

# WELLNESS KNOWLEDGE AND HEALTH BEHAVIOR ON THE PHYSICAL ACTIVITY AMONG FACULTY MEMBER OF CAVITE STATE UNIVERSITY DON SEVERINO DELAS ALAS CAMPUS

Kernell Warren M. Rodil<sup>a</sup>

<sup>a</sup> amoresericajane@gmail.com

<sup>a</sup>Laguna State Polytechnic University, Santa Cruz, Laguna, 4009 PHILIPPINES

## Abstract

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters because everything relates to the person's well-being. In turn, well-being directly affects one's actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions. (Kirkpatrick, 2017)

Unfortunately, the Covid-19 pandemic has brought an abrupt change in the life of everyone that has altered different aspects of life. Due to the current situation, among others, faculty members of Cavite State University are also experiencing high level of stress and their mental health need to be addressed. Inactivity and changes on daily routine also affects their health and behavior. In connection, education is used to form a knowledge base necessary to make decisions and choices regarding behavior. With this, faculty members and instructional leaders are expected to have better understanding and knowledge when it comes to wellness.

Wellness knowledge focuses on broader sense of idea on how an individual becomes stable and healthy. These concepts are the key to academic achievement, personal growth and confidence, career success and social connection within the community. Faculty members/teachers which have one of the most important roles in the society must fully understand the notion of wellness so that they can also attain good attitudes, high motivation to do physical activities and develop positive health behavior to become a healthy well-being.

Questionnaire in the form of checklist was utilized in the gathering of needed information and in the completion of the investigation. The statistical treatments applied in the study consisted of mean, standard deviation and Pearson-R correlation/ Regression analysis.

Related readings on the literature and studies were gathered in the formulation of the hypothesis and the conceptual framework which was presented in a form of paradigm.

The focal purpose of this study is to measure the wellness knowledge and health behavior on the physical activity among faculty members in Cavite State University. This specifically sought to answer the level of wellness knowledge of faculty members in Cavite State University, level of health behavior among faculty members in Cavite State University, level of physical activities among faculty members in Cavite State University and the significant Effect of wellness knowledge and health behavior to the physical activities of faculty members in Cavite State University.

The scope of this study is centered only on measuring the wellness knowledge and its effect to physical activity and health behaviors among faculty members in Cavite State University. The data and information gathered by using survey questionnaire composing of 60 questions that are answered by the 100 faculty members at Cavite State University as a respondent of this study.

Keywords: Health behavior, Wellness; Knowledge; Physical Activity

## Introduction

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters because everything relates to the person's well-being. In turn, well-being directly affects one's actions and emotions. It is an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions. (Kirkpatrick, 2017)

Unfortunately, the Covid-19 pandemic has brought an abrupt change in the life of everyone that has altered various aspects of life. Due to the current situation, among others, faculty members of Cavite State University are also experiencing high level of stress and their mental health need to be addressed. Inactivity and changes on daily routine also affects their health and behavior.

In connection, education is used to form a knowledge base necessary to make decisions and choices regarding behavior. With this, faculty members and instructional leaders are expected to have better understanding and knowledge when it comes to wellness.

Wellness knowledge focuses on broader sense of idea on how an individual becomes stable and healthy. These concepts are the key to academic achievement, personal growth and confidence, career success and social connection within the community. Faculty members/teachers who has one of the most important roles in the society must fully understand the notion of wellness so that they can also attain good attitudes, high motivation to do physical activities and develop positive health behavior to become a healthy well-being.

In line with the above discussion, the researcher understands that many factors may influence the level of physical activities and health behavior of faculty members including age and gender, among others. As physical activities tend to decrease as people age and gender may have connection when it comes to strength and stamina, it is also necessary to assess the respondents' wellness knowledge.

Thus, this study seeks to measure the wellness knowledge and health behavior on the physical activity among faculty members in Cavite State University.

### 1.1 Statement of the Problem

This study specifically sought to answer the following questions.

1. What is the level of wellness knowledge of faculty members in Cavite State University in terms of?
  - 1.1. Emotional;
  - 1.2. Physical;
  - 1.3. Social;
  - 1.4. Spiritual; and
  - 1.5. Mental?
2. What is the level of health behavior among faculty members in Cavite State University in terms of?
  - 2.1. Health promoting;
  - 2.2. Preventive Health;
  - 2.3. Illness; and
  - 2.4. Sick-role?
3. What is the level of physical activities among faculty members in Cavite State University in terms of?
  - 3.1. Sports;
  - 3.2. Exercise;
  - 3.3. Recreational; and
  - 3.4. Cultural Activities?
4. Does the wellness knowledge and health behavior significantly affect the physical activities of faculty members in Cavite State University?

