

PSYCHOLOGICAL HEALTH-RELATED FACTORS AND PROFESSIONAL NURSING SUBJECT GRADE OUTCOME OF 1ST YR NURSING STUDENTS

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Abstract

Background: The COVID-19 pandemic has increased the number of cases around 100 countries particularly the Philippines. As this pandemic progressed, it brought not only the risk of death from the viral infection caused by the pandemic but also unbearable psychological health issues to the people. This is due to the quarantine brought by the pandemic wherein there is a drastic and sudden change to the daily lives of the people especially students from physical to online. This study aims to describe the psychological health-related factors of the college students and its effect on their professional nursing subject grade outcome during this COVID-19 pandemic specifically, academic year 2020-2021.

Method: A quantitative, non-experimental, descriptive, and correlational design was used in this study. Over 300 samples were acquired but 260 data were only valid from the first-year college students in a private university in Manila by using cluster random sampling. The participants answered a modified questionnaire via online Google forms from the researchers that were validated from five professionals.

Results: The data indicates that students have moderate anxiety in terms of social factors (mean = 3.04), economic factors (mean = 3.12), and cultural factors (mean = 2.74). As for their professional nursing subject grade outcome, 38.46% of the students got a letter grade of B which is under intermediate proficiency.

Conclusion: Notably, the psychological health-related factors in terms of social, economic, and cultural factors causes moderate anxiety for the first-year nursing students which includes their worry for their loved ones, the country's economic status, grief for the community's current state, comparison of routines before and during community quarantine, and current political issues. Although the respondents generally have moderate anxiety, this study revealed that psychological health-related factors do not affect the professional nursing subject grade outcome of the first-year nursing students in the academic year 2020-2021. Data suggests that majority of first year nursing students the nursing student body are anxious for their loved ones and the overall health of the country amidst the pandemic; however, they are able to perform well acquiring a letter grade of "B," numerically valued at 78-84 over 100. Additionally, in the economic aspect of the population, majority of the respondents do not feel anxiety towards the resources they need or monetary necessities.

Keywords: COVID-19, Psychological Health Factors, Professional Nursing Subject Grade.

Introduction

The COVID-19 pandemic has caused enforced community quarantine, shifting the environment and routine of college students. Both teacher and students are struggling with burnout as they try to adjust to the new normal brought by the pandemic, in which students are experiencing frustrations brought by online classes, and that the new norms

of online learning have not been easy, some students have a hard time finding motivation to complete schoolwork, some are also experiencing a decline in grades, and have complaints of lower expectations for themselves (Chen, 2020). Related literature has found a relationship between psychological health and grade outcome. Specifically, studies from Betancourt (2020), Rott

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(2020), and Chen (2020) have found that the change in learning environment and routine poses new challenges to one's academic performance. One factor that has yet to be fully investigated is the relationship between a nursing student's psychological health and their grade outcome in professional nursing subjects and we will be able to identify this by knowing the following: (a) respondents' profile specifically, their gender and family; (b) respondents' psychological health-related factors in terms of social, economic and cultural; (c) respondents' professional nursing subject grade outcome; (d) the significant relationship between the psychological health-related factors of college students and their professional nursing subject grade outcome during this COVID-19 pandemic, academic year 2020-2021. The researchers believe that studying this may lead to the identification of specific psychological health-related factors specifically in social, economic, and cultural factors or triggers that may impact a college student's mental health, and potentially in turn grade outcome this COVID-19 pandemic, academic year 2020-2021. The student's psychological health-related factors specifically, social factors refers to the given support and relationship of the family and friends also the assistance that the academe provided to the student; economic factors refers to the household financial capacity that supports the educational needs of the students like gadgets for online learning; and cultural factors refers to student perception and behavior towards beliefs, ethnicity, religion and political issues, is the independent variable while their professional nursing subject grade outcome, which refers to midterm grades of the students on the subject Health Assessment, is the dependent variable. This may contribute not only to college students but also their parents, professors, and to nursing practice by providing data regarding mental health, which may be utilized in lessening the anxiety level of college students during this COVID-19 pandemic. The limitation of the study is that the actual data needed was only acquired from nursing students and only focused on one of the universities in Metro Manila; therefore, it cannot generalize the entirety of universities and courses within the area or in other cities as well. There were considerable number of participants unavailable to participate and refused in the gathering of data needed for the study due to circumstances they are already experiencing this pandemic. Additionally, the adjustment of the 1st year college students with their transition to college and with the pandemic was given emphasis in which it may have already contributed to their level of stress. Some of the participants of the study may be suffering from mental health illnesses that are beyond the scope of the researchers, since the mental health of the students cannot be predicted

