

Healthy Lifestyle, Coping, and Adaptation of Public Health Nurses Amidst COVID-19 Pandemic in Selected Municipalities of Isabela Basis for Wellness Intervention Program

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Abstract

Considering the struggles with this kind of situation, the COVID-19 pandemic restored the appreciation for healthy lifestyle behaviors as well as the coping and adaptation techniques of Public Health Nurses (PHNs). The study contributes to assessing the PHNs' coping, adaptation, and healthy lifestyle practices; the significant relationship between their healthy lifestyle practices and coping and adaptation styles based on their profile; and the possible need to intervene based on the results of the study through a wellness intervention program. The descriptive-correlational study was conducted using a survey method in the adopted municipalities from the southern part of Isabela, namely Echague and Alicia. The study's findings suggest that PHNs' healthy lifestyle behaviors and coping and adaptation techniques were effective throughout the onset of COVID-19. Furthermore, the findings revealed that older respondents (36-50 years old) are more likely to follow healthy lifestyle practices in the domain of nutrition ($M = 4.15$), whereas married respondents ($M = 3.66$) are more likely to engage in physical activity on a regular basis than their younger counterparts. In comparison to contractual employees, permanent employees with an average of ($M = 4.19$) are more conscious of their role function as part of their coping and adapting to the COVID-19 pandemic. Finally, the association between respondents' healthy lifestyle, coping, and adaptation approaches demonstrate a substantial positive relationship, particularly in terms of nutrition and physiologic adaptation with an r -value of 0.745 at a 0.001 p -value, physical activity and physiologic mode with an r -value of 0.669 at a 0.001 p -value, and physiologic mode and stress management with an r -value of 0.655 at a 0.001 p -value. Moreover, the domains of stress management and self-concept mode also show a strong positive relationship with an r -value of 0.698 at a 0.001 p -value.

Keywords: Adaptation; Coping; Healthy Lifestyle Practices; Public Health Nurses

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1. Introduction

Filipinos were known for having the characteristic of being flexible, upholding hospitality, optimism, and empathy. These were some of the characteristics they had used to surpass challenges of the past. Whether these resilient characteristics persisted even during a global pandemic was an inquiry that this research aimed to assess and unravel. Public Health Nurses (PHNs) play major roles in taking care of the community's health. They educated, provided resources, and promoted wellness to people. Nurses were known to provide healthcare services where sacrifice is needed to save lives. Having the courage to pursue this kind of profession was a battle where one should have an effective weapon to attain optimum health, even

with the presence of various unexpected circumstances in the healthcare system.

With the emergence of Coronavirus Disease 2019 (COVID-19), which was declared to be a global pandemic by the World Health Organization (WHO) on March 11, 2020, the health of individuals became a more significant issue, especially for health workers. The country's health system as well as health workers, especially the PHNs, have been anxious and forced by the circumstances to their limits in terms of capacity and resources to provide due care to those in need (Cucinotta, 2020).

According to the (WHO, 2021), COVID-19 is an infectious disease caused by the SARS-CoV-2 virus. The majority of those infected with the virus have mild to moderate respiratory symptoms and can

recover even without the need for medical attention. Some, on the other hand, especially those who have a weakened immune system or comorbidities, may become critically ill, which may require medical assistance as it can turn into a severe one.

The prolonged battle against this invisible enemy greatly affected all aspects of life. The coronavirus COVID-19 pandemic has a psychological as well as social impact on healthcare workers all over the world, and appropriate coping strategies are required to avoid negative mental health consequences (Htay et al., 2021).

According to the report, during the first phase of COVID-19, Echague was the first municipality to acquire the first case in the region. Additionally, in the most recent data released by the Municipal Health Office of Echague, it ranked 7th among the 34 municipalities, 2 component cities, and one independent component city in the province to have the greatest number of individuals who got infected by the virus. The town has a total accumulated case count of 2,703.

This suggests that both municipalities greatly provided intervention for the community's safety. In addition, people assessed how these municipalities provided a reliable and valid update on the number of cases, pandemic restrictions, and other vital information about the emergence of COVID-19 through their social media accounts. The researchers chose these locales to assess how the PHNs in these municipalities worked during the emergence of COVID-19, considering the size of the population, describing their healthy lifestyle practices, and emphasizing the coping and adaptation styles they practice.