## 2. Methodology

### 2.1 Research Design

The descriptive survey method was utilized in this study.

According to Sevilla (2008), descriptive survey research is concerned with conditions of relationship that exist, practices that prevail, beliefs and processes that are going on, effects that are being felt, or trends that are developing. The process of descriptive survey research goes beyond mere gathering and tabulation of data. It involves an element of interpretation of the meaning or significance of what is being described.

As stated by Wallen (2011), this method is intended for the researcher to gather information about the existing situation at the time of study and to explore its particular phenomena. Through this method, the researcher was able to get data on the effect of the use of classroom observation tool to teachers' performance. Since the investigation is concerned on the use of classroom observation tool on teachers' performance, the descriptive method of research will be the most appropriate method used.

In determining the effect of wellness knowledge and health behaviors to physical activities among faculty members in Cavite State University, the researcher integrated various indicators in the dependent and independent variable.

### 2.2 Respondents of the Study

One hundred (100) randomly selected faculty members from the main campus and satellite campuses was assessed and used as respondents of this research.

## 2.3 Research Instrument

The instrument used in the study was a survey questionnaire-checklist. The questionnaire is a research-made instrument devised to determine the effects of wellness knowledge to physical activities and health behavior among faculty members in Cavite State University.

In the questionnaire, a five-point rating scale indicated below was used to determine the wellness knowledge, physical activities and health behaviors of the randomly selected respondents.

Scale	Numerical Value	Descriptive Value
5	4.20 – 5.0	To a very great extent
4	3.40 – 4.19	To a great extent
3	2.60 – 3.39	To a moderate extent
2	1.80 – 2.59	To a low extent
1	1 – 1.79	To a very low extent

In the construction of questionnaire described above, an extensive review of various books, publications and internet sites will be used. An initial draft of the research tool was prepared and presented to professors and panel members for comments and suggestions. Validation was done to assess the representation of the items with those of others dealing with same area of investigation. The assistance of the adviser relevant to the contents of the questionnaire was solicited.

The final form of the questionnaire was reproduced and administered to respective respondents.

## 2.4 Statistical Treatment

The responses were tabulated as basis for statistical treatment of the data. In order to analyze and interpret the data gathered, weighted mean, standard deviation, Pearson's  $r$  correlation and regression analysis was utilized in the study.

## 3. Results and discussion

This chapter presents the data gathered which were statistically treated, presented, analyzed in tables and interpreted in relation to the problems and hypotheses specified in the study. The results were presented in the same sequence with the research questions posed for the study.

### Level of wellness knowledge of faculty members in Cavite State University

Table 1 illustrates the mean level of wellness knowledge of faculty members in Cavite State University in terms of Emotional.

Table 1. Mean level of wellness knowledge of faculty members in Cavite State University in terms of Emotional

STATEMENTS	MEAN	SD	REMARKS
Know how to handle emotions in every situation	3.87	0.33	To a great extent
Aware on how to express my emotions when I am with other people	3.84	0.37	To a great extent
Easily control emotions when having a bad day and did not affect teaching skills	3.85	0.35	To a great extent
Manage mood swings without having a negative effect on class	3.78	0.42	To a great extent
Conscious of behaviors and able to adapt on the environment	3.77	0.44	To a great extent
<b>Overall Mean</b>		3.82	
<b>SD</b>		0.39	
<b>Verbal Interpretation</b>		High	

From the statements above, "Know how to handle emotions in every situation" yielded the highest mean score ( $M=3.87$ ,  $SD=0.33$ ) and was remarked as To a Great Extent. This is followed by "Easily control emotions when having a bad day and did not affect teaching skills" with a mean score ( $M=3.85$ ,  $SD=0.35$ ) and was also remarked as To a Great Extent. On the other hand, the statement "Conscious of behaviors and able to adapt on the environment" received the lowest mean score of responses with ( $M=3.77$ ,  $SD=0.44$ ) yet was also remarked To a Great Extent.

The mean level of wellness knowledge of faculty members in Cavite State University in terms of Emotional attained a mean score of 3.82 and a standard deviation of 0.39 and was High among the respondents.

Finding shows that faculty members in Cavite State University are aware of how they can control their emotions. However, it may be affected by the different factors brought by the pandemic. This situation may influence the teachers on dealing with their environment and sometimes may find it difficult to handle certain circumstances due to stress.

Based on the study by Guilmette (2021), mental wellness is badly needed to implement programs which include fostering greater mental health literacy for students and teachers. The overarching demographics of mental health issues within the students and the society indicates the need of awareness for mental health and provide them the knowledge, skills, and tools to move forward in life as productive.