and assessed by the researchers. Lastly, the participants may not answer all the questions truthfully and seriously due to personal issues which may affect the study results.

Methods

Research Design

The study design that was used is a quantitative, non-experimental, descriptive, and correlational research which discussed about psychological health-related factors as an independent variable and outcome of student's grades as a dependent variable. The study's question is related to the student's psychological health-related factors. As the study described and related the measured relationship of the variables of this study, no variables have been manipulated and all results have come out naturally.

Sample and Setting

The population from which the samples were derived consist of the 300 1st-year Nursing College students as the participants. In this study, the researchers employed the cluster random sampling method for the selection of the participants, and random sampling was used to develop the sample of the study. As for the implementation of cluster sampling, the researchers randomly selected a year level and obtained a list of selected year levels, where the selected year levels are the enrolled 1st year nursing students, from the Institute of Nursing that serves as the sampling frame of the study. Out of 19 sections of the first year, the researchers randomly selected students and distributed the questionnaire to them. As the returned data was distributed by their respective section and marked with a unique number and those respondents represented the sample of the study.

Research Setting

The study focused in one of the popular Universities in Manila. Wherein, the participants answered the survey questionnaire through an online platform, specifically, Google forms, in which they answered the survey questionnaire within their respective residences. This well-known University was chosen for this study because the researchers are also students of this educational institution, and the university is free for accepting new research. With this, it was a terrific opportunity for us to explore and share the experience of students in this amidst COVID-19 pandemic, academic year 2020-2021. Due to quarantine protocol, the researchers conducted the study through online surveys with the use of Google forms for the chosen participants for gathering of data.

Research Instrument/s

The research instrument is a self-constructed questionnaire which contains the demographic information of the participants, their gender and family income, as well as the psychological health-related factors and the professional nursing subject grade outcome of the participants during the COVID-19 pandemic, academic year 2020-2021. This instrument was validated by five professionals in the fields of psychology and education and underwent pilot testing to 10 samples with a 0.78 reflected value of Cronbach's alpha, which indicates that the internal consistency is acceptable.

Each constructed statement in the questionnaire was based on the operational definitions of psychological health-related factors and our reviewed related literatures and studies. The researchers constructed a balanced number of positive and negative statements. The researcher used a 5-item Likert rating scale approach in scaling responses of the college students wherein for the scoring of positively constructed questions, strongly agree is 5, agree is 4, neither agree nor disagree is 3, disagree is 2, and strongly disagree is 1. On the other hand, for the scoring of negatively constructed questions, strongly agree is 1, agree is 2, neither agree nor disagree is 3, disagree is 4, and strongly disagree is 5.

The following are the interpretation of scores of the research instrument: no anxiety (4.21-5.00), mild anxiety (3.41-4.20), moderate anxiety (2.61- 3.40), high anxiety (1.81-2.6), and severe anxiety (1.00-1.80). No anxiety means that students did not perceive or experience any anxiety. Mild anxiety is defined as when a person feels uneasiness and nervousness or a fragment of stress. Third is moderate anxiety, which is defined as when a person can still manage to cope up with his/her anxiety. Fourth is the high anxiety, it means that a person may perceive anxiety but does not experience anxiety episodes. Finally, there's severe anxiety, which is classified by anxiety attacks.

