated in the previous result that during the COVID 19 lockdown people tend to get bored and thus eat more which can result to weight gain.

This result is similar to a study of Oksana Fotina, et al (2021) where it was suggested that evident changes in consumers' diet during the COVID-19 pandemic shows that there is a decrease in the consumption of meat and unhealthy foods (e.g. fast-food) and unhealthy snacks, sweets, cookies and cakes, but an increase in fresh, natural fruits and vegetables indicating that there was a move towards a healthier diet. With these results, it is therefore safe to assume that the food behavior of a person, specifically on eating habits will have an effect on the physical health and wellbeing.

The result of this table also reinforces the comments made by the participants with regards to physical health and wellbeing that indeed the pandemic brought about changes to their food behavior specifically on the eating habits such as eating more thus gaining weight, others say that they are more conscious on buying healthy food.

Respondents have expressed to have gained weight during this pandemic. Although they have been generally consuming healthier food, there is still weight gain. This is because respondents have not done much exercise. One reason is that work has kept them busy and another is that they are not committed to do any regular exercise. And of course, Covid-19 restrictions have prevented opportunities to exercise outdoors. Physical health cannot only be achieved by eating a healthy diet alone, exercise also plays a factor.

Table 3.3
Pearson Correlation Coefficient Test to Show Effects of Quarantine Cuisine
Food Behavior to Social Health and Wellbeing

| Model | | Coefficients | | | T | Sig. |
|-------|-----------------------|-----------------------------|------------|---------------------------|--------|-------|
| | | Unstandardized Coefficients | | Standardized Coefficients | | |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 2.150 | 0.749 | | 2.871 | 0.006 |
| | Cooking at home | 0.118 | 0.086 | 0.173 | 1.369 | 0.176 |
| | Budget for Food | 0.030 | 0.102 | 0.037 | 0.291 | 0.772 |
| | Food Storage | -0.086 | 0.128 | -0.091 | -0.672 | 0.504 |
| | Type of Food Purchase | 0.025 | 0.179 | 0.020 | 0.138 | 0.891 |
| | Safety and Sanitation | 0.136 | 0.152 | 0.127 | 0.897 | 0.373 |
| | Eating Habits | 0.288 | 0.157 | 0.256 | 1.831 | 0.072 |

Table 3.3 shows the result of the correlation coefficient test on the effects of food behavior to social health and wellbeing. The table shows that of all the food behavior variables namely: cooking at home, budget for food, food storage, type of food purchase, safety and sanitation and eating habits do not have an effect on the social health and wellbeing. The null hypothesis therefore is accepted that there is no significant effect on the food behavior to social health and wellbeing. Although, there was a study conducted by Cursino, M., et al (2020) on the social health and wellbeing that shows that there was a greater impact between social wellbeing and mental health wellbeing. However, another study conducted whereby the result of the study is not in consonance with the study of S. Li, et al (2021) which states that positive emotions has shown that consumers may eat more pleasantly and extend time duration of the meal, and therefore consume more food, when eating with familiar and friendly people. This would imply that food behavior has an effect on the social wellbeing.

Table 3.4 shows the result of the correlation coefficient test on the effects of food behavior to emotional health and wellbeing. Of the six independent variables on food behavior, it is Eating Habits that has an effect on the emotional health and wellbeing. A previous work by Arora and Grey (2020) has

revealed a variety of reasons for snacking including opportunity induced eating and coping with negative emotions and that it is said that foods activate the brains reward system and motivational paths thus will fortify snacking behavior leading to persistent food cravings as well as overeating, thus creating positive energy balance (Sinha, 2018). Snacking behavior are driven by emotions such as boredom and with an increased amount of food being purchased, paired with increased levels of perceived stress, the long-term consequence of weight gain and obesity may be inevitable. Indeed, from the result of this study it can be concluded that eating habits has an effect on the emotional health and wellbeing.

Table 3.4

Pearson Correlation Coefficient Test to Show Effects of Quarantine cuisine Food Behavior to Emotional Health and Wellbeing

| Coefficients | | | | | | |
|--------------|-----------------------|-----------------------------|------------|---------------------------|--------|-------|
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 1.791 | 0.756 | | 2.369 | 0.021 |
| | Cooking at home | -0.034 | 0.087 | -0.047 | -0.388 | 0.700 |
| | Budget for Food | 0.041 | 0.103 | 0.048 | 0.396 | 0.693 |
| | Food Storage | -0.012 | 0.129 | -0.012 | -0.092 | 0.927 |
| | Type of Food Purchase | 0.051 | 0.180 | 0.039 | 0.284 | 0.777 |
| | Safety and Sanitation | -0.059 | 0.153 | -0.052 | -0.383 | 0.703 |
| | Eating Habits | 0.555 | 0.159 | 0.468 | 3.494 | 0.001 |

Table 3.4 shows the result of the correlation coefficient test on the effects of food behavior to emotional health and wellbeing. Of the six independent variables on food behavior, it is Eating Habits that has an effect on the emotional health and wellbeing. A previous work by Arora and Grey (2020) has revealed a variety of reasons for snacking including opportunity induced eating and coping with negative emotions and that it is said that foods activate the brains reward system and motivational paths thus will fortify snacking behavior leading to persistent food cravings as well as overeating, thus creating positive energy balance (Sinha, 2018). Snacking behavior are driven by emotions such as

boredom and with an increased amount of food being purchased, paired with increased levels of perceived stress, the long-term consequence of weight gain and obesity may be inevitable. Indeed, from the result of this study it can be concluded that eating habits has an effect on the emotional health and wellbeing.

The result of the study is also validated by the responses made by the participants that eating habits has an effect on the emotional health and wellbeing, statements such as: eating more than their usual if they are bored or stressed and eating a healthy and balance food.

The pandemic was a challenging time for the respondents but agreed that emotional health is under control by using different coping strategies, expressing their concerns and managing to remain calm amidst uncertainties. These along with a healthy diet will contribute to positive emotions. However, respondents also shared that sometimes, in order release stress and anxieties there is a tendency to crave unhealthy food that is delicious like junk food and desserts. Also, statements such as eating more than their usual if they are bored or stressed. This validated the result of the study that eating habits has an effect on the emotional health and wellbeing. It can be concluded that the Theory of Adaptation by Piaget can be confirmed based from the results of the study where the participants have the ability to adjust to new information and experiences.

RECOMMENDATIONS

Personnel need to plan a proper and nutritious meals and that hydration is vital thus drinking a lot of water is important and to eat a well-balanced meal to be healthier with stronger immune systems. Personnel should also be conscious of what to purchase and how much to buy in the market considering the nutritive value of the food and buying at the right price.

Personnel do physical activity as not to gain weight and relaxation techniques that can be valuable tools to help remain calm and continue to protect the health during this time of pandemic.

Consider quarantine cuisine as a chance to be more creative in cooking at home during pandemic.

Personnel should create a clear distinction between work and non-work time by finding something to do that is not work and not virus-related that brings joy and will help to maintain clarity of thought.

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