

## Five Cs as reflective learning attitude among Philippines nursing students

Joel Rey Ugsang Acob<sup>1,\*</sup> , Yulis Setiya Dewi<sup>2</sup> , and Hidayat Arifin<sup>3</sup> 

<sup>1</sup> Faculty of Nursing, Visayas State University, Visca, City of Baybay, Leyte Philippines

<sup>2</sup> Faculty of Nursing, Universitas Airlangga, Surabaya, Indonesia

<sup>3</sup> Department of Medical and Surgical Nursing, Faculty of Nursing, Universitas Padjadjaran, Bandung, Indonesia

\*Correspondence: Joel Rey U. Acob. Address Faculty of Nursing, Visayas State University, Visca, City of Baybay, Leyte Philippines. Email: [joel.acob@vsu.edu.ph](mailto:joel.acob@vsu.edu.ph)

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### ABSTRACT

**Introduction:** Philosophical viewpoints from the first-hand source regarded as the best inception of COVID-19 knowledge are not widely explored. Humanity's understanding grounded on experiences becomes substantial only when stringent documentation of any events is performed carefully. COVID-19 as a phenomenon and as an ongoing struggle has myriad global impacts; hence the study aims to explore the understanding of nursing students' stances regarding the COVID-19 pandemic in their daily life.

**Methods:** The study used a qualitative study design with online survey. A total of 41 nursing students were recruited through total sampling technique. The study was conducted to students in a university in the Philippines. Interview guidelines used open questions and were spread online. The data were subjected to thematic analysis.

**Results:** The thematic analysis revealed five organizing themes, such as communication, commitment, care, collaboration, and change. Those themes were found among nursing students' stance regarding the COVID-19 phenomenon.

**Conclusions:** The communication, commitment, care, collaboration, and change as development of a crisis-induced framework from study findings satisfies the essential finding that the pandemic is likewise giving rise to a new normal. Moreover, the results assist nursing students and other health-inspired domains to effectively maintain positivity amidst catastrophic climates.

**Keywords:** caring; COVID-19; nursing attitudes; nursing education; pandemic

### Introduction

Coronavirus Disease 2019 (COVID-19) is considered as pandemic that has greatly changed human life (Saadat et al., 2020). Countries are confronted with issues the solution to which is hardly recognized since it affects multiple categories of governance other than the health sector. Strong knowledge and skills are required in the prevention of infection transmission during healthcare and the availability of personal protective equipment is among the major problems encountered which have challenged leadership (Hernández, 2020). COVID-19 had a major impact on the world of health and

education (Chaturvedi et al., 2021; France et al., 2021; Kim et al., 2022; Seow et al., 2022). Strengthening and increasing the role of health personnel is particularly important. Not only that, but students who focus on the health sector, such as nursing, also need to play a role in dealing with COVID-19 (Bacci et al., 2021; Tausch et al., 2022).

COVID-19 is highly infectious and can be transmitted through close contact. Infected persons can spread the virus when exposed to others through coughing, sneezing, respiratory droplets or aerosols (Dewi et al., 2021; Riou & Althaus, 2020). The first cases of pneumonia associated with COVID-19 were reported in



Wuhan, China, by the end of 2019 (Huang et al., [2020](#)). As of April 2022, there were more than 503 million cases and six million deaths globally, whereas in South-East Asia there were more than 57 million cases (WHO, [2022](#)).

COVID-19 has had many negative impacts in all sectors of life (Nundy et al., [2021](#)). The most felt impact is in the field of education, where students face a new pattern of education with a home learning system. Not only that, other perceived impacts such as stress with online learning methods (Acob et al., [2021](#); Black Thomas, [2022](#); Nodine et al., [2021](#)), as well as a decrease in the skills of nursing students have gained considerable attention (Aldridge & McQuagge, [2021](#); Park & Seo, [2022](#)). Other problems provoked by the COVID-19 outbreak are social stigma and discriminatory behaviors against people perceived to have contracted the virus as well as ethnic groups (UNICEF, [2020a](#); Wahyuhadi et al., [2022](#)). Social isolation can be led by stigma of those who have contracted viruses where people may be very afraid to get infected. Meanwhile, deaths caused by COVID-19 pandemic lead to irreversible damage to the community (Chakraborty & Maity, [2020](#)).

The gap is that COVID-19 has given fear to everyone such as of death (Servidio et al., [2021](#)). This affects all daily activities that become paralyzed (Karataş & Tagay, [2021](#)). However, with the right knowledge, the spread and impact of COVID-19 can be minimized. For this reason, the role of all groups, both in the community, hospitals, and education, is needed. However, very limited research is found to describe a positive side from the event of the COVID-19 pandemic. This essay unfolds the contradictory angle claiming that the pandemic doesn't only procure gloomy effects. It also exhibits and unfolds in beneficial and favorable contributions across human experience. Thus, the study aim was to explore the understanding of nursing students' stances regarding the COVID-19 pandemic.

