



IMPACT OF OPLAN KKK INITIATIVES IN PROMOTING HEALTH AND SAFETY AWARENESS AMONG SAES LEARNERS

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ABSTRACT

This descriptive method research study intended to investigate the impact of OPLAN KKK (Kampanya sa Kamalayan para sa Kaligtasan) initiatives in promoting health and safety among SAES learners in the observance of simple precautionary measures that can foster health-promoting action in a more comprehensive way where the information can be handed down via the family and then to others in the community.

The pandemic of COVID-19 is a first-and-foremost health emergency that has caused major short-term disruption to many families around the world: home schooling is a huge shock to parents' productivity as well as children's social lives and learning. Education is migrating into multiple modalities on an unprecedented and untested scale to support the needs of children, because learning should never stop.

Effective health information initiatives aided in raising public awareness and encouraging preventative and health-promoting behavior in this area. Text messages with disease-related information, phone talks about different precautions, and information distribution through booklets and flyers helped raise people's awareness and supported compliance with COVID-19. These emphasized the relevance of health communication approaches during public health emergencies, especially in regions where disease myths and misconceptions are prevalent and conveying validated health information is difficult. That is why it was the intent of the researcher to come up with a sustainable enhancement plan at the end of the investigation.

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The study focused with the impact of OPLAN KKK initiatives in promoting health and safety and the observance COVID-19 precautionary measures in fostering health-promoting actions among 240 learners of Sta. Anastacia Elementary School and was conducted on August 20, 2022 for the school year 2022-2023. All agreed and participated in the interview, surveyed questionnaires, and assessments conducted in gathering the data. The data were classified, organized, and tabulated. The findings of the study suggested that the impact of OPLAN KKK initiatives raised the respondents' awareness of COVID-19 is Very High (4.62) and the observance of precautionary measures to foster health-promoting actions is Extremely Observed (4.57). This only means that OPLAN KKK initiatives has an impact in promoting health and safety among the learners of Sta. Anastacia Elementary School.

Context and Rationale

The coronavirus SARS-CoV-2 (COVID-19) pandemic is unprecedented in recent history, with significant rates of mortality and disease, as well as lost income and social isolation for billions of people worldwide. It is a first-and-foremost health emergency that is causing major short-term disruption to many families around the world: home schooling is a huge shock to parents' productivity as well as children's social lives and learning. Education is migrating into multiple modalities on an unprecedented and untested scale to support the needs of children, because learning should never stop.

Sta. Anastacia Elementary School has 1786 learners from kindergarten to Grade Six for the school year 2022-2023 who are under Face-to-Face learning modality. The researcher intended to randomly select 240 learners from intermediate grades or 80 learners from each level. UNICEF Philippines stated that the pandemic isn't mostly affecting children. However, they run the risk of being among the most vulnerable. Most youngsters are unaware of the virus, its mechanism of transmission, symptoms, and effects because of these quick implementations since they can only rely on what they heard.

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Effective health information initiatives aid in raising public awareness and encouraging preventative and health-promoting behavior. Text messages with disease-related information, phone talks about different precautions, and information distribution through booklets and flyers can help raise people's health and safety awareness. These emphasize the relevance of health communication approaches during public health emergencies, especially in regions where disease myths and misconceptions are prevalent and conveying validated health information is difficult. As a result, the researcher intended to create the OPLAN KKK: Kampanya sa Kamalayan para sa Kaligtasan health booklet, with the goal of raising the learners' awareness about the disease and to intensify the observance of simple health precautionary measures to foster health-promoting actions that can help improve learning and development.

INNOVATION, INTERVENTION, AND STRATEGY

To determine the impact of OPLAN KKK (Kampanya sa Kamalayan para sa Kaligtasan) initiatives to promote health and safety among SAES learners was the purpose of the researcher in conducting the study. The health booklet is suited for learners even in the lower grades. It also acted as a great reading resource for learners, especially for those who struggle in reading because it contains straightforward and easy-to-understand terms because it is written in Filipino, and graphics that they can enjoy. Establishing weekly health monitoring of the respondents with their class adviser is an innovative way of being updated with their practices of health protocols at home, in school, and in the community. A health group chat was also established in school to have regular communication between the clinic/health coordinator with the advisers to monitor the health status of the whole school population. In addition, integration of health and safety measures in the lesson is very much recommended so that the learners will always be reminded with the health-promoting actions.

