



The Level of Adherence of Senior High School Students to COVID-19 Safety Protocols

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Abstract: Ever since the first cases of COVID-19 was reported in late December 2019 to early January 2020, protocols and regulations have been put in place to mitigate the spread of the virus. With protocols in place, this study aimed to investigate the level of adherence of senior high school students to COVID-19 safety protocols. Utilizing a quantitative descriptive research design, snowball sampling technique, and a survey questionnaire, 223 senior high school students answered the survey containing 15 COVID-19 safety protocols most commonly enforced upon schools extracted from the guidelines prepared by the World Health Organization (WHO), Ministry of Public Health (MPH), Ministry of Education and Higher Education (MOEHE), and Philippine School Doha. The results show that the female respondents highly adhered to COVID-19 safety protocols while male respondents moderately adhered. More so, the grade 11 respondents highly adhered to the COVID-19 safety protocols while the grade 12 respondents only moderately adhered. Lastly, the HUMSS Strand highly adhered to the COVID-19 safety protocols, followed by the ABM, STEM, and GAS strands respectively all with moderate adherence to COVID-19 safety protocols.

Index Terms - Include at least 5 keywords and a maximum of 8 words. They should not repeat the title of the manuscript.

Introduction

With the COVID-19 pandemic's ongoing existence for over two years in 2022, progress in understanding the virus is continual and has given answers to some questions relating to COVID-19. The first question that may arise is its origins in terms of location and nature. The COVID-19 pandemic is caused by the SARS-CoV-2 virus, which belongs to the coronavirus family, a family of viruses that cause respiratory diseases in humans. The first cases of COVID-19 can be traced back to late December 2019 in a market located in Wuhan City, China, named the Hunan Wholesale Seafood Market. The most likely way that the SARS-CoV-2 virus-infected humans were through an intermediate host (World Health Organization, 2020). To clarify what an intermediate host is, an intermediate host is what a particular virus uses before the virus reaches its primary or definitive host (Biology Online, 2022). It is important to note that the SARS-CoV-2 virus is likely to have originated from bat populations. This is because upon analyzing the genomic sequence of the SARS-CoV-2 virus, it showed that it greatly resembled the virus that caused SARS, SARS-CoV, which infected bats. But the SARS-CoV virus did not infect humans directly, it infected civet cats before it infected humans. Although it is possible that the SARS-CoV-2 may have infected humans directly from bats, as stated beforehand, it is more likely that an intermediate animal was involved, which is still yet to be discovered.

World Health Organization COVID-19 Safety Protocols

Safety measures to combat the spread of COVID-19 have been made and updated by various organizations ever since late December 2019, notably the World Health Organization. In which the World Health Organization has provided a list of COVID-19 safety protocols, which is divided into five sections. The first section contains six generally followed protocols. While the second to fifth sections discuss a specific aspect that relates to combating the spread of COVID-19 (World Health Organization, 2021).

Ministry of Public Health in Qatar COVID-19 Safety Protocols

Another health organization with safety measures against COVID-19 is the Ministry of Public Health in Qatar. The Ministry of Public Health also has listed sets of protocols for the public to follow. It is similar to what the World Health Organization has given, with the addition of avoiding touching one's eyes, nose, and mouth as much as possible and details what mask is best suited for an individual, with the medical masks for the general public and for those who are at risk of acquiring severe COVID-19, the N95 or the KN95 mask. Furthermore, the Ministry of Public Health has included several protocols that apply to schools. These protocols are grouped into nine sections, though only four are applicable and related to that to the adherence of students. The first section is named restriction status, it states that all unvaccinated students, as well as those who have not recovered after getting infected, are mandated to have a weekly rapid antigen test at their homes. The second section is named regulating entry, emphasizing the policy of staying at home if unwell, which applies to students and school staff. The third section is named physical distancing and has six related protocols, and as the section implies, lists protocols regarding physical distancing. The fourth and final section is named infection prevention and control and has five related protocols. It includes sanitation protocols like the disinfecting of frequently touched school equipment like benches, desks, and chairs at the start and end of the day (Ministry of Public Health, 2022).