Data Collection Procedure

The researchers obtained written permission from the Far Eastern University- Ethics Review Commission regarding the study. Upon the FEU-ERC's approval, the researchers acquired the approval from the Institute Dean of Nursing. The researchers let the experts validate the study and asked for their approval before conducting the pilot testing among 10 students, and later started their study and proceeded to gathering the data needed.

An official enrolled class list among 1st year nursing students as well as their emails and contact numbers was obtained to allow adequate numbers of respondents for the study to be possible. Overall

participants are 315 students responded from 1st year nursing; however, only 260 are valid. In data gathering process, researchers explained the purpose of the study to the respondents, and then respondents agreed to participate and be involved in the study by signing an informed consent that serves as privacy for them to be informed and give their assurance on protecting their identities and that withdrawal from the study is permitted at any point. Additionally, their professional nursing subject grade outcome, Health Assessment, was obtained with the help of their professors for the study to have accurate and unbiased data. The data collection was conducted online via Google Forms. The data gathered of the study was then analyzed and interpreted by the research.

Statistical Treatment of Data

In descriptive analysis, summarizing the personal variables of the participants and their professional nursing subject grade outcome, frequency and percentage was used. Moreover, data summarizing their psychological health-related factors during the COVID-19 pandemic, academic year 2020-2021, mean and standard deviation was used. Microsoft Excel 2010 and SPSS was the software used for the data management.

In inferential analysis, the Spearman's rho correlation ($\alpha=0.05$) was used to determine the relationship between the psychological health-related factors and the professional nursing subject grade outcome of college students during the COVID-19 pandemic, academic year 2020-2021. Microsoft Excel 2010 and SPSS was the software used in statistical testing and data management.

Results

Table 1: Demographic Variables

Variables	Frequency	Percentage (%)
Gender		
Male	48	18.46
Female	212	81.54
TOTAL	260	100%
Family Income		
Below Php 10,000	9	3.46
Php 10,000-20,000	39	15.00
Php 21,000-35,000	50	19.23
Php 36,000-50,000	56	21.54
Php 51,000-100,000	61	23.46
Php 101,000- Up	45	17.31
TOTAL	260	100%

In table 1, The profile of first-year student respondents in terms of gender and family income is presented using frequency and percentage distribution. The data revealed that among 260

respondents, the majority are female nursing student respondents with 212 (81.54%) than male nursing student respondents with 48 (18.46%). In terms of the participant's family income, the data revealed that the family income of Php 51,000-100,000 has the highest frequency of 61 (23.46%), however, the family income below Php 10,000 has

the lowest frequency of 9 (3.46%). Majority of the respondents are female nursing students than male nursing students. A person's biological sex influences educational decisions, which are affected by academic subject preferences and personality traits or values.

Table 2.1: Social Factors

Statements in terms of Social Factors	Mean	SD	Interpretation
I prefer to solve my problems alone rather than sharing it with someone.	2.02	0.88	High Anxiety
I am worried about my loved ones and friends who are at risk of acquiring the virus.	1.20	0.44	Severe Anxiety
It is hard for to study because I feel tension in my home.	2.16	1.05	High Anxiety
I spend some time with my family and friends when I feel exhausted in my studies and take a minute rest, especially during these hard times.	3.96	0.98	Mild Anxiety
I feel emotionally supported by my loved ones.	3.50	1.11	Mild Anxiety
My family regularly encourages me in my studies and checks if I am still in good condition while doing my school activities.	3.49	1.10	Mild Anxiety
I feel supported by my teachers because most of them are considerate in their requirements.	3.21	0.91	Moderate Anxiety
I believe I have teachers who have mastered the subject matter and teach effectively.	4.02	0.69	Mild Anxiety
I am provided with useful online resources, such as online libraries, by my school.	3.62	0.88	Mild Anxiety
My school fails to provide instructional materials and sufficient guidance and support.	3.25	0.82	Moderate Anxiety
Overall	3.04	1.27	Moderate Anxiety
Value: 1.00 - 1.80 (Severe Anxiety); 1.81 - 2.60 (High Anxiety); 2.61 - 3.40 (Moderate Anxiety); 3.41 - 4.20 (Mild Anxiety); 4.21 - 5.00 (No Anxiety)			