Also, Rensburg, Surujlal, and Dhurup, (2011) asserted that the wellness knowledge of a person depends on their lifestyle. Their study was undertaken to explore the physical, intellectual, social and emotional wellness of university student-athletes, identify barriers to wellness.

The results indicate that the respondents are lack of knowledge to address their wellness needs. It is also stated that the barriers to achieving wellness included poor time management, poor choice of company and the lack of transport.

Table 2 illustrates the mean level of wellness knowledge of faculty members in Cavite State University in terms of Physical.

Table 2. Mean level of wellness knowledge of faculty members in Cavite State University in terms of Physical

STATEMENTS	MEAN	SD	REMARKS
Know how to prioritize health more than anything	3.86	0.35	To a great extent
Understand the importance of doing physical activities	3.89	0.32	To a great extent
Aware on building healthy habits	3.85	0.36	To a great extent
Practicing healthy routines including relaxation, correct sleep hygiene, healthy diet, etc	3.87	0.33	To a great extent
Teaching the students good healthy habits and physical routines that can give benefits to them	3.84	0.35	To a great extent
<b>Overall Mean</b>		3.86	
<b>SD</b>		0.35	
<b>Verbal Interpretation</b>		High	

From the statements above, “Understand the importance of doing physical activities” yielded the highest mean score ( $M=3.89$ ,  $SD=0.32$ ) and was remarked as To a Great Extent. This is followed by “Practicing healthy routines including relaxation, correct sleep hygiene, healthy diet, etc” with a mean score ( $M=3.87$ ,  $SD=0.33$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Teaching the students good healthy habits and physical routines that can give benefits to them” received the lowest mean score of responses with ( $M=3.84$ ,  $SD=0.35$ ) yet was also remarked To a Great Extent.

The mean level of wellness knowledge of faculty members in Cavite State University in terms of Physical attained a mean score of 3.86 and a standard deviation of 0.35 and was High among the respondents.

Teachers are aware of their physical health but not that conscious of it. Current educational system may also one of the biggest factors which make it more complicated, wherein teachers are on their houses doing chores, paper works for schools and other activities, so that they cannot find extra time for doing physical activities. However, teachers should still give more importance on their physical health.

Bezner (2015) explains about the risin number of comorbidity and mortality due to lack of physical activities and wellness knowledge. It is stated that chronic diseases are cause by the lack of knowledge and associated with risk factors or behaviors, such as physical inactivity, unhealthy diet, and tobacco use. The purpose of Bezner study is to understand the real meaning of health and wellness and also to identify the knowledge and skills physical therapists need to address behaviors that promote health and wellness.

Table 3 illustrates the mean level of wellness knowledge of faculty members in Cavite State University in terms of Social.

Table 3. Mean level of wellness knowledge of faculty members in Cavite State University in terms of Social

STATEMENTS	MEAN	SD	REMARKS
Effectively communicate with other people in the surroundings	3.85	0.35	To a great extent
Easily build good relationship with co-teachers, parents and students	3.87	0.33	To a great extent
Able to engage with other people in the community	3.89	0.32	To a great extent
Know how to create boundaries in friendships to encourage communication and conflict management	3.82	0.38	To a great extent
Balance personal time and time as a teacher, co-worker and as a school staff	3.85	0.36	To a great extent
<b>Overall Mean</b>		3.86	

<b>SD</b>	0.37
<b>Verbal Interpretation</b>	High

From the statements above, “Able to engage with other people in the community” yielded the highest mean score ( $M=3.89$ ,  $SD=0.32$ ) and was remarked as To a Great Extent. This is followed by “Easily build good relationship with co-teachers, parents and students” with a mean score ( $M=3.87$ ,  $SD=0.33$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Know how to create boundaries in friendships to encourage communication and conflict management” received the lowest mean score of responses with ( $M=3.82$ ,  $SD=0.38$ ) yet was also remarked To a Great Extent.

The mean level of wellness knowledge of faculty members in Cavite State University in terms of Social attained a mean score of 3.86 and a standard deviation of 0.37 and was High among the respondents.

Finding shows that faculty members in CvSU are good in building relationship with other people. Since they are teachers, they are used to communicate with various group of people, they also know how to respect and value one's personality. In connection with these, the result of the study implies that they are knowledgeable in terms of social wellness.

According to Cloninger and Zoharb (2011) health is a state of physical, mental and social well-being. Personality traits measure individual differences in adaptive functioning and mental health, and it also accounts for health's affective aspects. Cooperativeness was strongly associated with perceived social support, and weakly with other aspects of well-being, particularly when Self-directedness was low. Self-transcendence was strongly associated with positive emotions when the influence of the other character dimensions was considered.