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ACTION RESEARCH QUESTIONS

The main purpose of this study is to determine the impact of OPLAN KKK in promoting health and safety among SAES learners.

Specifically, this study sought to answer the following research questions:

1. What is the level of health and safety awareness among Sta. Anastacia Elementary School learners before the implementation of OPLAN KKK?
2. What is the level of health and safety awareness among Sta. Anastacia Elementary School learners after the implementation of OPLAN KKK?
3. What is the level of observance in health-promoting actions after the implementation of OPLAN KKK?
4. What health-promoting actions are fostered after the implementation of OPLAN KKK among SAES learners?
5. Based on the findings, what sustainable action plan can be proposed to promote health and safety among SAES learners?

ACTION RESEARCH METHODS

A. Research Design

This study used a quantitative-descriptive type of research method to determine the impact of OPLAN KKK in promoting health and safety among SAES learners.

B. Respondents of the Study

The study's intended participants were 240 learners enrolled in Sta. Anastacia Elementary School for the school year 2022-2023. The researcher utilized a standard random selection

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method, selecting 80 learners from each intermediate grade level. Because the study was being explored and the population was controllable, they were designated target respondents. They are also crucial in data collection.

C. Instrumentation

The 20-item researcher-made questionnaire for the Pre-Assessment and Post- Assessment Tests and surveyed questionnaire. The questionnaire used statistical treatment such as frequency distribution, percentage, and weighted mean to elicit results as well as with the findings being interpreted using the 5 -Point-Likert scale range.

D. Data Gathering Procedure

A letter was written requesting the school principal to allow the researcher to conduct the study at Sta. Anastacia Elementary School. After the approval, the researcher communicated with the advisers, parents/guardians, and learners about the study and asked for their permission. The respondents agreed and were informed about the questionnaires that will be administered during vacant time. The researcher explained the directions clearly to the respondents. The data was collected from the respondents during time allotted. The respondents completed answering the questionnaire at their convenience and with secured confidentiality.

E. Data Analysis Plan

After the distribution and validation of the pre-assessment test, post-assessment test, and survey questionnaires to the respondents, the responses were tallied, analyzed, and interpreted through the data gathered in order to formulate the conclusions and recommendations of the study. It was also presented in tables. The results were properly arranged to categorize their respective tables and treated accordingly with the statistical treatment

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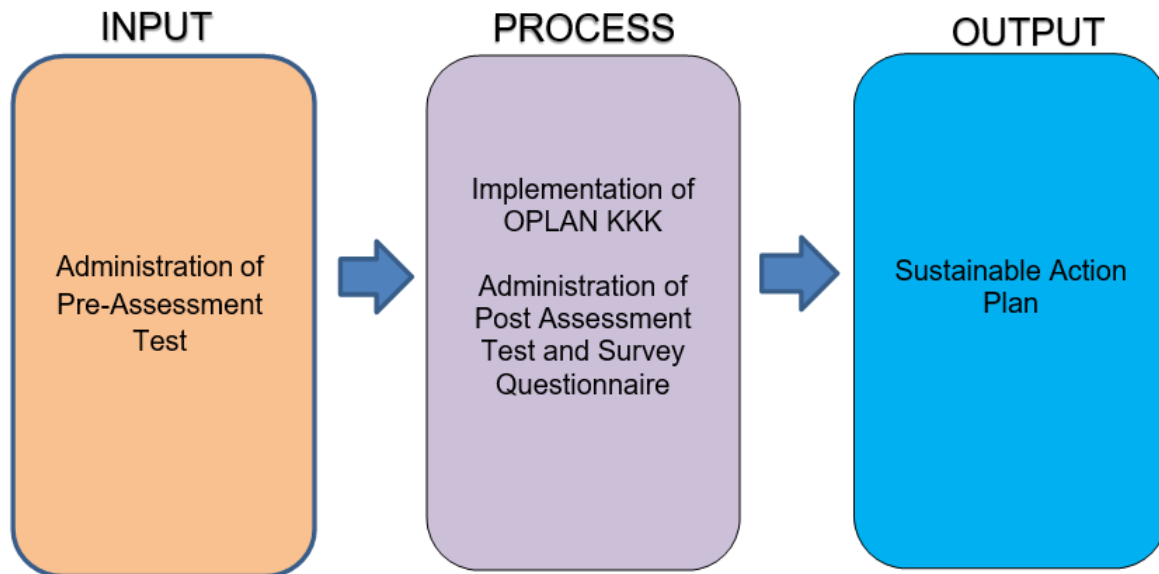