Recently, in these Municipal Health Offices (MHOs), the majority of the PHNs tested positive for the virus. Consequently, people can assess how much these healthcare workers experienced stress and anxiety while waiting for their swab results. Aside from themselves, they also think of their family's health and the community they serve in case they test positive. PHNs had to adjust to the situation by doing their work at home and suspending their responsibilities in the community. However, staying at home and having more time to spend with their loved ones seemed like a relief despite their anxiety.

The importance of nurses among all other professionals in the healthcare sector cannot be overstated. It has been noted that nurses tend to patients' needs for a longer period of time than doctors do. Additionally, it has been noted that among medical workers, nurses are the most stressed. Additionally, it is well established that nurses' work stress negatively affects their ability to care for patients. In order to maintain a healthy nursing workforce and provide patients with high-quality treatment, it is crucial to recognize

occupational stresses affecting nurses (Kaushik et al., 2021).

Roy's adaptation theory views the individual as a collection of interconnected systems that maintain a balance between numerous inputs. According to Roy, adaptation is the process and result of individuals and organizations developing human and environmental integration via conscious awareness, self-reflection, and choice (Gonzalo, 2021).

Adapting to the changes brought about by the COVID-19 pandemic became more challenging for individuals, especially nurses. People's healthy lifestyle practices are affected by the situation, that coping and adaptation styles became even more significant.

However, this study was different from related literature because researchers correlated the idea of healthy lifestyle practices and coping styles as the variables being affected by the emergence of COVID-19, which means it revolved around the concept that is timely and relevant. There were two identified gaps in this study; the first is the respondents of the study were the PHNs were at a higher risk of being infected by the virus. Secondly is the geographical gap, for the study was conducted here in the Philippines, that was not yet been done in other previous studies.

Therefore, this paper contributes to assessing the healthy lifestyle practices of PHNs in the MHOs of Echague and Alicia, focusing on the coping and adaptation styles applied to effectively handle and uphold resiliency in their profession during the pandemic. The result of this study serves as a basis for recommending a wellness intervention program for PHNs.

2. Method

In this study, a descriptive-correlational design was used for the researchers to assess and describe the healthy lifestyle practices of PHNs based on their demographic profiles. Through the use of correlational design, it has been unraveled that there are no significant relationships on and between variables since the researchers anticipated rejecting the relationships in between. PHNs from the MHOs of Alicia and Echague were encouraged to participate and take part in this study according to their free will. Regardless of their total population, which is 25 in Echague and 20 in Alicia, PHNs were free to accept or refuse to participate. The criteria for choosing respondents in this study would be PHNs who had been actively working in the community during the pandemic, had at least six months in the service, and with ages ranging from 25-65 years old, can be permanent or contractual. The survey method through the use of adopted structured questionnaires was utilized. The questionnaire from the research entitled Development and Psychometric Testing of the Adolescent Healthy Lifestyle Questionnaire

(Taymoori et al., 2022) was used for the variable healthy lifestyle practices in the study that contains 36 items, while for the coping and adaptation styles variable, the researchers adopted the Development and Psychometric Analysis of the Roy Adaptation Modes Scale (RAMS) to Measure Coping and Adaptation (Russo, 2019) that contains 40 items. The questionnaire has been modified, so the content needs to be validated. The researchers conducted a pilot testing in the MHO of Angadanan, Isabela, with a total sample and population of six (6) PHN shown in Table 1, Table 2, & Table 3).