## Materials and Methods

### The Research Team and Reflexivity

The research process was carried out online due to the COVID-19 pandemic. The researchers have immense scientific experience in the fields and interest as nursing researchers and nursing lecturer in the sphere of medical surgical nursing, nursing care, caring in nursing and resilience in nursing.

### Study Design

In achieving the central study concepts, the proponents utilized a qualitative process of surveying

participants' perspectives regarding the favorable effects of COVID-19 to humanity.

### Participant Selection and Setting

This involved online inquiry with guided questions to purposively identify level one nursing students officially enrolled for the academic year 2019-2020 with no force or coercion. Students must know the COVID-19 information. If the students do not know, they can leave this online survey. Following the declaration of enhanced community quarantine, these 41 students recruited by total sampling technique went to their respective home places and provinces in the Visayas and Mindanao regions of the Philippines.

Students were explained the purpose of the research and how they participate as well as benefits of the research to them and the nursing sphere as information for consent. When they agreed to participate they were given an approval letter and asked to give their understanding of the pandemic based on individual observations to their respective locales. Three guiding questions, such as "What are the positive attributes of the phenomenon (COVID-19 pandemic) to human life?" were used to extract their understanding and appreciation amidst these testing times. Responses were all taken and sent through email with a return rate of 90% (74/82), five days after the guide question was released.

During the research process, eight participants dropped out because of the students' condition, such as limited access to internet connectivity and those who did not respond to the questions before the deadline. Participants in this study provided informed consent. Each participant's identity is protected by using a code that is only known by the researchers. In addition, the research data were kept confidential by researchers and are used only for research purposes.

### Data Collection

The study was conducted from April until May 2020 in the Philippines, when students and educational institutions were put on hold. During the period of limited mobility, the researcher utilized the opportunity to request ideas from young people on the positive standpoint about COVID-19. Before students answered the question, the researcher provided a research guideline by email which was sent to all participants. Through a guided question by which participants could freely express their thoughts and which was sent through email and other electronic means, responses were treated qualitatively. Students were free to ask the reviewer anything regarding the question

Table 1 Theme distribution and participant quotes

Themes	Sub-Themes	Quotes	
Communication	Recognition	Q1: "People and government recognized that Healthcare Providers are underappreciated and taken for granted"	
		Q2: "Served as basis to prepare for a more prepared system to combat future pandemics"	
		Q3: "People learned the importance of and role of health workers"	
	Bonding	Q4: "Crisis provides families the opportunity to be together"	
		Q5: "... families are coming closer"	
		Q6: "Gift of time to spend for family and bonding to each other"	
	Spiritual	Q7: "People are moved closer to God, faith made stronger"	
		Q8: "...rebuild relationship to God"	
		Q9: "Praying for healing of the world"	
		Q10: "Sacrificing lives for others"	
Commitment	Sacrifice	Q11: "People observe proper hygiene, disciplined, responsible"	
		Q12: "Helps people to be more responsible of their own health"	
	Responsibility	Q13: "To be more disciplined in terms of caring for our own health"	
		Q14: "Teaches us the importance of discipline"	
Care	Giving	Q15: "People observe proper hygiene, disciplined"	
		Q16: "Helping others to decrease the spread of disease through giving Personal Protective Equipment"	
		Q17: "...giving to those in need"	
	Sharing	Q18: "Opportunity to reconnect to their family, community and self"	
		Q19: "Significance of helping and sharing to one another during this world crisis"	
	Compassion	Q20: "Sharing to most in need is practiced"	
		Q21: "Eye opener for humanity to unite, compassion for others"	
		Q22: "...sense of humanity and compassion"	
	Collaboration	Unity	Q23: "People are compassionate and generous by donating Personal Protective Equipment, shelter"
			Q24: "United as one, reminded of the importance of healthcare professionals"
Helping		Q25: "Reuniting with families and loved ones"	
		Q26: "Front liners are in unison for the safety and security of everyone"	
		Q27: "People develop empathy toward others and try to help as much as they can"	
Change	Appreciation	Q28: "People are helping together to fight against this disease"	
		Q29: "Helping those in need and build stronger relationship with the Lord"	
	Positive environment effects	Q30: "...eye opener for everyone that our HCS is vulnerable"	
		Q31: "Giving importance to health providers such as nurses, doctors, which are less appreciated before"	
		Q32: "Lessen pollution, thus environment is slowly turning back to normal"	
	Cleanliness	Q33: "People are more vigilant, cautious, and alert toward actions to the environment"	
		Q34: "Environment is rehabilitating such as clear blue skies, pollution free-air, and reduced pressure on resources"	
Improved healthcare	Q35: "Recognizing the importance of hygiene as they stay clean and healthy"		
	Q36: "Front liners and health professionals showed their act of patriotism toward greater good"		
	Q37: "...improve the healthcare system"		
	Q38: "Importance of the health sector and healthcare providers"		
		Q40: "People are becoming more aware of their hygiene and learning healthy practices in order to prevent catching the virus"	
		Q41: "Emphasized the importance of healthcare providers"	

