



PROMOTING HEALTH AND WELL-BEING IN THE WORKPLACE OF JOLLIBEE EMPLOYEES: A WELLNESS PROGRAM

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ABSTRACT

This study assessed the health and well-being in the workplace of Jollibee employees as basis for a wellness program.

The participants in this study were forty-one (41) employees using Cronbach method of computing the sample size. Purposive sampling was used in the study. The researcher conducted survey which was specially accustomed for the use of significant data regarding the respondents' profile specifically their age and sex, the perceptions of the respondents of promoting health and well-being in the workplace in terms of environmental health, mental health, physical health, and social health.

The study yielded the following findings: majority of respondents are between the ages 24-29 years old, and are female.

The respondents generally agreed that environmental health, mental health, physical health, and social health have impact on the perceptions of the respondents of promoting health and well-being in the workplace. There was no significant difference on the perceptions of the respondents on promoting health and well-being in the workplace when profile was considered. Wellness Program was designed and crafted by the researcher based on the results of the study.

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