Table 1. Summary of test reliability, Cronbach's alpha, and Internal consistency

Cronbach's Alpha	Internal Consistency
$0.9 \leq \alpha$	Excellent
$0.8 \leq \alpha < 0.9$	Good
$0.7 \leq \alpha < 0.8$	Acceptable
$0.6 \leq \alpha < 0.7$	Questionable
$0.5 \leq \alpha < 0.6$	Poor
$\alpha < 0.5$	Unacceptable

Table 2. Reliability testing results for Healthy lifestyle practices

Sub-scale	Cronbach's Alpha	Internal Consistency
Life Appreciation	0.424	Unacceptable
Health Responsibility	0.929	Excellent
Nutrition Social Support	0.866	Good
Physical Activity	0.933	Excellent
Stress Management	0.928	Excellent
	0.699	Questionable

Table 3. Reliability testing result for Roy Adaptation Modes Scale (RAMS)

Sub-scale	Cronbach's Alpha	Internal Consistency
Physiologic Mode	0.391	Unacceptable
Self-Concept Mode	0.494	Unacceptable
Role Function Mode	0.731	Acceptable
Interdependence Mode	0.758	Acceptable

The researchers, prior to conducting the survey, first sought advice from their research adviser and instructors. Afterward, they secured permission from the Research Coordinator and College Dean to conduct the study outside school premises following

pandemic guidelines. Communication letters were also sent to the Head of the said MHOs to ask permission the conduction the study in their respective MHOs. Upon their approval, printed copies of adopted and modified survey questionnaires were brought to their office. Based on the criteria presented in the selection of participants, qualified PHNs were encouraged to answer.

The data gathered through the questionnaire was consolidated, tabulated, and computed to facilitate the analysis and interpretation of data. The following statistical tools were used; Frequency and percentage, Mean, Chi-square, Independent Sample t-test, Analysis of Variance ANOVA, Pearson correlation coefficient, and IBM Statistical Package for Social Sciences (SPSS). Participants of the study remain confidential, following the ethical considerations stated in this paper.

3. Results and Discussion

On respondents' healthy lifestyle practices in measures of Life appreciation in Table 4, it can be deduced that the respondents usually try to make amends for their errors and mistakes and make an effort to feel challenged, with a mean score of 4.09 and 4.20. In most items, the respondents indicated that they always practice trying to understand what is essential to them, recognize and accept their strengths and weaknesses, get excited about the future, try to be nice to themselves, and make an effort to feel happy and satisfied with mean scores ranging from 4.50 to 5.00.

Table 4. Respondent's Healthy lifestyle practices according to Life Appreciation

Items	Mean	Verbal Interpretation
I try to make amends for my errors/mistakes	4.09	Usually
I make an effort to understand what is essential to me	4.58	Always
I recognize and accept my strength and weaknesses	4.58	Always
I am excited about the future	4.58	Always
Every day, I make an effort to feel challenged	4.21	Usually
I try to be nice to myself	4.61	Always
I make an effort to feel happy and satisfied	4.61	Always
Overall Weighted Mean	4.46	Usually

This implies that the respondents are always aware of and appreciate their life due to the occurrence of the COVID-19 pandemic. As the presence of the virus, it indicates that the life of health workers is put at risk and affects their mental stability as they feel worried about the current situation and come up with effective coping practice, which is to appreciate their life. This result supports the study of (Ali S. K. et al. 2021), in which during the COVID-19 outbreak in Kenya, nurses' mental health suffered. Nurses who worked directly with COVID-19 patients found a greater prevalence of psychiatric symptoms related to previous research worldwide.

On respondent's experience in measures of Health responsibility in Table 5, among the eight questions, 2 of which indicate that the respondents always seek health advice from appropriate health care personnel when needed and observe oral hygiene by regularly brushing their teeth and flossing after taking their meals with a means score ranging from 4.50 - 5.00. In contrast, 6 of the questions are usually practiced by the respondents to examine themselves for any unusual physical changes, discuss their health concerns with health professionals, attend health educational programs, make an effort to read health-related material, ask for further clarifications on health-related topics to a designated medical practitioner and examine their physique at least once a month which means ranges from 3.50 to 4.49.

The result implies that the PHNs in Echague and Alicia are always practicing their own health responsibility. As COVID-19 continues to occur, PHNs' health is at risk as they are every day exposed to the invisible enemy and exhausted due to the increase in patients to be taken care of. Respondents tend to always ask or seek further information regarding their own health for awareness and learn if they are in need of medical assistance to be able to serve patients. Many nurses do not see preventive measures as a successful coping technique, with just 75% reporting problem-solving tactics including hand washing and wearing a face mask, and only 60% avoid public transit and crowded areas (Sadang, J. M. 2020). Findings also indicate a lack of organizational support, including psychiatric help, with no nurses reportedly seeking psychological counseling.