Ministry of Education and Higher Education in Qatar and Philippine School Doha COVID-19 Safety Protocols

Since this study is about the adherence of senior high school students, it is also important to pay attention to the COVID-19 safety protocols made by educational organizations, namely the Ministry of Education and Higher Education in Qatar and the Philippine School Doha. To commence with the Ministry of Education and Higher Education, all the recommended safety protocols that the Ministry of Public Health gives, the Ministry of Education and Higher Education will also follow because both organizations have aligned and coordinated their efforts (Gulf Times, 2022). As for the case in Philippine School Doha, the COVID-19 safety protocols are similar to that of the Ministry of Public Health and the World Health Organization. It includes staying home if one feels sick, keeping a 1.5 to 2-metre distance from others, washing hands with soap and water, using hand sanitizer if soap and water are unavailable, wearing of face mask properly at all times, coughing or sneezing into a tissue and throwing it in a bin and washing of hands afterward, avoid touching of the face, avoid sharing of food, drinks, and school supplies, avoid physical social greetings like a handshake, “beso beso”, hug, etc., and finally avoid classroom hopping.

This study will be able to benefit the following groups of individuals, who are students, teachers, school administrators, and future researchers. Students who are curious if there are any studies conducted on school grounds related to COVID-19 will benefit from this study as it will provide them insight into how senior high school students handled themselves during the COVID-19 pandemic. This also applies to future researchers, though it will only benefit those students who are searching for any studies related to COVID-19 to use for their paper. Teachers will also be able to benefit from this study as this study will show the level of adherence or how much the senior high school students of the school year 2022-2023 are willing to follow the COVID-19 safety protocols. This study can be used by teachers as a reference for what the next batch of senior high school students may struggle with in adhering when an event similar to COVID-19 ever happens in the future. Basically, the aim of this study is to provide teachers with valuable insights into the COVID-19 safety protocols that are most and least adhered to, and to guide them on how to take initiative to effectively implement these protocols. Furthermore, this study benefits school administrators by providing insights on effectively implementing regulations and making more effective school rules not only for COVID-19 safety protocols but also for future regulations.

Research Questions

The objective of this study is to determine the level of adherence of senior high school students in adhering to the classroom COVID-19 safety protocols. Specifically, this study aims to answer the following questions:

1. What is the profile of the respondents in terms of:
 - 1.1 sex;
 - 1.2 grade level; and
 - 1.3 academic strand?
2. What is the level of adherence across senior high school students to the implemented classroom COVID-19 safety protocols?
3. Based on the profile of the respondents, which group adheres to the classroom COVID-19 safety protocols more in terms of:
 - 3.1 Sex;
 - 3.2 Grade level; and
 - 3.3 Academic strand?

METHODOLOGY

This study utilized the quantitative descriptive research method. The quantitative descriptive research method is a method that contains a summary of data in a numerical format. Quantitative research is based on the application of statistical techniques to learn about specific aspects of the population or sample under investigation (Suárez et al., 2017). This methodology aims to quantify, measure, and grade the severity of various phenomena. It aims to extrapolate universal results from a sample within previously established confidence and error margins. In terms of data collection, a questionnaire was used, and respondents were asked to fill out the questionnaire. Descriptive study seeks to comprehensively and accurately characterize a population, circumstance, or occurrence.

Research Locus and Sample

This study was conducted in Philippine School Doha in Qatar. Senior high school students were chosen as respondents in this study. The snowball sampling technique was utilized to get the necessary respondents for the questionnaire, distributed among the respondents' acquaintances. Snowball sampling is a general term for sampling designs in human populations where respondents are asked to distribute the questionnaire among their social connections (Cantone & Tomaselli, 2022). After acquiring the respondents' consent, proper protocols were observed to obtain the consent of authorities and respondents to perform this research.

Research Instrument

A self-made survey questionnaire was developed to meet the objective of this study. It has closed-ended questions and is based on primary and secondary sources. The researchers followed several steps for the purpose of using a valid instrument. The first part of the instrument contains the letter to the respondents with the consent form, the second part contains the demographic profile of the respondents, and the third part contains the questions related to the different COVID-19 safety protocols derived from the World Health Organization, the Ministry of Public Health, and the Philippine School Doha.

Development and Validation

STEP 1 - Content Validation

In this stage, pre-research was conducted to get the necessary data which is also included in the questionnaire.

STEP 2 - Face Validation

The test items were examined and judged to see if they are valid for measuring the variable being studied. The questionnaire was checked by experts in the field and revised based on the recommendations of the validators.

STEP 3 - Final Administration

The respondent questionnaires were facilitated to the senior high school students in the respondents' school in March 2022.