Table 4 illustrates the mean level of wellness knowledge of faculty members in Cavite State University in terms of Spiritual.

Table 4. Mean level of wellness knowledge of faculty members in Cavite State University in terms of Spiritual

STATEMENTS	MEAN	SD	REMARKS
Understand the value of life	3.91	0.29	To a great extent
Handling tough times by understanding how to specifically approach challenges	3.82	0.42	To a great extent
Know how to live with values and able to show it in deeds and actions	3.88	0.33	To a great extent
Know how to respect the different values of the people around the community	3.94	0.24	To a great extent
Inculcating the importance of spirituality on students	3.88	0.33	To a great extent
<b>Overall Mean</b>		3.89	
<b>SD</b>		0.33	
<b>Verbal Interpretation</b>		High	

From the statements above, “Know how to respect the different values of the people around the community” yielded the highest mean score ( $M=3.94$ ,  $SD=0.24$ ) and was remarked as To a Great Extent. This is followed by “Understand the value of life” with a mean score ( $M=3.91$ ,  $SD=0.29$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Handling tough times by understanding how to specifically approach challenges” received the lowest mean score of responses with ( $M=3.82$ ,  $SD=0.42$ ) yet was also remarked To a Great Extent. The mean level of wellness knowledge of faculty members in Cavite State University in terms of Spiritual attained a mean score of 3.89 and a standard deviation of 0.33 and was High among the respondents.

Teachers or even individuals have different views and perspectives in terms of spiritual aspects. Finding shows that faculty members in CvSU have their own ways to handle stressors through the means of believing in spirituality.

Wogani and Golani (2017) said that spirituality is widely discussed among the scholars and professionals. Many research also supports the idea of spirituality being well associated with health. Spiritual wellness can be defined as development of spiritual dimension at its fullest with the growth of inherent aspects.

Table 5 illustrates the mean level of wellness knowledge of faculty members in Cavite State University in terms of Mental.

Table 5. Mean level of wellness knowledge of faculty members in Cavite State University in terms of Mental

STATEMENTS	MEAN	SD	REMARKS
Find time to learn new activities that is helpful for mental well-being	3.84	0.37	To a great extent
Practice reading and writing as a part of developing healthy mentality	3.86	0.35	To a great extent
Always think positively and know how to focus on task and responsibilities	3.83	0.38	To a great extent
Make an exercise routine that helps to improve the interconnection between mind and body	3.88	0.33	To a great extent
Organize the things that are matters to sustain the focus, attention and avoid stressful mind experiences	3.84	0.37	To a great extent
<b>Overall Mean</b>		3.85	
<b>SD</b>		0.37	
<b>Verbal Interpretation</b>		High	



From the statements above, “Make an exercise routine that helps to improve the interconnection between mind and body” yielded the highest mean score ( $M=3.88$ ,  $SD=0.33$ ) and was remarked as To a Great Extent. This is followed by “Practice reading and writing as a part of developing healthy mentality” with a mean score ( $M=3.86$ ,  $SD=0.35$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Always think positively and know how to focus on task and responsibilities” received the lowest mean score of responses with ( $M=3.83$ ,  $SD=0.38$ ) yet was also remarked To a Great Extent.

The mean level of wellness knowledge of faculty members in Cavite State University in terms of Mental attained a mean score of 3.85 and a standard deviation of 0.37 and was High among the respondents.

Finding shows how faculty members in CvSU are knowledgeable in terms of mental well-being. They tend to do things that can help them maintain their healthy mind and body. Somewhat, factors such as their environment, lifestyle and surroundings can affect their mental practices.

Mindfulness interventions have been found to positively impact mental health, decrease stress and increase resilience. Nevertheless, mindfulness is not commonly included in routine prenatal resources. The purpose of this study was to conduct the first step in the scaling up approach to intervention dissemination by examining parents’ knowledge and attitudes about mindfulness and learning preferences. (Dick, et. al., 2020)

Finding shows how faculty members in CvSU are knowledgeable in terms of mental well-being. They tend to do things that can help them maintain their healthy mind and body. Somewhat, factors such as their environment, lifestyle and surroundings can affect their mental practices.

### Level of health behavior among faculty members in Cavite State University

Table 6 illustrates the level of health behavior among faculty members in Cavite State University in terms of Health promoting.