In measures of Nutrition in Table 6, it can be deduced that in most questions, the respondents usually consumed a balanced and nutritious meal every day, ate three regular meals each day, limited food high in fat, ate fruits daily, and make an effort to avoid eating foods with a high amount of preservatives with mean scores ranging between 3.50 to 4.49. At the same time, the respondents indicated that they sometimes, in question number 4, limit food high in sugar, with a mean score of 3.48.

Table 5. Respondent's Healthy lifestyle practices according to Health Responsibility.

Items	Mean	Verbal Interpretation
I examine myself for any unusual physical changes.	4.18	Usually
I discuss my health concerns with health professionals.	4.06	Usually
I attend health educational programs.	3.73	Usually
I make an effort to read health-related material.	3.97	Usually
I seek health advice from appropriate healthcare personnel when needed.	4.52	Always
I ask for further clarifications on health-related topics from designated medical practitioners.	4.36	Usually
I observe good oral hygiene by regularly brushing my teeth and flossing after meals.	4.70	Always
I examine my physique at least once a month.	3.79	Usually
Overall Weighted Mean	4.16	Usually

Table 6. Respondent's Healthy lifestyle practices according to Nutrition

Items	Mean	Verbal Interpretation
I consume a balanced and nutritious meal every day	3.64	Usually
I limit food high in sugar	3.48	Sometimes
I eat three regular meals each day	4.24	Usually
I limit food high in fat	3.67	Usually
I eat fruit daily	3.73	Usually
I make an effort to avoid eating foods with a high amount of preservatives.	3.70	Usually
Overall Weighted Mean	3.74	Usually

This implies that nurses are aware of the significance of their nutrition as they do always practice eating regular meals a day and usually consider their diet despite their working conditions.

The American Heart Association advises a minimum of 150 minutes of moderate (or 75 minutes of intense) physical activity per week, as well as a varied diet rich in fruits, vegetables, and whole grains and low in trans fats and sugar. However, research indicates that nurses may not always adhere to these recommendations. Only 50% of hospital-based RNs who responded to Tucker 15 survey of 3,132 of them fulfilled the CDC's recommendations for physical exercise, and 62 percent reported eating fast food at least twice a week. A cross-sectional study of 325 British nurses found that more than half (53.9%) consumed meals high in fat and sugar on a daily basis while more than half (45.98%) met government recommendations for physical exercise.

In measures of Social Support in Table 7, it can be deduced that the respondents usually express their worries to those who care about themselves, enjoy keeping in touch with their relatives, appropriately share their thoughts and feelings on matters at hand, and discuss their problems with those who are close to them in most questions with mean scores ranging between 3.50 to 4.49. On the other hand, the respondents indicated that they always make an effort to maintain good friendships, with a mean score of 4.58.

Table 7. Respondent's Healthy lifestyle practices according to Social Support

Items	Mean	Verbal Interpretation
I express my worries to those who care about me	4.15	Usually
I enjoy keeping in touch with my relatives	4.27	Usually
I appropriately share my thoughts and feelings on matters at hand	4.12	Usually
I make an effort to maintain good friendships	4.58	Always
I discuss my problems with those who are close to me	4.21	Usually
Overall Weighted Mean	4.26	Usually

This implies that the respondents can cope with the current situation as they had people around them who supported them and made them feel that they were not alone in this situation. The importance of increasing social support and promoting job management in minimizing work stress and its consequences was emphasized. The mental health pressure experienced by many healthcare personnel, especially nurses, caring for COVID-19 patients is exacerbated by limited healthcare resources and a

growing workload within a weak healthcare system the study (Ali, H. 2021).

In measures of Physical activity in Table 8, it can be deduced that the respondents usually enjoy doing their hobbies in their spare time, with a mean score of 3.88. In most items, the respondents indicated that they sometimes practice to do stretching exercises daily, work out as part of their routine, work out for 30 minutes three times a week, perform 30 minutes of light/moderate exercise three times a week, and engage in sports and recreational activeness programs at their workplace with a mean score ranging between 2.50 – 3.49.