Data Analysis

The study employed the step-by-step protocol of qualitative data analysis defined as the rational framework. The analytical framework described the flow of how data were processed and later in identifying developed themes (Akinyode & Khan, 2018). Through data logging or recording of inputs from the nursing students, anecdotes were recorded from the significant statements and then vignettes (basic themes) documented from the responses, as well as inductive coding of data, and thematic network wherein the investigator connected basic links and organized a network on the constructive impact of the pandemic to people’s lives. Moreover, the procedure was established on thematic networks which aimed at familiarizing the subject of concern with clarity on how the strategy was done. The stages consisted of 1) gaining familiarity with

the data; 2) generating the initial codes; 3) searching for themes; 4) reviewing the themes; 5) defining and naming the themes; and 6) producing the report (Braun et al., 2006).

Ethical Consideration

This study received ethical approval from the health ethical committee, St Paul University Philippines with number PC-2020-05.

Results

All participants were officially enrolled to Bachelor of Science in Nursing Program Level 1 in the Philippines at the time the study was conducted. They were ranged from 17-19 years old, both males (18 students) and females (64 students). They were situated to different provinces in the Philippines during the survey; Leyte

province (75%), Samar province (4%), Bohol province (18%), and Surigao province (3%). Subsequently, the online open question e-poll lasted for five calendar days and transcribed using careful scrutiny of the retrieved information. Keywords and basic themes or vignettes were named. The vignettes were extracted from the transcripts that directly answered the issue. In this phase, a total of 117 keywords and basic themes emerged which were further clustered into five theses. The thematic network reflected the five issues as communication, commitment, care, collaboration, and change ([Table 1](#)).

In [Table 1](#), it is seen that communication consists of five sub-themes, namely recognition, bonding, spiritual, and sacrifice. Communication is an important basis in building positive perceptions of the COVID-19 pandemic. This consists of 1) recognition of health workers, preparation and assistance from the government (quotes 1-3), 2), bonding from the family and always supporting each other (quotes 4-6), 3), spiritual communication to God (quotes 7 -9) and 4) sacrifice to help others' lives (quote 10).

The commitment theme consists of two sub-themes, namely responsibility and discipline. To build a positive commitment during the COVID-19 pandemic period, responsibility is needed in maintaining cleanliness (quotes 11-12) and discipline in maintaining health, as well as knowing the importance of discipline to prevent the spread of COVID-19 (quotes 13-15).

The next theme is care, which consists of three sub-themes, namely giving, sharing and compassion. Care consists of the willingness of both the citizens and the government in paying attention to the conditions during the COVID-19 pandemic and helping each other, both health workers and the community (quotes 16-18). In addition, sharing is needed during the COVID-19 pandemic (quotes 19-20). Compassion to others by paying attention to conditions and needs with donations or other things is very meaningful during the COVID-19 pandemic conditions (quotes 21-23).

The collaboration theme consists of two sub-themes, namely unity and helping. During the COVID-19 pandemic, a unity attitude is needed to maintain health and hygiene by reminding each other (quotes 24-26) and helping each other with empathy, helping each other in fighting the spread of COVID-19 and strengthening each other (quotes 27-29).

The theme of change consists of four sub-themes, namely appreciation, positive environment effects, cleanliness, and improved healthcare. Appreciation can be given in the form of knowing the conditions and needs of HCS, such as nurses, doctors and other health

workers (quotes 30-31). From several opinions of the participants, it is known that the existence of COVID-19 with restrictions on activities is having a positive effect on the environment, such as low levels of pollution (quotes 32-33), a clean environment such as environmental rehabilitation, and the importance of maintaining cleanliness (quotes 34-35). Improved health services during the COVID-19 pandemic were mostly carried out by health workers, improving the health system to monitor the spread and handling of COVID-19, as well as public awareness of its spread (quotes 36-41).