In (table 2.1) it shows that the participants, approaches its highest peak (severe anxiety) when it comes to worrying about their loved ones and friends who are at risk for acquiring the virus (mean = 1.2). It is because of their fear on the unknown, they have not experienced having a relative who tested positive that makes them anxious. On the other hand, the lowest weighted mean is when students feel mild anxiety when it comes to their professors mastering their subject matter and being able to teach it effectively (mean = 4.02). Though it is the lowest still students are

anxious because even professors mastered their subjects the student sudden change of environment from face to face to online class affects it. And aside from that most questions on the psychological health-related factor under social factors got moderate level of anxiety. That is why overall, the psychological health-related factors of college students during COVID-19 pandemic in terms of economic factors is giving off moderate anxiety (mean = 3.04) to the students basing on their level of anxieties from each situation we have given them.

Table 2.2: Economic Factors

Statements in terms of Economic Factors	Mean	SD	Interpretation
I became more concerned with the financial allocation that my family provides for my studies.	4.19	0.98	Mild Anxiety
I am bothered about the economic status of our country.	1.46	0.66	Severe Anxiety
I am grateful that my parents provide the things I need in my online class.	4.70	0.57	No Anxiety
I feel uneasy for my neighbors due to the super price hike of the goods in the market.	2.16	0.87	High Anxiety
I am concerned about our fellow Filipinos who were cut off from their jobs.	4.74	0.46	No Anxiety
During times like this, I now know and value every cent of our income.	4.72	0.52	No Anxiety

I feel grief for the communities affected by the pandemic financially, physically, and/or mentally.	1.23	0.45	Severe Anxiety
I feel that our family income is affected financially during this pandemic.	1.83	0.98	High Anxiety
I am anxious that my family would suffer from hunger due to lack of financial support.	2.28	1.11	High Anxiety
I started to save money and only buy things I really need thinking about the future if things would get worse.	3.92	0.97	Mild Anxiety
Overall	3.12	1.59	Moderate Anxiety
Value: 1.00 - 1.80 (Severe Anxiety); 1.81 - 2.60 (High Anxiety); 2.61 - 3.40 (Moderate Anxiety); 3.41 - 4.20 (Mild Anxiety); 4.21 - 5.00 (No Anxiety)			

In (table 2.2) it shows that the participants approach its highest peak (severe anxiety) in two situations; namely those who sympathize for the communities affected by the COVID-19 pandemic financially (mean= 1.23). It interprets that the participants have severe levels of anxiety when it comes to feelings of grief for those communities affected by the pandemic. On the other hand, the results extrapolate those participants anxieties are unperturbed in situations with the lowest weighted mean (no anxiety) such as

being concerned for those who have been dismissed from their jobs (mean= 4.74). It could be because of the participants family income on the (Table 1) which made them not affected with this category. Overall, the psychological health-related factors of the college students during COVID-19 pandemic in terms of economic factors is giving off moderate anxiety (mean = 3.12) to the students basing on their level of anxieties from each situation we have given them.

