IN TIME OF UNCERTAINTIES: DISTANCE LEARNING AND FUNCTIONAL HEALTH OF GRADE 11 STUDENTS OF TRECE MARTIRES CITY SENIOR HIGH SCHOOL

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ABSTRACT

The COVID-19 pandemic has a huge impact globally specifically in the education sector. In the Philippines, the Department of Education offered varied modes of learning delivery to continue the education of the Filipino learners amidst the contagion. Online Learning Delivery (ODL) is one which is favored by students who have gadgets and access to the internet. However, this kind of modality may affect the functional health of the learners. This descriptive-comparative study examines the functional health status of the 77 Grade 11 online distance learners of Trece Martires City Senior High School. It also aims to develop intervention activities to lessen the adverse effects of online learning to the functional health of the students. The Online Learning and Physical Inactivity Questionnaire was used to collect data which were analyzed through descriptive statistics such as frequency and percentage, Mean and Whitney U test in determining the significant differences between the profile of the respondents and the eight contributing factors to their functional health. The findings of the study revealed that the majority of the respondents were 17 years old and below, with more female than male students. No significant difference was found between age and any of the factors of functional health. However, it was found out that there is a significant difference between gender and role limitations due to emotional problems, but no significant difference was determined between gender and the seven factors of functional health. This implies that the functional health status of the respondents does not differ significantly. Lastly, the functional health of the students stands at fair, denoting that their participation in online learning lowers their functional health.

Keywords: distance learning, functional health, Grade 11 students