Table 6. Level of health behavior among faculty members in Cavite State University in terms of Health promoting

STATEMENTS	MEAN	SD	REMARKS
Consume foods that are based on a regular diet	3.85	0.35	To a great extent
Avoid smoking and drinking alcoholic drinks	3.78	0.43	To a great extent
Find time to perform physical activities to maintain good health	3.84	0.38	To a great extent
Encourage other people to have a healthy lifestyle and good physical habits	3.80	0.43	To a great extent
Find things that are good for health to prevent sickness and diseases	3.87	0.35	To a great extent
<b>Overall Mean</b>		3.83	
<b>SD</b>		0.39	
<b>Verbal Interpretation</b>		High	

From the statements above, “Find things that are good for health to prevent sickness and diseases” yielded the highest mean score ( $M=3.87$ ,  $SD=0.35$ ) and was remarked as To a Great Extent. This is followed by “Consume foods that are based on a regular diet” with a mean score ( $M=3.85$ ,  $SD=0.35$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Avoid smoking and drinking alcoholic drinks” received the lowest mean score of responses with ( $M=3.78$ ,  $SD=0.43$ ) yet was also remarked To a Great Extent.

The level of health behavior among faculty members in Cavite State University in terms of Health promoting attained a mean score of 3.83 and a standard deviation of 0.39 and was High among the respondents. In today’s modern society foods and other practices have been greatly influence by the social media and other bandwagons which may affect the views of person in terms of health promoting behavior. Some of the response may implies that there is negative part on their health activities.

Recent study showed that perceived health status and health attitude were positively associated with health concern and health promoting behavior. Health concern mediated the relationships between perceived health status and health promoting behavior, and also health attitude and health promoting behavior. It is suggested that enhancing health attitude may play important roles to promote health promoting behaviors among adults. Promotion of positive health attitude and concern might happen through the development of various health education for adults in schools, workplace and other establishments. Health education program in connection with preventive health examination also might contribute to activate health promoting behavior. (Park and Lee, 2016)

Table 7 illustrates the level of health behavior among faculty members in Cavite State University in terms of Preventive Health.

Table 7. Level of health behavior among faculty members in Cavite State University in terms of Preventive Health

STATEMENTS	MEAN	SD	REMARKS
Consult doctor whenever feel sick	3.89	0.32	To a great extent

Make sure to take vitamins for maintaining strong immunity	3.85	0.36	To a great extent
Avoid self-diagnosis and self-medication	3.84	0.37	To a great extent
Search and read health related information to increase awareness regarding health issues and preventive measures	3.83	0.39	To a great extent
Do plan and preventive measures to prevent getting sick and other illnesses	3.82	0.39	To a great extent
<b>Overall Mean</b>		3.84	
<b>SD</b>		0.36	
<b>Verbal Interpretation</b>		High	

From the statements above, “Consult doctor whenever feel sick” yielded the highest mean score ( $M=3.89$ ,  $SD=0.32$ ) and was remarked as To a Great Extent. This is followed by “Make sure to take vitamins for maintaining strong immunity” with a mean score ( $M=3.85$ ,  $SD=0.36$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Do plan and preventive measures to prevent getting sick and other illnesses” received the lowest mean score of responses with ( $M=3.82$ ,  $SD=0.39$ ) yet was also remarked To a Great Extent.

The level of health behavior among faculty members in Cavite State University in terms of Preventive Health attained a mean score of 3.84 and a standard deviation of 0.36 and was High among the respondents.

Faculty members may not that conscious in terms of their health, they may not give so much priority on their health status as they became more focus on their job. However, finding shows that in spite of it they still practice preventive health behavior.

People normally know they should follow a few preventive health behaviors in order to have a better and long life: to not smoke, to have a balanced diet low in saturated fat and chose food that is rich in vitamins and minerals like vegetables and fruits, to exercise regularly to improve muscle mass and heart health by improving cardio respiratory endurance, to avoid heavy drinking instead drink moderately, and to take medical screens for dangerous diseases. (Werle 2011)

Table 8 illustrates the level of health behavior among faculty members in Cavite State University in terms of Illness.