Data Gathering Procedure

The data was gathered in the following manner: First, a permission letter was sent to the vice principal asking for permission to conduct the study. Second, the total population of Senior High School students was collected as the name of each president in each section, strand, and grade level. Third, this step is the administration of the developed instrument to the respondents followed by its retrieval. And lastly, the data was carefully tallied, analyzed, and interpreted using frequency, percentage, and weighted mean.

Statistical Treatment of Data

This study used percentage, frequency, and weighted mean as the statistical tools applied to the collected data to determine the answers posted in this study. Percentage and frequency were used to calculate the demographic profile of the respondents. Weighted mean was used in determining the most adhered to COVID-19 safety protocols. The table below contains the verbal interpretation and meaning in correspondence to what mean degree it may fall under it to. If an indicator were to fall under the mean degree of 3.26 to 4.00, it would have a verbal interpretation of Highly Adhered (HA) and a meaning of Always (A). 2.51 to 3.25, a verbal interpretation of Moderately Adhered (MA) and a meaning of Frequently (F). 1.76 to 2.50, a verbal interpretation of Slightly Adhered (SA) and a meaning of Rarely (R). Lastly, 1.00 to 1.75, a verbal interpretation of Not Adhered (NA) and a meaning of Never (N).

Legend		
Mean Degree	Verbal Interpretation	Meaning
3.26 – 4.00	Always (A)	Highly Adhered (HA)
2.51 – 3.25	Frequently (F)	Moderately Adhered (MA)
1.76 - 2.50	Rarely (R)	Slightly Adhered (SA)
1.00 – 1.75	Never (N)	Not Adhered (NA)

Results

This study aimed to investigate the level of adherence of senior high school students to the COVID-19 safety protocols.

Table 1: The Profile of the Respondents in Terms of Sex

SEX	FREQUENCY	PERCENT
MALE	105	47.1
FEMALE	118	52.9
TOTAL	223	100.0

Table 1 shows the profile of the respondents in terms of sex, with the male respondents having a total frequency of 105 out of 223 and a 47.1 percent share out of 100. While the female respondents have a total frequency of 118 out of 223 and a 52.9 percent share out of 100. The number of respondents from females is far greater than the male due to the sampling method used in this study, which is snowball sampling.

This implies that there are more female respondents than there are male respondents. As seen in table 1, there are more female respondents as there are only 105 male respondents as compared to 118 female respondents.

As of May 2022, there are 1,818,332 male learners in the Philippines with a percentage of 48 percent, while there are 2,006,381 female learners with a percentage of 52 percent (Deped, 2022). This supports the data shown in table 1, which is having more female respondents than male respondents. Additionally, the number of public secondary school students in Qatar is divided into two, 13,408 male students and 14,207 female students as of the academic year 2018 to 2019 (Statista Research Department, 2021). This further supports the data shown in table 1.

Table 2: The Profile of the Respondents in Terms of Academic strands

ACADEMIC STRAND	FREQUENCY	PERCENT
STEM	155	69.5
ABM	32	14.4
HUMSS	19	8.5
GAS	17	7.6
TOTAL	223	100.0

Table 2 shows the profile of the respondents in terms of academic strands. It can be perceived that there are 115 or 69.5% of students come from the STEM strand, 32 or 14.4% of the total population of the students are from the ABM strand, 19 or 8.5% of the students are from the HUMSS strand, and remaining 17 or 7.6% of the students were a product of GAS strand.

This implies that the majority of the respondents are from the STEM strands. As seen in table 2, most of the respondents came from the STEM with a frequency of 155 and a percentage of 69.5, the strand with the second highest number of respondents is the ABM strand with a frequency of 32 and a percentage of 14.4, the strand with the third highest respondents is the HUMSS strand with a frequency of 19 and a percentage of 8.5%, and lastly, the strand with the least high respondents is the GAS strand with a frequency of 17 and a percentage of 7.6. The total number of respondents has a frequency of 223 with a percentage of 100.

A possible explanation for why the STEM strand is the most selected strand may be due to the fact that there are factors that influence students when it comes to choosing their strand. A study by Malaguial et al. (2022) listed factors that may affect a student's decision in selecting a strand. These factors are personal interests, job opportunities, socioeconomic status, parents, and academic performance with personal interests having the most influence on a student's decision of strand selection. This supports the data shown in table 2, with the STEM strand having the most number of respondents than the 3 strands such as ABM, HUMSS, and GAS. Additionally, the ignited interest of students in choosing STEM-based careers may be influenced by their perception of having more potential careers and earnings (RAFANAN et al., 2020). The emergence of a better STEM careers movement involves subject instructors considering the preparation of young individuals for the workforce as a portion of their proficient part. This shift requires instructors to possess the necessary professional skills and poise to effectively execute their duty. This further supports the data shown in table 2.

