

**PROJECT MAPEH: MEANINGFUL ACTIVITIES during PANDEMIC ENGAGE at HOME-  
MENTAL AND PSYCHOSOCIAL SUPPORT FOR LEARNERS**



**MONITO A. JECO**

TEACHER II

SAN VICENTE ELEMENTARY SCHOOL

**MARIBEL A. VILLANO**

TEACHER II

**ABSTRACT**

The purpose of this action research was to support the learners mental and psychosocial health through the **Project MAPEH: Meaningful Activities during Pandemic Engage at Home -- Mental and Psychosocial Support for Learners** during the 3rd quarter of Academic Year 2021-2022 at San Vicente Elementary School. In First and Second quarter there were low completion rate of outputs. The **Project MAPEH: Meaningful Activities during Pandemic Engage at Home -- Mental and Psychosocial Support for Learners** was used by the researchers support the learners mental and psychosocial health. The study's findings revealed that the number of students were interested to join in the activities involved in Project MAPEH. They were able to showcase their talents and be one of the ways to cope with anxiety, stress and depression brought by the pandemic. The mental and psychosocial health and their performance in MAPEH differ significantly ( $p = 1.725$ ) in Project MAPEH. The findings highlighted the significant differences in the results between the control and experimental groups. It is suggested that learners not only in Grade 5 are expected to join the future Clubs that will hone their talents and be able to cope with anxiety and stress brought by the pandemic. Through actively participating in these future Clubs learners of San Vicente Elementary School not just Grade 5- Asteroid as pilot section will be beneficial. It will be a springboard to the creation of Music, Arts, PE and Health Clubs in SVES.

## INTRODUCTION

As the COVID-19 pandemic upsets and carries huge pressure to everybody's everyday lives, it might likewise worsen existing emotional well-being conditions among youngsters, a considerable lot of whom have needed to scramble to get back or observe lodging after abrupt grounds closings that require adjusting rapidly to remove learning advancements and settings. This is an intense change for understudies. Notwithstanding, the manners in which those individuals from school networks support each other during this time can assist with safeguarding the emotional well-being of youngsters, assisting with diminishing dangers for self-destruction.

Dejection and confinement -- which can be elevated during this time of commanded physical removing -- are critical gamble factors for psychological well-being difficulties and additionally self-destructive way of behaving. Research shows that steady connections and sensations of connectedness to individual understudies, family, companions, employees, and coaches are defensive factors that can assist with bringing down the gamble for self-destruction and advance passionate prosperity. Learners of San Vicente Elementary School also affected by the threat brought of the pandemic. This is the birth of the study on **Project MAPEH: Meaningful Activities during Pandemic Engage at Home—Mental and Psychosocial Support for Learners** arisen.

The schools in all over the country are encouraged to continuously serve the learners and provide them sufficient time and efforts to enhance their knowledge and skills. One of the major skills that should be developed among learners is motivation to answer the tasks in their modules and submit their output religiously. This is a vital skill that should be enhanced among learners.

In San Vicente Elementary School, most especially in the Grade 5- Asteroid

having experienced at home or distance learning caused them to feel anxious and stressed as a crucial factor in the progress of the learners. The Science class usually experiences chronic problem in completion and submission rate LEAD PROPONENT JECO, MONITO ALILURAN and CO-PROPONENT VILLANO, MARIBEL A Project MAPEH: Meaningful Activities during Pandemic Engage at Home—Mental and Psychosocial Support for Learners of Grade 5- Asteroid of San Vicente Elementary. We identified the learners who were having trouble answering their Modules because of the stress brought by the pandemic.

Thus, the researchers implemented the **Project MAPEH: Meaningful Activities during Pandemic Engage at Home—Mental and Psychosocial Support for Learners of Grade 5- Asteroid of San Vicente Elementary School**. Project MAPEH is a project that will help learners/participants recover from the anxiety and stress brought by the pandemic and be able to be resilience in the full implementation of face-to-face classes.

## METHODOLOGY

The present study aimed to support the learners mental and psychosocial health through the Project MAPEH: Meaningful Activities during Pandemic Engage at Home- Mental and Psychosocial Support for Learners during the 3rd quarter of Academic Year 2021-2022 at San Vicente Elementary School.

Thus, the researchers chose this study to help learners to recover from the previous pandemic brought by the Covid-19, through this study they will be able to breathe from bombarded activities in their modules. In addition, this will be a springboard in catalyzing different Clubs that anchored to their interests and talents. Not that they will be focused only on their academics more so they will be actively

engaging in meaningful activities while at the comfort of their home in this project.

Identify learners at risk through survey and monitoring their submission of outputs to cater the appropriate innovation, intervention and strategies need for them to cope with mental and psychosocial dilemma brought by pandemic.

Project MAPEH: Meaningful Activities during Pandemic Engage at Home- Mental and Psychosocial Support for Learners has been crafted to divert learners' worrisome in answering their Modules and showcase their talents through participating in various recreational activities like Pinta Vicente, Birit San Vicente, E-Sports/Games and conducting seminar to ease their mental and psychosocial dilemma.

## RESULT

**Project MAPEH: Meaningful Activities during Pandemic Engage at Home- Mental and Psychosocial Support for Learners** has been crafted to divert learners' worrisome in answering their Modules and showcase their talents through participating in various recreational activities like Pinta Vicente, Birit San Vicente, E-Sports/Games and conducting seminar to ease their mental and psychosocial dilemma.