Table 8. Level of health behavior among faculty members in Cavite State University in terms of Illness

STATEMENTS	MEAN	SD	REMARKS
Consult professionals for medical assistance	3.90	0.29	To a great extent
Easily cope up on works even after getting sick	3.91	0.31	To a great extent
Find time to rest and take time off working when not feeling well	3.91	0.29	To a great extent
Try not to put own self on the situation of becoming sick	3.93	0.26	To a great extent
Find things that can be helpful for the fast recovery	3.92	0.27	To a great extent
<b>Overall Mean</b>		3.92	
<b>SD</b>		0.30	
<b>Verbal Interpretation</b>		High	

From the statements above, “Try not to put own self on the situation of becoming sick” yielded the highest mean score ( $M=3.93$ ,  $SD=0.26$ ) and was remarked as To a Great Extent. This is followed by “Find things that can be helpful for the fast recovery” with a mean score ( $M=3.92$ ,  $SD=0.27$ ) and was also remarked as To a Great Extent. On the other hand, the statement “Consult professionals for medical assistance” received the lowest mean score of responses with ( $M=3.90$ ,  $SD=0.29$ ) yet was also remarked To a Great Extent

The level of health behavior among faculty members in Cavite State University in terms of Illness attained a mean score of 3.92 and a standard deviation of 0.30 and was High among the respondents. Finding shows that faculty members of CvSU always try to cope up whenever they feel sick. They can do things that could help them prevent from getting sick.

The concept of illness behavior was introduced to indicate the ways in which given symptoms may be perceived, evaluated and acted upon at an individual level. Illness behavior may vary greatly according to illness-related, patient-related and doctor-related variables and their complex interactions. In the past decades, important lines of research have been concerned with illness perception, frequent attendance at medical facilities, health care-seeking behavior, treatment-seeking behavior, delay in seeking treatment, and treatment adherence. (Siri, Faba and Sonino 2013)

Table 9 illustrates the level of health behavior among faculty members in Cavite State University in terms of Sick-role.

Table 9. Level of health behavior among faculty members in Cavite State University in terms of Sick-role

STATEMENTS	MEAN	SD	REMARKS
Consult professionals for medical assistance	3.90	0.32	To a great extent
Easily cope up on works even after getting sick	3.91	0.30	To a great extent
Find time to rest and take time off working when not feeling well	3.89	0.32	To a great

Try not to put own self on the situation of becoming sick	3.89	0.32	extent To a great extent
Find things that can be helpful for the fast recovery	3.88	0.33	To a great extent
<b>Overall Mean</b>		3.89	
<b>SD</b>		0.32	
<b>Verbal Interpretation</b>		High	

From the statements above, “Easily cope up on works even after getting sick” yielded the highest mean score (M=3.91, SD=0.30) and was remarked as To a Great Extent. This is followed by “Consult professionals for medical assistance” with a mean score (M=3.90, SD=0.32) and was also remarked as To a Great Extent. On the other hand, the statement “Find things that can be helpful for the fast recovery” received the lowest mean score of responses with (M=3.89, SD=0.33) yet was also remarked To a Great Extent.

The level of health behavior among faculty members in Cavite State University in terms of Sick-role attained a mean score of 3.89 and a standard deviation of 0.32 and was High among the respondents.

Similar with the findings from the other variable, faculty members in CvSU also knows how to practice effective sick-role behavior. They also show professionalism towards their career as they not let their work affected whenever they got sick.

While some saw recovery as complete freedom from symptoms, many defined it as freedom from the “sick role,” with functionality prioritized. Others redefined recovery, reluctant to return to the lifestyle that may have contributed to their illness or rejected the concept as unhelpful.” (Cheschire, Ridge, 2020)

### Level of physical activities among faculty members in Cavite State University

Table 10 illustrates the level of physical activities among faculty members in Cavite State University in terms of Sports.

Table 10. Level of physical activities among faculty members in Cavite State University in terms of Sports

STATEMENTS	MEAN	SD	REMARKS
I join sports in my community and/or school every time I had the chance to participate	3.92	0.28	To a great extent
I spend time in practicing some sports to improve my physical skills and abilities	3.89	0.32	To a great extent
I concentrate on my sports improvement	3.89	0.31	To a great extent
I encourage my colleagues to play sports for enjoyment and fun	3.84	0.37	To a great extent
I find time to enhance my sports performances	3.91	0.28	To a great extent
<b>Overall Mean</b>		3.89	
<b>SD</b>		0.30	
<b>Verbal Interpretation</b>		High	

From the statements above, “I join sports in my community and/or school every time I had the chance to participate” yielded the highest mean score (M=3.92, SD=0.28) and was remarked as To a Great Extent. This is followed by “I find time to enhance my sports performances” with a mean score (M=3.91, SD=0.28) and was also remarked as To a Great Extent. On the other hand, the statement “I encourage my colleagues to play sports for enjoyment and fun” received the lowest mean score of responses with (M=3.84, SD=0.37) yet was also remarked To a Great Extent.

The level of physical activities among faculty members in Cavite State University in terms of Sports attained a mean score of 3.89 and a standard deviation of 0.30 and was High among the respondents.