Table 8. Respondent's Healthy lifestyle practices according to Physical Activity

Items	Mean	Verbal Interpretation
I do stretching exercises daily	3.36	Sometimes
I work out as part of my routine	3.06	Sometimes
I work out for 30 minutes three times a week	3.00	Sometimes
I perform 30 minutes of light/moderate exercise three times a week	3.15	Sometimes
I enjoy doing my hobbies in my spare time	3.88	Usually
I engage in sports and recreational activities programs at the workplace	3.18	Sometimes
Overall Weighted Mean	3.27	Sometimes

This implies that the respondent's practice in physical activity is not their priority. This result supports the previous study of (Vogel et al., 2021), wherein inactive participants were able to sleep more and ate more while active participants utilized active stress management strategies, which lower stress when associated with physical activity. This suggests that occupational factors, such as job title, work status, work hours, shift work, and job demand, may affect physical activity or BMI.

In measures of Stress management in Table 9, it can be deduced that the respondents usually practice all the healthy lifestyle practices of the said domain, which make an effort to identify the source of their stress, have time to relax, practice manage stress by employing effective positive coping mechanism, and get regular sleep with a mean score ranging from 3.50 to 4.49.

The result implies that the respondents had healthy practices in managing their stress. The study done by (Cui et al., 2021) presents interventions that

increase nurses' sense of safety, decrease the number of night shifts, and give nurses adequate rest time will serve as effective stress management strategies.

Table 9. Respondent's Healthy lifestyle practices according to Stress Management

Items	Mean	Verbal Interpretation
I make an effort to identify the source of stress	4.12	Usually
I make time to relax	4.42	Usually
To manage stress, I employ effective positive coping mechanisms	4.21	Usually
I get regular sleep	3.91	Usually
Overall Weighted Mean	4.17	Usually

Table 10. Summary table of the Healthy lifestyle practices

Indication	Overall Mean	Verbal Interpretation
Life Appreciation	4.46	Usually
Health Responsibility	4.16	Usually
Nutrition	3.74	Usually
Social Support	4.26	Usually
Physical Activity	3.27	Sometimes
Stress Management	4.17	Usually
Grand Mean	4.01	Usually

In the summary of healthy lifestyle practices in [Table 10](#), it can be deduced that most of the respondents Usually practice the following domains: life appreciation with an overall weighted mean (OWM) of 4.46, health responsibility with an OWM of 4.16, nutrition with an OWM of 3.74, social support with OWM an of 4.46 and stress management with an OWM of 4.17. Moreover, the result also indicates that the respondents sometimes practice the domain of physical activity with an OWM of 3.27.

This implies that they still practice healthy lifestyles and appreciate life despite the presence of circumstances. On the other hand, they tend to practice less physical activity as their workloads take up most of their time.

The aspects of healthy lifestyle practices and well-being that nurses struggled with prior to the pandemic were exacerbated during the pandemic. More than half of the nurses said the pandemic had negatively affected their physical and mental health. Depressive symptoms, anxiety, stress, and burnout were reported by a sizable proportion of the sample. Furthermore, the majority of people did not follow evidence-based recommendations for healthy lifestyle behaviors that can help prevent chronic

disease, such as physical activity, healthy eating, and getting enough sleep ([Melnyk, B., Hsieh, A., Tan, A., Teall, A., Weberg, D., Jun, J., Gawlik, K., & Hoying, J., 2021](#)).

Table 11. Respondent's Coping and adaptation styles based on Physiologic Mode

Items: When I am confronted with changes in my physical health, I...	Mean	Verbal Interpretation
Observe my breathing pattern, noting if it is abnormally fast or slow	4.00	Agree
Note for any paleness within my conjunctiva, lips, and palm	3.94	Agree
Remain calm	4.18	Agree
Drink enough fluids per day	4.45	Agree
Consume nutritious and well-balanced food	4.09	Agree
Sleep a sufficient number of hours at night	3.91	Agree
Take a resting period during the day	4.00	Agree
Examine me for dizziness during and after routine activities	3.88	Agree
When I am in pain or feeling any discomfort, I utilize the distraction technique	3.88	Agree
Check for any changes in my hearing, vision, and ability to feel or touch	4.06	Agree
Overall Weighted Mean	4.04	Agree

