

Mental Health, Quality of Life, and Job Satisfaction of Teachers: Bases for Capacity Building Training in the Post-Covid Era

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December 15, 2022





SADNESS



JOY



FEAR



DISGUST



ANGER



How do you feel today?



What song describes your week?





Great is Thy Faithfulness

I Will Survive

Key terms



Mental Health
Quality of Life
Job satisfaction

MENTAL HEALTH

- Mental or emotional health refers to your overall psychological well-being. It includes:
 - a. the way you feel about yourself,
 - b. the quality of your relationships,
 - c. your ability to manage feelings and deal with difficulties, and
 - d. how much meaning and joy you derive from life.



- Good mental health is NOT just the absence of mental health problems such as depression or anxiety. Rather, it's the *presence of positive characteristics*, such as
 - a. being able to *cope with life's challenges*,
 - b. *handle stress*,
 - c. *build strong relationships*, and
 - d. *recover from setbacks*.



- Self-care
- Depression
- Mental Health



• SOME INTERVENTIONS



- Reality therapy (RT)
- Rational-Emotive Behavior Therapy (REBT)
- Gestalt therapy (empty chair technique)
- Behavioral therapy
- Eclectic therapy
- Existential therapy
- Compact therapy and many more



The Professional Quality of Life Scale (ProQOL) of B. Hudnall Stamm (2009) is a thirty-item scale used to measure the levels of Compassion Satisfaction, Compassion Fatigue and Burnout of helping professionals. The instrument was developed by Beth Hudnall Stamm and this is the 2nd edition of the manual since it was reproduced in 2010.



Burnout is an occupational hazard that results in emotional exhaustion, depersonalization, and reduced personal accomplishment and has been widely known to affect individuals in both their personal and professional lives (Maslach, Jackson, & Leiter, 1996).

Compassion Fatigue refers to the negative aspect of helping others.

Compassion Satisfaction is about the pleasure you derive from being able to do your work well. It is the positive aspect of helping others (Stamm, 2008). In this study, it refers to the

Job satisfaction



Nature and scope of work

Salary

Work environment or culture

Other compensation and benefits

Hazards and risks

others

Teachers



Public
Private

Married – work, children, chores, self
Single

Gender

Age range - 28 to 62 years old

Learning resource materials
Technological know-how

Connectivity

Gadgets

others

Republic Act No. 11036



The first Mental Health Act legislation in the history of the Philippines has been officially signed into law and was enacted as the Republic Act no. 11036 on June 21, 2018.

Implementation of optimal healthcare in the Philippines

8-week Mental Health Program



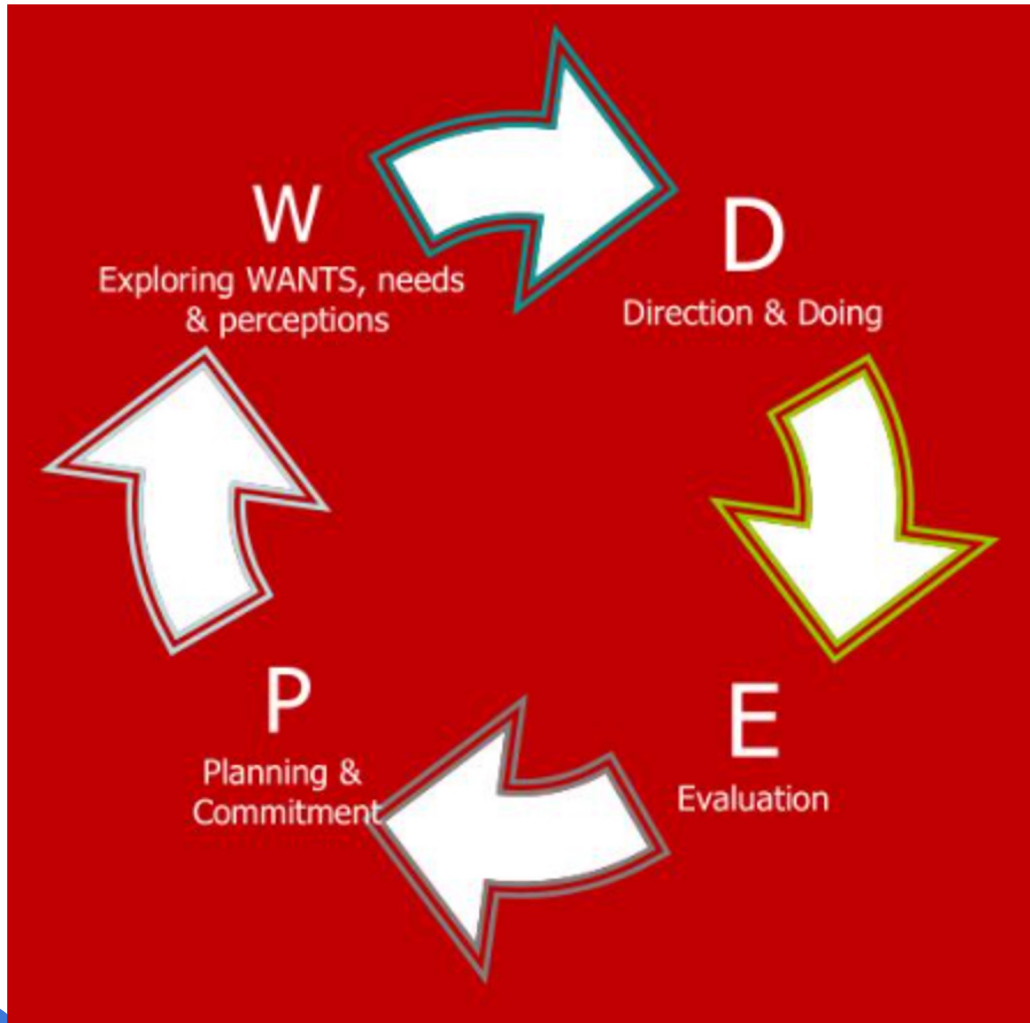
Webinars

Individual and group counseling

Interventions - Reality Therapy, REBT, and others

Different topics on stress management, anxiety and depression reduction, professional quality of life enhancement, etc.

WDEP System



W: What do you **want**?

D: What are you **doing** to get what you want?

E: Is what you are doing getting you what you want?

Evaluate

P: What is your **plan**?

Source: Wubbolding, R. E. (2000). *Reality therapy for the 21st century*. NY: Brunner-Routledge.

Results



Awareness of and dealing with their stressors

Dealing with burnout, compassion fatigue and compassion satisfaction

Being content and living with what is “available” at the moment in the workplace

Being resourceful to make both ends meet

Stress and grief are real.

Conclusion and Recommendation



Internal and external factors affecting the teachers

Within and beyond the teachers' control

Needs assessment

Program Logic model in evaluating the Mental Health programs

Curriculum

Pre-service training

In-service training

Training of trainers/facilitators

Institutionalize Mental Health programs.

YOU ARE
WHAT YOU ARE
THROUGH YOUR
CHOICE
ALONE.

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Thank you very much!

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