Responses are varied depending on the interest of the teachers. Some of them may inclined on sports while others are not. Their time for spending in sports may also not that much as they do other activities related on their job. Nevertheless, finding shows that faculty members still find some time on doing sports activities.

Bailey, Cope and Parnell (2015) stated that despite the fact that physical activity is universally acknowledged to be an important part of healthy functioning and well-being, the full scope of its value is rarely appreciated. It proposes that the outcomes of physical activity can be framed as differential ‘capitals’ that represent investments in domain-specific assets – emotional, financial, individual, intellectual, physical, and social.

Table 11 illustrates the level of physical activities among faculty members in Cavite State University in terms of Exercise.

Table 11. Level of physical activities among faculty members in Cavite State University in terms of Exercise

STATEMENTS	MEAN	SD	REMARKS
I do exercise regularly	3.91	0.29	To a great extent
I am motivated to do exercise to maintain my fitness	3.90	0.30	To a great extent



I exercise to reduce my stress/tension	3.91	0.29	To a great extent
I make sure to spend some time to do daily exercise for my muscle and cardiovascular strength	3.92	0.27	To a great extent
I encourage my family, colleagues to do exercise and wellness activities	3.94	0.23	To a great extent
<b>Overall Mean</b>		3.92	
<b>SD</b>		0.28	
<b>Verbal Interpretation</b>		High	

From the statements above, “I encourage my family, colleagues to do exercise and wellness activities” yielded the highest mean score ( $M=3.94$ ,  $SD=0.23$ ) and was remarked as To a Great Extent. This is followed by “I make sure to spend some time to do daily exercise for my muscle and cardiovascular strength” with a mean score ( $M=3.92$ ,  $SD=0.27$ ) and was also remarked as To a Great Extent. On the other hand, the statement “I am motivated to do exercise to maintain my fitness” received the lowest mean score of responses with ( $M=3.90$ ,  $SD=0.30$ ) yet was also remarked To a Great Extent.

The level of physical activities among faculty members in Cavite State University in terms of Exercise attained a mean score of 3.92 and a standard deviation of 0.28 and was High among the respondents. Exercise is one of the easiest physical activities that a person can do. This kind of activity may also be affected on teacher’s time, nature of work and also their age. The result of the study shows that faculty members doing exercise to the great extent which may imply that they are doing healthy habits for a daily living.

Morover, Horne and Tierney (2012) studied the barriers and facilitators to exercise and physical activity uptake. The result of their study concluded that the disempowering of exercise among the adults are because of lack of knowledge, understanding, social relationships, beliefs and environment.

Table 12 illustrates the level of physical activities among faculty members in Cavite State University in terms of Recreational.

Table 12. Level of physical activities among faculty members in Cavite State University in terms of Recreational

STATEMENTS	MEAN	SD	REMARKS
I am interested on doing recreational and cultural activities such as dancing, painting, playing arcades etc. for my leisure and personal time	3.89	0.32	To a great extent
I find time to participate and volunteer for community programs	3.92	0.27	To a great extent
I encourage everyone to join recreational activities to develop well-being	3.89	0.31	To a great extent
I do other activities that are not related on my work such as cooking, handcrafts, music etc	3.90	0.29	To a great extent
I make some time to spend for other physical activities such as hiking and camping	3.87	0.33	To a great extent
<b>Overall Mean</b>		3.89	
<b>SD</b>		0.31	
<b>Verbal Interpretation</b>		High	

From the statements above, “I find time to participate and volunteer for community programs” yielded the highest mean score ( $M=3.92$ ,  $SD=0.27$ ) and was remarked as To a Great Extent This is followed by “I do other activities that are not related on my work such as cooking, handcrafts, music etc” with a mean score ( $M=3.90$ ,  $SD=0.29$ ) and was also remarked as To a Great Extent. On the other hand, the statement “I make some time to spend for other physical activities such as hiking and camping” received the lowest mean score of responses with ( $M=3.87$ ,  $SD=0.33$ ) yet was also remarked To a Great Extent.

The level of physical activities among faculty members in Cavite State University in terms of Recreational attained a mean score of 3.89 and a standard deviation of 0.31 and was High among the respondents.

Most of the time, teachers got involved in community activities that can also serve as one of their recreational activities. They also tend to do things that could make them feel relax and feel free from the works they have. It can contribute on developing their healthy well-being.

Sevin, Koyunco and Baldiran (2020) stated that recreation activity, one of the basic concepts of the research, is any activity that an individual performs during his/her leisure time.

Table 13 illustrates the level of physical activities among faculty members in Cavite State University in terms of Cultural Activities.