Figure 1. Research Paradigm

The flow of the investigation is depicted in the diagram above. The pre- assessment test is administered at the Input stage. After gathering the data, the implementation of OPLAN KKK, followed by the administration of the post-assessment test and survey questionnaires to the respondents, all of which took place during the process stage. The output stage began when the answers were counted, analyzed, and tabulated, and a long-term action plan was created.

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DISCUSSION OF RESULTS AND RECOMMENDATIONS

This chapter presents, discusses, analyzes, and interprets the data gathered in this study. The discussions focused on the impact of OPLAN KKK in promoting health and safety among SAES teachers.

1. What is the level of health and safety awareness among Sta. Anastacia Elementary School learners before the implementation of OPLAN KKK?

Number of Question	Very High 5	High 4	Average 3	Low 2	Very Low 1	Weighted Mean	V.I.
1	60	132	129	134	85	2.25	L
2	50	116	153	123	87	2.27	L
3	20	40	132	146	112	1.84	L
4	45	84	114	126	109	1.99	L
5	60	76	81	128	118	1.93	L
6	70	84	96	148	99	2.07	L
7	65	80	87	76	140	1.87	L
8	90	108	126	128	89	2.25	L
9	105	100	123	146	80	2.31	L
10	50	76	87	106	129	1.87	L
11	55	96	126	128	99	2.10	L
12	105	128	132	130	78	2.39	L
13	65	104	126	126	96	2.15	L
14	55	84	99	128	111	1.99	L
15	90	108	108	136	91	2.22	L
16	75	100	129	132	91	2.20	L
17	50	88	126	138	97	2.08	L

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18	50	84	114	104	121	1.97	L
19	75	88	117	124	102	2.11	L
20	80	96	123	118	100	2.15	L
Overall Assessment						2.10	L
Legend: 4.50-5.00 Very High (VH); 3.50-4.49 High (H); 2.50-3.49 Average (A); 1.50-2.49 Low (L); 1.00-1.49 Very Low (VL)							

As a whole, Table 1 specified Low (2.10) level of health and safety awareness among Sta. Anastacia Elementary School learners before the implementation of OPLAN KKK

2. What is the level of health and safety awareness among Sta. Anastacia Elementary School learners after the implementation of OPLAN KKK?

Number of Question	Very High 5	High 4	Average 3	Low 2	Very Low 1	Weighted Mean	V.I.
1	830	240	36	4	0	4.63	VH
2	900	160	54	4	0	4.66	VH
3	900	256	36	4	0	4.86	VH
4	720	304	54	4	0	4.51	VH
5	790	264	42	4	0	4.58	VH
6	740	280	66	0	0	4.53	VH
7	600	296	132	4	0	4.30	H
8	860	216	36	4	0	4.65	VH
9	900	192	24	8	0	4.68	VH
10	790	224	78	0	0	4.55	VH
11	770	296	36	0	0	4.59	VH
12	920	184	30	0	0	4.73	VH

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13	840	216	42	8	0	4.61	VH
14	1000	152	6	0	0	4.83	VH
15	870	224	30	0	0	4.68	VH
16	920	176	36	0	0	4.72	VH
17	760	288	48	0	0	4.57	VH
18	780	272	42	4	0	4.58	VH
19	700	312	66	0	0	4.49	VH
20	760	296	42	0	0	4.58	VH
Overall Assessment						4.62	VH
Legend: 4.50-5.00 Very High (VH); 3.50-4.49 High (H); 2.50-3.49 Average (A); 1.50-2.49 Low (L); 1.00-1.49 Very Low (VL)							

Table 2 displays the overall assessment of **(4.62) Very High** in the level of health and safety awareness among Sta. Anastacia Elementary School learners after the implementation of OPLAN KKK.