Table 3: The Profile of the Respondents in Terms of Grade Level

GRADE LEVEL	FREQUENCY	PERCENT
11	164	73.5
12	59	26.5
TOTAL	223	100.0

Table 3 illustrates the profile of the respondents in terms of grade level. It can be observed that 164 or 73.5% of students are from Grade 11 while 59 or 26.5% of students are from Grade 12. With a total of 223 students. This implies that the majority of the students in the study population are from Grade 11, with Grade 12 students comprising only a smaller percentage of the sample. It can be seen that the majority of the respondents belong to Grade 11, whereas Grade 12 students are in the minority. Consequently, the interpretation of the outcome found that the study may be more applicable to Grade 11 respondents than the Grade 12 respondents.

It should be noted that the larger number of Grade 11 respondents may have implications for the generalizability of the study results to Grade 12 students. As such, it is necessary to exercise caution when drawing conclusions from the findings, as they may not be entirely representative of the Grade 12 population. Nonetheless, the study's results are still useful in providing insights into the attitudes and behaviors of Grade 11 students, and may still be relevant to Grade 12 students to some extent. If a sample is larger than the minimum required size, it has the potential to better represent the population and yield more precise outcomes (Andrade, 2020). Overall, the data presented in Table 3 merely reflects the distribution of the study participants across the different grade levels, and does not indicate any bias or preference towards one grade level over the other.

A larger population offers more potential participants, greater diversity, and wider geographical dispersion. This can increase the likelihood of recruiting a larger number of respondents and enhance the representativeness and generalizability of the study findings. However, a larger sample size does not necessarily guarantee better or more accurate results, and other factors such as sample quality and research design should also be considered.

Table 4: Level of Adherence Across Senior High School Students to the Implemented Classroom COVID-19 Safety Protocols

COVID PROTOCOL	WM	V.I.	Ranking
1. I wear my face mask properly.	3.77	A	3
2. I make sure that my face mask is covering my nose, mouth, and chin.	3.83	A	2
3. I use soap and water to wash my hands.	3.53	A	5
4. I sanitize my hands every time I touch my face mask.	3.23	F	8
5. I avoid crowded places where people tend to congregate.	3.10	F	10
6. I avoid classroom hopping during recess.	3.66	A	4
7. I practice social distancing during break time.	2.80	F	12
8. I avoid sharing my food and drink.	3.16	F	9
9. I avoid sharing my school supplies.	2.55	F	14
10. I sanitize my hands before eating.	3.52	A	6
11. I keep up to date with the latest information about COVID-19 from trusted sources, like the World Health Organization and the Ministry of Public Health.	3.05	F	11
12. I avoid physical greetings like a handshake, "beso beso", hug, etc.	2.59	F	13
13. I keep a 1-meter distance from others.	2.48	F	15
14. I wear acceptable face masks, like fabric masks or medical masks.	3.84	A	1
15. After getting vaccinated, I keep up to date with the latest information regarding any upcoming booster shot/s.	3.28	A	7
General Weighted Mean	<u>3.23</u>	MODERATELY ADHERED	

Legend

Mean Degree	Meaning	Verbal Interpretation
3.26 - 4.00	Always	Highly Adhered
2.51 - 3.25	Frequently	Moderately Adhered
1.76 - 2.50	Rarely	Slightly Adhered
1.00 - 1.75	Never	Not Adhered

Table 4 shows the result of the level of adherence of the senior high school students to the implemented classroom COVID-19 safety protocols.

Wearing of acceptable face masks, like fabric masks or medical masks (3.84), Covering the nose, mouth, and chin with the face mask (3.83), Wearing of the face mask properly (3.77), Avoiding classroom hopping during recess (3.66), The use of soap and water when washing hands (3.53), Sanitizing hands before eating (3.52), Keeping up to date with the latest information regarding upcoming booster shot/s (3.28), The following indicators mentioned got a "Always" response, meaning that that senior high school highly adhered to these safety protocols for COVID-19. While the remaining indicators, Sanitization of hands whenever the face mask is touched (3.23), Avoidance of crowded places where people tend to congregate (3.10), Practicing of social distancing during break time (2.80), Avoiding sharing food and drink (3.16) Avoiding sharing of school supplies (2.55), Keeping up to date with the latest information about COVID-19 (3.05), Avoiding physical greetings (2.59), all the indicators mentioned got a "Frequently" response, meaning that senior high school moderately adhere to these safety protocols for COVID-19. This implies that the senior high school students both Highly adhere and Moderately adhere to the indicators of COVID-19. The result could be interpreted that the senior high school students generally moderately adheres (3.23) to the indicators for COVID-19, when it comes to physical related interaction as it is seen based on the data that it is frequently adhered to but not always. This could mean that physical interactions are still seen among the senior high school students along with keeping up with the latest information it is only moderately adhered to, while indicators related to hygiene and what is acceptable are always adhered upon by the senior high school students.