To ensure effective, efficient, and sustainable higher-quality education "PROJECT MAPEH" was collaboratively planned and studied in preparation for the upcoming implementation of full in person classes. After the approval of the proposal the proponents were able to contribute their knowledge and expertise in the implementation of the project. The learners' participants were grouped according to their interest activity that they wanted to join at. The participants were very eager to showcase their talents in singing, drawing and online

games. Those who were interested in singing joined at Birit Vicente while those who were interested and have the talents in drawing joined in Pinta Vicente. Some of the participants who have access to internet coaction and have gadget to use joined in E-Games/Sports (Badminton League). After conducting all those activities, the final task is to join the Online Seminar for Mental and Psychosocial Health. There were various activities prepared by the researchers to assess the situation of the learners. The researchers prepared the needed materials to make this project be implemented and be of help to the learners' participants cope with the anxiety and stress brought by the pandemic. Now that limited face-to-face has been implemented it was sort of a breath for them to recover before the full face-to-face classes be implemented.

The "PROJECT MAPEH" was a success. The proponents were overwhelmed with the impacts of the research and continue to guide the learners to sustain and share their talents by conducting workshops in singing, drawing or even in online gaming if the elevation of different Clubs for these activities will take place.

## DISCUSSION

The research was anchored in one of the key dimensions in LCP which is the Well- Being and Protection. PROJECT MAPEH entails a variety of innovations to ensure learners will recover to anxiety, depression or stress brought by the pandemic.

The main goal of PROJECT MAPEH is to hone, support, train, encourage and help learners to discover their interests and talents through various activities, involved in

this project. Learners who have interests and talents in singing will identify their voices as soprano, alto, bass, and tenor through the Birit Vicente. If given a chance this will be a springboard for the elevation of a club for learners with talents in singing. Furthermore, Pinta Vicente as part of the activity involved in PROJECT MAPEH wherein the learners will showcase their creativity through drawing, sketch, paint, mix and match colors in an art. Learners were encouraged to join the E-Games/Sports (Badminton League Online). The participants in this activity were tasked to download the Application for Badminton League. The link has been sent in the Group chat created for fast communication since the activity is engage at the comfort of their home. Each player will have an ID Number that they will end to their opponents as an invitation. When the opponent accepted the invites there will be the start of the league. Hence, before one could invite to play, they should unlock the "Friends Match" icon first. Lastly, as part of the health awareness for the learners, the activity that they must accomplished is to join the Mental and Psychosocial Seminar Online. To ensure the well-being and the protection learners, the researchers conducted different activities involved in this project to ease the dilemma of learners brought by the pandemic. Webinars/ Programs on Physical and Mental Health were aired for the welfare of everyone. Teachers and non-teaching staff attended various online seminars to keep not just our physical health vibrant our mental health as well. There was a webinar sponsored by the Division Office regarding the Impact of Psychosomatic Stress to Mental Health that really helps the teachers and be aware. That is one of the reasons why we also initiate to have this kind of seminar for learners for them to cope with the change and stress brought by the pandemic.

As the result, learners in Grade 5-Asteroid as participants to this project enjoyed the activities and boost their interest to be more competitive to the talents that they acquired. They will continue to showcase their talents and be an avenue to pass on their talents to everyone who are interested to be in music, arts and online games or sports too by coaching them during vacant time or even be integrated in MAPEH subject. This project also aims to elevate Clubs for the learners with talents for these clubs will help them develop their skills in many aspects not just to hone their talents. This also a great avenue to be their outlet of stress in a good way.

There is a significant difference in the activities given to the participants as to their performance. PROJECT MAPEH helped learners be more resilient and dedicated to improving and share their talents with their friends or even in the schoolmates through the workshops to be offered suited to their ability and talents.

Since all participants were Grade 5 pupils it will be easy for them to share one's knowledge and talents. There has been a considerable development in learners' mental and psychosocial health after they have joined in Birit Vicente, Pinta Vicente, E-Games/Sports (Badminton League) and Seminar for Mental and Psychosocial Health. Screenshots of their active participation and performance were attached for references.

## **ACKNOWLEDGEMENT**

I would like to express my heartfelt gratitude to the following people for their invaluable assistance, professional supervision, encouragement, and moral support in completing this study.

First and foremost, praise and gratitude are due to God, the Almighty, for bestowing His favor on this research project and enabling it to be completed.

We would like to express our deep and sincere gratitude to Mr. Edward Manuel, for the approval of the Action Research. Mr. Albert C. Escuvania for the firsthand encouragement to try pushing this title so be put into a project, our sincerest thanks. Delfina R. Antipolo, Ph.D., District 5 PSDS, for conducting trainings on us to make this research more possible, Ms. Digna D. Falculan, our beloved Principal, for the guidance and letting this project be implemented. It was a great privilege and honor to work under her guidance and more especially to Mrs. Jamaira A. Silvallana, T-III of San Vicente ES, Research Coordinator deserves special recognition for her encouragement and initiative in assisting us in this research. To our colleagues in our Grade level who have been very supportive and gave their help in many different means, thank you.

Of course, we also want to thank all the learners who actively participated in the activities they joined at. We would also like to extend our gratitude to the parents for actively participating and for their overwhelmingly positive remarks and assessments of the Project MAPEH.

*you're letting friendships slip away during COVID*

National Geographic, *October 18, 2021, How to confront COVID-19's toll on kids' mental health*

## REFERENCES

*John MacPhee, May 29, 2020,*  
<https://www.insidehighered.com/verticals/2020/05/29/advice-promoting-student-mental-health-during-pandemic-opinion>

*Huffington Post, February 9, 2022, What it could mean if*