Table 13. Level of physical activities among faculty members in Cavite State University in terms of Cultural Activities

STATEMENTS	MEAN	SD	REMARKS
I join charity events and parades	3.79	0.37	To a great extent
I cultivate my other talents and skills through participating in exhibitions and workshops	3.82	0.32	To a great extent
I socialize with other people during festivals, religious campaign and other cultural celebrations	3.79	0.36	To a great extent
I do join activities that promote traditions and cultural beliefs	3.80	0.34	To a great extent

I find excitement on walking/visiting/touring in museums and national parks	3.77	0.38	To a great extent	691
<b>Overall Mean</b>			3.79	
<b>SD</b>			0.36	
<b>Verbal Interpretation</b>			High	

From the statements above, “I cultivate my other talents and skills through participating in exhibitions and workshops” yielded the highest mean score ( $M=3.82$ ,  $SD=0.32$ ) and was remarked as To a Great Extent. This is followed by “I do join activities that promote traditions and cultural beliefs” with a mean score ( $M=3.80$ ,  $SD=0.34$ ) and was also remarked as To a Great Extent. On the other hand, the statement “I find excitement on walking/visiting/touring in museums and national parks” received the lowest mean score of responses with ( $M=3.77$ ,  $SD=0.38$ ) yet was also remarked To a Great Extent.

The level of physical activities among faculty members in Cavite State University in terms of Cultural Activities attained a mean score of 3.79 and a standard deviation of 0.36 and was High among the respondents.

Finding shows that faculty members from CvSU are willing to do cultural activities which may contribute on how they deal with their surroundings and how they can enhance their mental well-being. Their responses may also vary depending on their interest.

In empirical analysis, researchers apply count data models to estimate the frequency of sports practice and cultural attendance, both defined in the aggregate, and they also apply those models to estimate specific activities. Moreover, they run separate estimates by gender. Results reveal that both activities are seasonal and are more common in urban areas. (Muñiz, Rodriguez, Suarez 2014)

Table 14 presents the significant effect of wellness knowledge and health behavior to the physical activities of faculty members in Cavite State University.

Table 14. Significant Effect of wellness knowledge and health behavior to the physical activities of faculty members in Cavite State University

		Computed F value	Critical F value	p-value	Analysis
Wellness Knowledge					
Emotional	Physical Activity	7.230	3.859	0.007	Significant
Physical		7.025	3.859	0.008	Significant
Social		22.397	3.859	0.000	Significant
Spiritual		14.251	3.859	0.000	Significant
Mental		10.218	3.859	0.001	Significant
Health Behavior					
Health Promoting	Physical Activity	22.628	3.859	0.000	Significant
Preventive		11.984	3.859	0.001	Significant
Illness		32.35	3.859	0.000	Significant
Sick-role		27.759	3.859	0.000	Significant

On all descriptors of the wellness knowledge and health behavior to the physical activities of faculty members, there is an observed significant effect between the wellness knowledge and health behavior and the physical activities of faculty members. This is attributed to the computed F values for all of the tests which were greater than the critical F value. Furthermore, all of the attained p-values were all less than the significance alpha 0.05, hence the significance for all of the tests.

Thus, from the findings above, it can be inferred that at 0.05 level of significance, the null hypothesis “There is no significant effect of wellness knowledge and health behavior to the physical activities of faculty members in Cavite State University” is rejected. The alternative should be accepted which incites that there is a significant effect between them.

#### 4. Conclusion and recommendation

On the basis of the foregoing findings, the following conclusion was drawn.

The result of the study reveals that there is wellness knowledge and health behavior have a significant effect on the faculty member's physical activity. Therefore, the researcher further concludes that the null hypothesis stating that "Wellness knowledge and health behavior does not have a significant effect on physical activities of faculty members in Cavite State University" is rejected which calls for the acceptance of the alternative hypothesis.

In light of the conclusion drawn from the findings, the following recommendations are hereby given.

1. It is highly recommended that the university should provide activities promoting the importance of wellness knowledge. The university should encourage the teachers to understand the benefits of being knowledgeable in wellness and health behavior by providing seminars/webinars, workshops etc. that can help them in developing healthy well-being.
2. It is suggested that teachers and whole university organization should give priority on fostering health behavior for everyone. They should undergo other related activities that will aid them on understanding the benefits of knowing the correct health behavior.
3. Moreover, it is recommended that school should also let the faculty members be involved in various physical activities that help them unwind and find time to relax after their stressful workloads. University itself may provide team-building activities, recreational and cultural activities that aid their faculty members.
4. Lastly, it is recommended that faculty members themselves should also seek the importance of being wellness knowledgeable and practice good health behavior so that they will be healthier.

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