3. What is the level of observance in health-promoting actions after the implementation of OPLAN KKK?

Number of Question	Extremely Observed 5	Highly Observed 4	Observed 3	Moderately Observed 2	Not Observed 1	Weighted Mean	V.I.
1	780	240	66	4	0	4.54	EO
2	800	160	114	4	0	4.49	HO
3	775	256	63	0	0	4.56	EO
4	760	264	60	4	0	4.53	EO
5	740	224	102	4	0	4.46	HO
6	740	240	96	0	0	4.48	HO
7	650	256	132	4	0	4.34	HO

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8	810	216	66	4	0	4.57	EO
9	900	208	24	0	0	4.72	EO
10	790	224	78	0	0	4.55	EO
11	770	256	66	0	0	4.55	EO
12	870	224	30	0	0	4.68	EO
13	840	176	84	0	0	4.58	EO
14	950	152	36	0	0	4.74	EO
15	920	184	30	0	0	4.73	EO
16	870	176	96	0	0	4.76	EO
17	785	248	63	0	0	4.57	EO
18	780	232	72	4	0	4.53	EO
19	725	272	81	0	0	4.49	HO
20	760	256	72	0	0	4.57	EO
Overall Assessment						4.57	EO
Legend: 4.50-5.00 Extremely Observed (EO); 3.50-4.49 Highly Observed (HO); 2.50-3.49 Observed (O); 1.50-2.49 Moderately Observed (MO); 1.00-1.49 Not Observed (NO)							

Table 3 reveals the level of observance in health-promoting actions after the implementation of OPLAN KKK among SAES learners is **Extremely Observed (4.57)**.

4. What health-promoting actions are fostered after the implementation of OPLAN KKK among SAES learners?

Health-Promoting Actions	Frequency	Percentage
Practice handwashing after every activity or handling anything.	238	99.16%
Wearing of face mask and face shield when going outside the house.	237	98.75%
Eating nutritious food and take Vitamin C to increase body resistance.	215	89.58%
Keeping 1-2 meters away from another person.	221	92.08%

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Cleaning and disinfecting the house can help reduce the spread of the virus.	195	81.25%
Staying at home is needed unless there is a necessary matter to attend to.	210	87.5%
Engaging in a stress-relieving activities while at home can lessen boredom.	189	78.75%
Talking to friends and family through chat, video call, and phone call can help improve one's mental health.	175	72.92%
Avoiding mass gatherings will help a person from being exposed to virus.	201	83.75%
Taking a bath and wearing clean clothes can prevent the spread of the virus.	219	91.25%
Having COVID-19 vaccine can help reduce the risk of contracting the virus and its complications.	167	69.58%
Using alcohol and hand sanitizer in cleaning the hands if water and soap are not available.	214	89.17%
Don't share stuffs to others.	197	82.08%
Covering the nose and mouth when sneezing and coughing with the sleeves or cloth to prevent the spread of the virus.	233	97.08%
Spitting anywhere should be avoided. Use tissue and dispose properly.	199	89.92%
Avoid accepting visitors at home.	194	80.83%
Avoid talking to someone without wearing face mask and face shield.	231	96.25%
Using face mask once, dispose properly and then wash your hands.	196	81.67%
Having a regular exercise and enough sleep can keep the body strong.	204	85%
Avoid touching the eyes, nose, and mouth with dirty hands.	224	93.33%

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Table 4 displays the health-promoting actions being fostered after the implementation of OPLAN KKK health booklet among Sta. Anastacia Elementary School learners. It indicates that practice of handwashing every after activity and handling things got the highest percentage of 99.16% while having COVID-19 vaccine to reduce the risk of contracting the virus and its complications got 69.58%.