On respondents' coping and adaptation practices in measures of Physiologic mode in [Table 11](#), it can be deduced that the respondents agreed in all the statements to observe breathing pattern, noting if it is abnormally fast or slow, note for any paleness within their conjunctiva, lips, and palm, remain calm, drink enough fluids per day, consume nutritious and well-balanced food, sleep a sufficient number of hours at night, Take a resting period during the day, examined themselves for dizziness during and after routine activities, utilizes distraction technique when they are in pain or discomfort, and check for any changes in their hearing, vision, and ability to feel or touch with a mean score ranging between 3.50–4.49. This implies that the respondents have a positive attitude towards a measure of psychological mode.

This is similar to the previous study of (Levine et al., 2021) Happiness, optimism, gratitude, sense of purpose, life satisfaction, eudaimonic (virtuous) well-being, and mindfulness are examples of positive psychological traits that are indicative of good psychological health.

In measures of Self-concept mode in Table 12, the respondents indicated that they strongly agreed with the statement to try to maintain proper grooming and hygiene, while in most statements, respondents indicate that they agree to think about getting better, recognize the importance of looking presentable, take care of themselves, rely on their spiritual strength, recognize the importance of looking healthy, and manage stress through their spirituality with a mean score ranges from 3.50 – 4.49. More the respondents neither agreed nor disagreed with the statement to don't look in the mirror, with a mean score of 3.21. This implies that in terms of self-concept mode, most of them have positive responses towards it.

Table 12. Respondent’s Coping and adaptation styles based on Self-Concept Mode

Items: When I do not feel well, I...	Mean	Verbal Interpretation
Don't look in the mirror	3.21	Neither Agree nor Disagree
Think about getting better	4.30	Agree
Recognize the importance of looking presentable	4.30	Agree
Take care of yourself.	4.48	Agree
Try to maintain proper grooming and hygiene.	4.58	Strongly Agree
I am capable of making Rely on my spiritual strength	4.42	Agree
Recognize the importance of looking healthy	4.27	Agree
Remain positive	4.45	Agree
Look for personal reasons on how to be fit and healthy.	4.18	Agree
Manage stress through my spirituality	4.27	Agree
Overall Weighted Mean	4.25	Agree

This contradicts the study of (Allobaney et al., 2022) saying that the professional self-concept of nurses who are exposed to patients with COVID-19 is lower than the other nurses who are not exposed. Meaning, in dealing with a COVID-19 patient nurses most of them had negative response towards it.

In measures of Role function mode in Table 13, it can be observed that the respondents' Neither Agree nor Disagree that they can't perform or behave as expected when working in groups, think that their manual skills does not meet the expectations of their job, boss, and/or coworkers demands, and that they no longer possessed the ability to coped with the demands of their work with mean scores ranging between 2.50 – 3.49.

Table 13. Respondent’s Coping and adaptation styles based on Role Function Mode

Items: Since I am working hand in hand with people amidst this Covid-19 Pandemic, I...	Mean	Verbal Interpretation
Am aware that I have to enhance and empower my role as a mother/father, wife/husband, and daughter/son	4.39	Agree
I am aware that I have to embrace resilience as a student or as an employee	4.36	Agree
I am capable of taking care of myself	4.48	Agree
Face transitions positively	4.36	Agree
Do not fear change	4.24	Agree
I am capable of making changes in my normal daily routines	4.12	Agree
Can't perform or behave as expected when working in groups	3.03	Neither Agree nor Disagree
I am capable of helping other people	4.36	Agree
Think my manual skills do not meet the expectations of my job/boss/coworkers demands	2.76	Neither Agree nor Disagree
I no longer possess the ability to cope with the demands of my work	2.73	Neither Agree nor Disagree
Overall Weighted Mean	3.88	Agree

In most items, the respondents Agreed that they were aware that they had to enhance and empower their role as a mother/father, wife/husband, daughter/son, aware that they had to embrace resilience as a student or as an employee, capable of taking care of themselves, face transitions positively, as they do not fear change, capable of making changes in their normal daily routine, as well as capable of helping other people, depicted in mean scores ranging between 350 – 4.49.