Table 2.3: Cultural Factors

Statements in terms of Cultural Factors	Mean	SD	Interpretation
I am constantly comparing my routines before and during the pandemic.	1.66	0.81	Severe Anxiety
I am not hopeful for a positive change after the pandemic ends.	2.92	1.15	Moderate Anxiety
My family's health and self-care practices greatly concern me.	4.41	0.80	No Anxiety
The culture of Filipino being positive and strong helps me to overcome my anxiety.	3.43	1.14	Mild Anxiety
I feel sad and worried because of the current political issues happening here in my country.	1.38	0.61	Severe Anxiety
Implementation of quarantine and community health guidelines made me feel uneasy while adapting to a new lifestyle.	1.81	0.86	High Anxiety
I try not to be against the government since we are all affected by this pandemic and instead make little ways on helping each other during these tough times.	2.86	1.16	Moderate Anxiety
I appreciate the efforts made by the government and I understand why sometimes they're lacking.	2.46	1.05	High Anxiety
I don't have any time that I remember having a piece of mind during this pandemic whether problems financially or academically.	2.26	1.08	High Anxiety
Praying helps me to find peace of mind every time I encounter problems during this pandemic.	4.25	0.91	No Anxiety
Overall	2.74	1.39	Moderate Anxiety
Value: 1.00 - 1.80 (Severe Anxiety); 1.81 - 2.60 (High Anxiety); 2.61 - 3.40 (Moderate Anxiety); 3.41 - 4.20 (Mild Anxiety); 4.21 - 5.00 (No Anxiety)			

In (table 2.3) it shows that the participants approach its highest peak (severe anxiety) in the statement "I feel sad and worried because of the current political issues happening here in my country" (mean= 1.38). It interprets that the first-year nursing students are severely anxious about

the current political issues present in the Philippines as well as the change in their routines in this time of the pandemic. On the other hand, participants lowest weighted mean was aligned to the statement of "My family's health and self-care practices greatly concern me" (mean= 4.41). It

interprets that the first-year nursing students do not feel anxious whenever their family focuses on their own health and practices self-care by observing health protocols such as social distancing and personal hygiene for their own health, and whenever they practice positive coping mechanisms such as praying. Overall, the

psychological health-related factors of college students during COVID-19 pandemic in terms of cultural factors corresponds to a moderate anxiety (mean =2.74) to the students basing on their level of anxieties from each situation we have given them.

Table 3: Professional Nursing Subject Outcome

Letter Grade	Numerical Equivalent	Frequency	Percentage (%)	Verbal Interpretation
A	92-100	17	6.54	Excellent
B+	85 – 91	87	33.46	Significant mastery
B	78 – 84	100	38.46	Intermediate mastery
C+	71 – 77	35	13.46	Adequate mastery
C	64 – 70	12	4.62	Satisfactory
D+	57 – 63	5	1.92	Low mastery
D	50 – 56	1	0.38	Minimal mastery
F	Below 50	3	1.15	Inadequate mastery

In (Table 3), the received grades of all 260 respondents are listed and grouped according to letter grade. According to the data gathered from the respondents, most nursing students performed generally well in their professional subject, receiving a letter grade of B or B+ as their midterm grade. Notably, 33.46% and 38.46% of the respondents received a grade of B+ and B respectively. This shows that an estimate of nearly two-thirds of the population is performing well academically despite the new online setting. The general grade outcome of the respondents may be attributed to their moderate anxiety, which did not have a significant effect on their professional nursing subject grade outcome. The use of letter grades as a marker for a student's proficiency in comparison to their peers is commonly used in schools, bordering universal Grading systems, similar to the past, are intended to provide feedback to the students regarding their achievements and performance, and critiques or comments that the students may utilize to improve their work. This feedback may be better classified into two forms: (a) evaluative and (b) descriptive feedback. Evaluative feedback includes the letter grade system and similar manners of critique, while descriptive feedback provides more detailed and informative comments on how the student may improve.

Relationship Between Psychological Health-Related Factors and Professional Nursing Subject Outcome

In (Table 4) shows that Sig. (2-tailed) = .625 ($p>0.05$). This value is higher than 0.05, indicating that there is no significant relationship between the level of anxiety toward psychological health-related factors and professional nursing subject

