

Psychological Well-Being of Catholic High School Students with Absentee Parents of a Private School

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Introduction. Psychological well-being (PWB) refers to a person's quality of looking at things and situations. Despite one's limitations, he/she can overcome challenges and live a satisfying, productive, and happy life. It has become an interesting subject and a growing concern, especially for those who go through an unfavorable life situation. Thus, the paper describes the level of psychological well-being of Catholic high school students with absentee parents studying in a private school in Antique during the school year 2019-2020. Furthermore, it determines the relationship existing between psychological well-being and students' demographics such as sex, family monthly income, academic level, involvement in ministry, and Sunday Mass attendance.

Methods. A descriptive-correlational research design was used to assess the level of psychological well-being of Catholic high school students with absentee parents of a private school in Antique, Philippines, during the school year 2019-2020. There were 85 respondents who participated in the study, selected using stratified random sampling. The data were collected using Ryff's item Psychological Well-Being Scale test, which includes six categories: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Mean, Standard Deviation, and Spearman rank correlation were used to analyze the data.

Results. The findings of the study showed that the level of psychological well-being of Catholic high school students with absentee parents of a private school in Antique was high. Among the six categories tested, personal growth, positive relations, and purpose in life were rated high. Meanwhile, autonomy, environmental mastery, and self-acceptance resulted in an average PWB. Considering the assessment by demographic profile, sex, both male and female, and family monthly income, both low and high, resulting in a high level of PWB. On the contrary, demographic variables on the academic level, involvement in Church ministry, and Sunday mass attendance showed different results. However, the distance of difference was not that far. Junior high school students exhibited average PWB as compared with Senior high school students with high PWB. In addition, a significant relationship was found between family monthly income, academic level, and involvement in Church ministry and PWB. Meanwhile, sex and attendance on Sunday masses had no significant relationship with PWB.

Conclusion. The school program on psychological wellness is integral in fostering an improved level of psychological well-being among students. The school's administrator, guidance designate/counselor, and the teachers play an important role and take a tremendous responsibility in creating programs to foster better psychological well-being among students amidst the challenging experiences in life. It further showed that the high level of psychological well-being of students despite the absence of parents in the home is an indicator of the positive impact of Catholic schools' education and formation in students' lives. It implies that the Catholic school's climate and religious atmosphere have helped strengthen and stabilize students' psychological wellness. Thus, there is a call towards the commitment to integrating the categories of well-being in students' holistic formation. The school must establish a strong collaboration and a close link among the stakeholders, specifically among the guidance designate/counselor, faculty, staff, and parents in promoting and supporting psychological wellness. Setting this mission in mind and heart, Catholic schools will become a true home where

students, especially those away or distant from parents, will grow strong and be empowered to find meaning in life and be happy, successful, and productive.

Practical Value of the Paper. The research contributes to the dearth of evidence on the level of psychological well-being using Catholic students with absentee parents of private schools as respondents. In addition, the findings provided baseline information for designing a psychological wellness program for high school students in collaboration with school administrators, faculty, and staff.

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