This implies that despite the pandemic, PHNs are aware of their responsibilities to their families, coworkers, and themselves. They are still capable of handling any issue that arises at work.

This supports the study of (Cook et al., 2021), which states that nurses who are on the frontline can overcome being away from their own families and act as a substitute family to their patient in Whnau.

Examining the challenges that nurses encounter when providing care for patients with COVID-19 will assist in boosting hospital and nurse resilience in the face of the crisis and improve planning and crisis recovery. Additionally, having a thorough awareness of these challenges benefited nurses by educating leaders and decision-makers on them and offering advice and consequences (Ali Samaha et al. 2020).

Table 14. Respondent's Coping and adaptation styles based on Interdependence Mode

Items: In my current life situation, I...	Mean	Verbal Interpretation
Know that my family loves me, even if my life is at risk of getting infected with the virus.	4.64	Strongly Agree
Have a support system to help me.	4.58	Strongly Agree
Have developed relationships with people that can help me.	4.64	Strongly Agree
Feel secure and safe	4.58	Strongly Agree
Feel that my colleagues understand and support me.	4.45	Agree
Feel that my friends are supportive, especially during challenging times.	4.55	Strongly Agree
I feel I can count on God.	4.73	Strongly Agree
Recognize the security provided by family.	4.73	Strongly Agree
Recognize the security provided by work.	4.30	Agree
Feel that in my relationship, I am not the same person after all.	3.67	Agree
Overall Weighted Mean	4.49	Agree

In measures of Interdependence mode in Table 14, the current life situation of the respondents Agreed that they feel that their colleagues understand and support them, recognize the security provided by their work, and feel that in their relationship, they are not the same person at all with a mean score ranges from 3.50 -4.49. Subsequently,

respondents strongly agreed with most questions which means they tend to be dependent in terms of knowing that their family loves them, even if their life is at risk of getting infected with the virus as well as having a support system that supports them, had developed relationships with people that can help them, feel secure and safe, feel that their friends are supportive especially during challenging times, feeling that they can count on God, and recognize the security provided by their family with a mean score ranging from 4.50 – 5.00.

The result implies that having others develop good relationships that may provide the feeling of security was a good help in coping with the current situation. There is a decrease in and depression in the general population if social support is present during a pandemic. Family members and colleagues of Health Care Workers before the pandemic had a positive impact on their mental health, which support the result of interdependence mode under coping and adaptation styles.

In the summary of coping and adaptation style Table 15, it can be deduced that all of the respondents Agree on the following modes: physiologic with an overall weighted mean (OWM) of 4.04, self-concept with an OWM of 4.25, role function with an OWM of 3.88 and interdependence with an OWM of 4.49. The result of the study implies that they are aware and able to cope and adapt to the situations brought by the pandemic.

Table 15: Summary table of Coping and adaptation styles

Indication	Overall Mean	Verbal Interpretation
1. Physiologic Mode	4.04	Agree
2. Self-concept Mode	4.25	Agree
3. Role Function Mode	3.88	Agree
4. Interdependence Mode	4.49	Agree
Grand Mean	4.17	Agree

By utilizing the four modes of adaptation—interdependence, role function, self-concept/group identity, and physiological needs—resilience initiatives can help nurses respond properly to stressful or potentially stressful situation. With the aid of expert nurses, nursing staff can manage their particular stressors and develop coping mechanisms by working with leadership and management, counselors, and chaplains (Rizvi, 2022).

4. Conclusion and Suggestions

Based on the result of the study, null hypothesis “There is no significant difference between the

healthy lifestyle practices of the PHNs during the pandemic and their profile” was rejected. However, in terms of Sex, Educational Attainment and Years of Experience, and Healthy Lifestyle Practices null hypothesis is accepted. Additionally, null hypothesis “There is no significant difference between the coping and adaptation styles of the PHNs during the pandemic and their profile” are rejected. However, in terms of Age, Sex, Civil Status, Educational Attainment, Years of Experience and coping and adaptation styles the null hypothesis is accepted. Concludingly the null hypothesis “There is no significant relationship between the healthy lifestyle practices, coping and adaptation styles of the PHNs during the pandemic” is also rejected since the finding indicate that there is positive correlation between major variables.

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