grade outcomes of the students. Spearman's rho(r) was found to be .675 and this has a degree of relationship of -.030, indicating a negligible or very low negative relationship (ranges from -.00 to -.30). Moreover, based on the computation and analysis, it signifies that the null hypothesis in this study is accepted. This indicates that the psychological health-related factors of the nursing college students do not have an impact on their professional nursing subject grade outcome. This may be answered by the study of Pekrun et.al (2007) cited in study of England et.al (2019), he said that anxiety is a negative, anticipatory feeling that students feel when they are concerned about disappointment (value) and feel only partially certain about their ability to change the outcome. Despite its reputation as a destructive emotion, anxiety is regarded as an engaging emotion in terms of its effect on student confidence and interest (in contrast, hopelessness is an example of a deactivating emotion), the outcome of their grades still varies depending on their level of interest and motivation. The overall result of the psychological health-related factors is that the respondents have moderate levels of anxiety however based on the result regarding the professional grade outcomes of student nurses in their Health Assessment subject, the overall anxiety level does not affect the professional nursing subject grades of the student. It should be remembered that all children have some physical and sociological requirements that, when fulfilled, it helps them achieve academic success. A comfortable reading environment, healthy food, a play area, the availability of books and other materials, and enrollment at the best schools available are some of these requirements.

Discussion

The following results were obtained by the answers of the 260, 1st year nursing student respondents of a well-known university in Manila thru a Google Forms Survey:

Table 1 shows that among 260 respondents, majority are female nursing student respondents with 212 (81.54%) than male nursing student respondents with 48 (18.46%). According to Barrett-Landau & Henle (2014), historically, and even in the present, gender and ethical standards have traditionally characterized nursing. It is classified as a single-sex occupation. Nurses, according to Florence Nightingale, have loving, domestic, subordinate, humble, self-sacrificing, and caring qualities that are naturally natural to women. The data revealed that the family income of Php 51,000-100,000 has the highest frequency of 61 (23.46%), however, the family income below Php 10,000 has the lowest frequency of 9 (3.46%). According to Mechebe et al. (2017), parents are playing a critical role in improving the achievements of their children in terms of providing moral support but especially providing financial and material needs that encourage their children to perform well academically in school. According to Adrian (2020), the expense of pursuing a college degree comes with financial commitments.

On the table 2 which is the social factor of the psychological health-related factors, data revealed that first-year nursing students feel severe anxiety when it comes to worrying about their loved ones and friends who are at risk for acquiring the virus (mean=1.2). Montano et al. (2020) explained that people whose family members tested positive were able to immediately adapt to the stress brought by having someone contracting the disease since they were already able to learn and know what to anticipate if ever someone close to them would again, acquire the disease. While mild anxiety when it comes to their professors mastering their subject matter and being able to teach it effectively (mean=4.02). Because of the new educational approach such as switching of learning from offline to online environments, inequality in learning outcomes has been increased and it lies in the preparedness of teachers in digital technologies (Di Pietro et al., 2020).

The economic factor, data revealed that they feel severe anxiety when they are bothered about the economic status of our country (mean=1.23). According to Rivas (2021) the Philippines' GDP plunged down by 9.5% in 2020 making it the worst yet since World War II and when they feel grief for the communities affected by the pandemic financially (mean=1.46). 18 million poor and

vulnerable households that were beneficiaries of the Social Amelioration Program (SAP), were also provided under the subsidies of the Bayanihan to Heal as One Act during the course of the first implementation of the strictest lockdown (ECQ) on 2020 (COVID-19 Impacts on Low Income Families in the Philippines, 2021). While no anxiety when they are concerned for those who have been dismissed from their jobs (mean=4.74). Smart working has been incentivized, but since most activities are closed many people lost their jobs and went through a severe reduction of their income that supports the education and basic needs of the college students Spinelli (2020). As well as giving value on every centavo spent in their expenditures despite the current pandemic (mean=4.72). As shown in Table 1, the profile of the first-year respondents, the data revealed that the family income of Php 51,000-100,000 has the highest frequency of 61 (23.46%), however, the family income below Php 10,000 has the lowest frequency of 9 (3.46%) which indicates that the families of the respondents generally have the capacity to provide resources and that they are not directly affected.