## Discussions

Communication is very important during the COVID-19 pandemic (Reddy & Gupta, [2020](#)). The study found that the good communication can lead to communication between health, family, spiritual, and community workers to help each other (Maloney, [2020](#); Reddy & Gupta, [2020](#); UNICEF, [2020b](#); Wickner et al., [2020](#)). The COVID-19 pandemic has a great opportunity to provide misinformation, so it requires providing proper information to the public (M. H. Nguyen et al., [2020](#)). Nursing students have an important role in disseminating correct information about COVID-19 to the public and health workers (Swift et al., [2020](#)). In addition, during the lockdown period implemented by the government, communication within the family has changed (Marra et al., [2020](#)). In this case, nursing students can be the right reference information for families to provide accurate information. So, worries related to the COVID-19 pandemic can be reduced. The research data show that, during the lockdown period, the spiritual relationship between the people and their gods became more intense. Nursing students can play a role in increasing religiosity and spirituality to provide calm during dealing with COVID-19 and reduce anxiety (Ferrell et al., [2020](#)). With good and correct communication, a strong relationship to live life with COVID-19 can be built.

The finding in the study showed that nursing students present commitment due to the COVID-19 pandemic. The commitment shown includes compliance and discipline in washing hands to avoid contracting COVID-19. Nursing students can be examples of discipline in hand washing, both in their surroundings and in their families. Commitment to maintain cleanliness is an important key to preventing and spreading COVID-19. Research conducted by several researchers states that commitment is a basic thing that must be owned by everyone (Alzyood et al., [2020](#); Singh, [2020](#)). This aims to reduce the number of spread and

transmission of COVID-19, which can be done routinely and be disciplined to wash hands.

The results showed that the presence of the COVID-19 pandemic can increase caring behavior, such as giving, sharing, and affection. Nursing students feel the change in caring to be able to share with others during the COVID-19 pandemic. Research conducted by several researchers shows that the sense of caring has increased during the pandemic, which can be seen from the provision of Personal Protective Equipment (PPE) for health workers, the general public, and food assistance for people experiencing economic impacts due to COVID-19 (Santos, [2020](#); Schroeder et al., [2020](#); Zheng, [2020](#)). It should be noted that Filipinos by nature are cheerful givers. The ability to share resources intrinsically comes out when somebody is observed to be of greater need amidst a dearth of reserves. Directly, the state is empowered to move and take immense initiatives in addressing the crisis's pressing needs. Government works for and on behalf of its people who breathes more apparent. Whatever be the cause or origin, the occurrence of COVID-19 has emphasized to improve the mutually-affective connection between humans where a feeling to care for each other is naturally developed (Fernandez et al., [2020](#)).

During the COVID-19 pandemic, nursing students said that collaboration in handling the disease was needed, both in the family environment and in health workers. Health workers must help and strengthen each other in overcoming the spread of COVID-19 (da Costa Belarmino et al., [2020](#); Wong et al., [2020](#)). Health workers as front liners must maintain health and care for COVID-19 patients (L. H. Nguyen et al., [2020](#)). The government's role in collaboration with health workers is very important. So that we need policies that can help and ensure the health and welfare of health workers (The Lancet, [2020](#)). ResCOVID-19 and collaboration with all aspects is needed to accelerate the handling of the pandemic (Bielicki et al., [2020](#); The Lancet, [2020](#)).

This study shows the results that COVID-19 will not only cause bad changes, but also changes that have a positive impact. This can be seen from all aspects of society which sees HCWs as health workers who are very vulnerable to contracting COVID-19, so there is a lot of appreciation from the community for providing assistance to HCWs (ICN, [2020](#)). In addition, COVID-19 can have a positive impact on the surrounding environment. This can be seen from the low threshold value of air pollution during the lockdown period. The results of research conducted by several studies show that pollution, temperature, and carbon-dioxide conditions on earth decreased during COVID-19

(Kanniah et al., [2020](#); Le Quéré et al., [2020](#); Rume & Islam, [2020](#)). Another change is shown in the hygiene awareness behavior shown by the community, such as washing hands regularly, using masks, and maintaining environmental hygiene (Kim et al., [2020](#); Knell et al., [2020](#)). Not only that, changes from the healthcare system are also the center of attention, such as improved service quality supported by adequate facilities to prevent the spread of COVID-19 (Chan et al., [2020](#)).

This study presents the positive insight from nursing students regarding the COVID-19 Pandemic in the Philippines. However, the study is only located in one university. A wider sample including other countries will provide more information.

## Conclusions

During the COVID-19 pandemic, there are not only negative aspects, but several things can lead to positive aspects. Nursing students in the Philippines show an attitude that, during the COVID-19 pandemic, it can lead to integrated communication for health workers, families and the government. In addition, there is an increased commitment to mutual care and care to reduce the spread of COVID-19. Not only that, collaboration in all aspects, such as society, health workers and the government, has a very important role in preventing the spread of COVID-19. Positive changes are shown in behavior, environmental changes, and improvisation in the health service system. In this case, the government can take the positive side to continue making improvements, as well as issue policies that can maintain health stability in the community, health workers, and policies to maintain good behavior change.

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