5. Based on the findings, what sustainable action plan can be proposed to promote health and safety among SAES learners?

Research Output/Innovation	Scheme of Dissemination	Resources Needed	Time Frame
Establishing a weekly health monitoring via messenger group chat and video call also known as the "Online Kamustahan" or health monitoring survey, and phone call for the learners with access to internet.	Messenger Video call Phone call	MOOE	Year-round
Creating a health group chat in school to have a regular communication between the clinic/health coordinator with the advisers to monitor the health status of the whole school population	Messenger Video call Phone call	MOOE	Year-round

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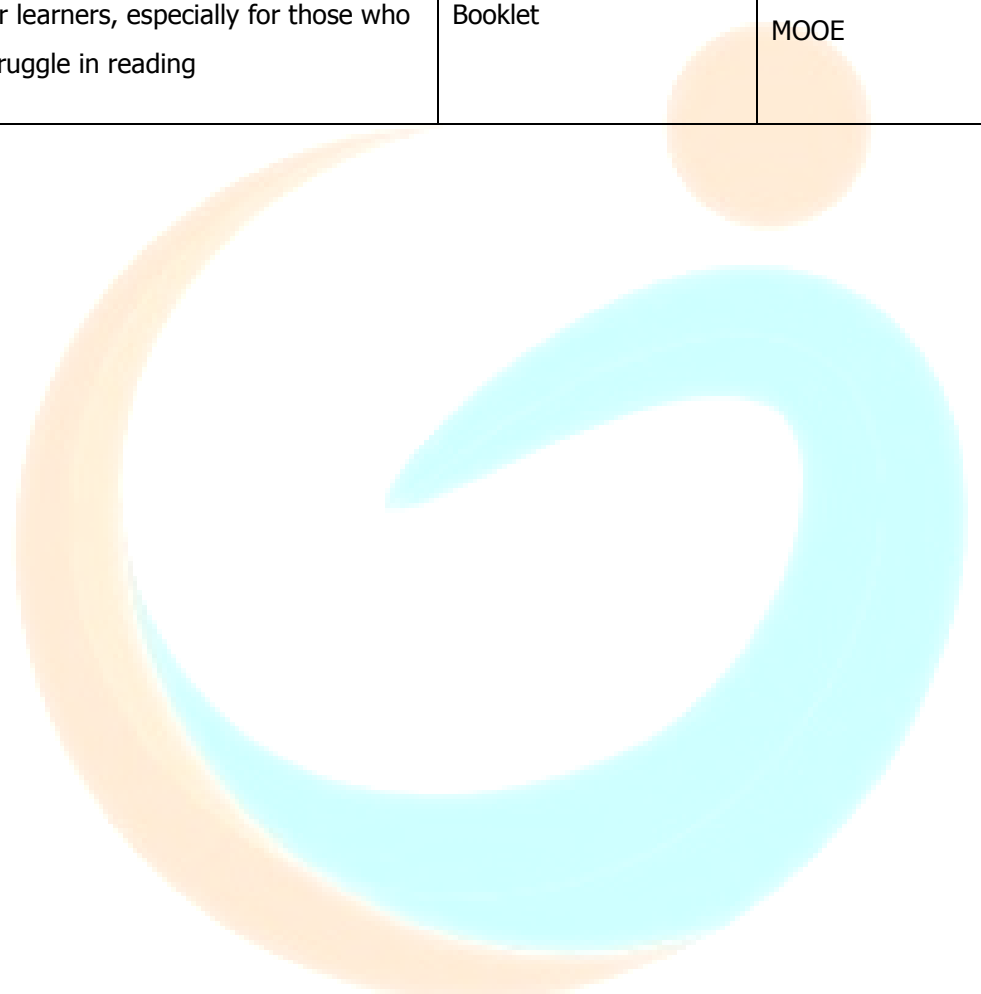
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Integrating health and safety measures in the lesson for the learners to be always reminded with the health-promoting actions.	Activity sheets Formative/Summative tests	MOOE Donations	Year-round
Serving as a great reading resource for learners, especially for those who struggle in reading	OPLAN KKK Health Booklet	Donations MOOE	Year-round



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