The cultural factor, data revealed that they feel severe anxiety when they constantly compare their previous and current routines in this time of pandemic (mean=1.66). according to Furlong & Finnie (2020), the impact of covid-19 on the people's health includes comparing the things they used to do before the pandemic from what they do now during the pandemic. And when they feel sad and worried because of the current political issues happening (mean=1.38). According to Shigemura et al. (2020); Park & Park (2020); Kang et al. (2020) as cited in Giallonardo et al. (2020), implementation of quarantine has psychological consequences such as loneliness, frustration, and worries about the future which are the risk factors for some mental illnesses such as anxiety, depression, stress, and fear. While no anxiety when their family focuses on their own health and practices self-care (mean=4.41). According to Missouri (2020), the impact of the pandemic can be greater or lesser depending on the particular actions and behaviors of people. And prioritizing health and self-care can reduce the psychological consequences of the pandemic as well as praying as their coping mechanism (mean=4.25). According to Pirutinsky et al. (2020), in this time of the pandemic, a positive religious coping involves inherent religiosity and faith in God closely associated with less stress and more positive effect to people's psychological health and lives. Overall, the psychological health-related factors of the college students during COVID-19 pandemic are giving moderate anxiety to the students.

Next, on the table 3, data revealed that the professional nursing subject grade outcome of college students during this COVID-19 pandemic, academic year 2020-2021, 38.46% or 100 out of 260 students got a letter grade of B which is under intermediate proficiency while only 0.38% or 1 student got a letter grade of D which is under minimal mastery. This shows that an estimate of nearly two-thirds of the population is performing well academically despite the new online setting. The general grade outcome of the respondents may be attributed to their moderate anxiety, which did not have a significant effect on their professional nursing subject grade outcome. The use of letter grades as a marker for a student's proficiency in comparison to their peers is commonly used in schools, bordering universal (Krawczyk, 2017).

Lastly, question no. 4 results showed that there is no significant relationship between the psychological health-related factors and the professional nursing subject grade outcome of the student, the p value of .675 has a degree of relationship of -.030, indicating a negligible or very low negative relationship between the two factors. Psychological health-related factors do not affect the professional nursing subject grade outcome of the students, maybe it is because of the capability of the students to have things that will make them motivated in studying as most of them are financially stable and the students have a different perspective in how they cope with their anxiety and their problems in term of academics. This may be answered by the study of Pekrun et.al. (2007) cited in study of England et.al (2019), he said that anxiety is a negative, anticipatory feeling that students feel when they are concerned about disappointment (value) and feel only partially certain about their ability to change the outcome. Ahawo (2009) cited in the study of Gobena (2018), modern society and family influence played a very important role in the academic life and performance of a student.

Conclusion

Notably, the psychological health-related factors in terms of social, economic, and cultural factors causes moderate anxiety for the first-year nursing students which includes their worry for their loved ones, the country's economic status, grief for the community's current state, comparison of routines before and during community quarantine, and current political issues. Although the respondents generally have moderate anxiety, this study revealed that psychological health-related factors do not affect the professional nursing subject grade outcome of the first-year nursing students in the academic year 2020-2021. Data suggests that majority of first year nursing students the nursing student body is anxious for their loved ones and the

overall health of the country amidst the pandemic; however, they are able to perform well acquiring a letter grade of "B," numerically valued at 78-84 over 100. Additionally, in the economic aspect of the population, majority of the respondents do not feel anxiety towards the resources they need or monetary necessities.

Recommendations

This study would recommend the nursing administrations to continuously support the existing policies and promote programs that would likely help students who experience any level of anxiety. Also, to alleviate and help students address their mental well-being, proper guidance such as therapy, group remotivation therapy, or guidance counseling should provide by the universities. This study would help nursing educators give more knowledge about the factors that could affect the student's mental health especially during this pandemic. Moreover, this study recommends nursing research to explore more on other school especially Public or state university. This also be used as a baseline data for the future researchers for a much larger scale or an addition of more factors that affects the college students.

Conflict of Interest

There is no conflict of interest between the authors in this manuscript.

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