

**SELF-CARE AMONG THE FACULTY OF A HIGHER EDUCATIONAL INSTITUTION
AMIDST THE COVID-19 PANDEMIC**

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ABSTRACT

Self-care is the practice of looking after and prioritizing one's well being. This study aimed to determine the level of self-care among College faculty members of Central Philippine University amidst the COVID-19 pandemic, 199 participants took part in the said study. Researchers used the SASS-14 as a tool to measure the participants' general level of self-care, and specific areas such as health consciousness (HC), nutrition and physical activities (NPA), sleep quality (SLP), and interpersonal and intrapersonal coping strategies (IICS). Results showed that the participants' overall mean is 4.51, which indicates that the participants generally have high levels of self-care. Results also showed that there is no significant difference in the Self-Care of Participants when classified according to Sex, and teaching load units, while there is a significant difference in the Self-Care when classified according to Age . Specifically, this significant difference exists between Early adulthood and Late Middle Age. It could be concluded that, despite the effects of the pandemic, the participants were capable of doing self-care, able to find ways to take care of their health, engage in physical activities, have adequate sleep, and get in touch with oneself and others. Sex and teaching load units play no part in terms of the self care of the participants. With this, the researchers recommend that institutions should create programs and services that will lessen the loads of faculty staff and distress themselves to improve self-care. In addition, giving recognition and compensation will also boost their efficiency and productivity in their respective field.