Table 5: General Weighted Mean of the Respondents Profile

	General Weighted Mean	Meaning
Sex:		
Male	3.13	Moderately Adhered
Female	3.29	Highly Adhered
Grade Level:		
Grade 11	3.27	Highly Adhered
Grade 12	3.21	Moderately Adhered
Academic Strand:		
STEM	3.15	Moderately Adhered
ABM	3.21	Moderately Adhered
HUMSS	3.34	Highly Adhered
GAS	3.00	Moderately Adhered

Legend

Mean Degree	Meaning	Verbal Interpretation
3.26 - 4.00	Always	Highly Adhered
2.51 - 3.25	Frequently	Moderately Adhered
1.76 - 2.50	Rarely	Slightly Adhered
1.00 - 1.75	Never	Not Adhered

Table 5 shows all the general weighted mean of sex, academic strand, grade level derived from the respondent's profiles. As seen in the table, female respondents have a general weighted mean of 3.29 and 3.13 for male respondents. It can be concluded that female respondents Highly Adhered to the COVID-19 classroom safety protocols compared to male respondents who Moderately Adhered to the COVID-19 classroom safety protocols. This implies that female respondents are more likely to adhere to the COVID-19 safety protocols compared to male respondents. An explanation as to why male respondents only moderately adhere may be because male adolescents tend to exhibit risky behavior and are more non-compliant with the COVID-19 safety protocols than female adolescents (Ningsih et al., 2020). Additionally, it may also be due to female respondents taking the COVID-19 pandemic more seriously than male respondents (Commodari and La Rosa, 2020).

The same table reveals a general weighted mean of 3.27 and 3.21 to grade 11 and 12 respectively. This result can be interpreted that grade 11 students Highly adhered to COVID-19 safety protocol as compared to grade 12 who Moderately Adhered to COVID-19 safety protocol. A study by Ahorro et al. (2021), negates the idea of grade 12 students only moderately adhering to the COVID-19 safety protocols as within their study they found out that grade 12 students exert a very high level of compliance to classroom norms.

The same table also disclosed the level of adherence among academic strands from which a 3.34 general weighted mean value was exhibited by the HUMMS and interpreted as Highly Adhered. General weighted mean values of 3.21, 3.15, and 3.00 came from the academic strands of ABM, STEM, and GAS respectively. All of these general weighted means are interpreted as Moderately Adhered. A possible explanation may be due to the nature of the strand HUMSS. The HUMSS strand concerns itself with the interactions of people in society or how human beings interact with one another (AECC Global, 2022). This may explain why the HUMSS strand is the strand that highly adheres to the COVID-19 safety protocols, as it may be presumed that since the HUMSS strand concerns itself with humanity's interactions with itself, it is the same strand to take social issues more seriously as compared to the other strands.

In summary, table 4 shows the General Weighted Mean of the respondent's profile. It can be seen that, overall, female respondents highly adhere to the COVID-19 safety protocols. Whereas male respondents only moderately adhere to the COVID-19 safety protocols. Additionally, it can be seen that, overall, Grade 11 respondents highly adhere to the COVID-19 safety protocols, while Grade 12 respondents only moderately adhere to the COVID-19 safety protocols. Lastly, as seen on table 4, generally, the HUMSS strand is the only strand to highly adhere to the COVID-19 safety protocols, while the ABM, STEM, and GAS strands all moderately adhere to the COVID-19 safety protocols.

Discussion

Based on the results of the study, the female respondents are most likely to adhere to the COVID-19 protocols, although both the male and female respondents are likely to adhere to the COVID-19 protocols, a most likely reason for this is it is because of higher attention to one's own and other people's health-related needs can be related to female adherence, as well as greater empathic response to other's pain in women compared to men (Zysset et al., 2021), for male adolescents, male adolescents have been found to exhibit higher tendencies towards risky behavior and non-compliance with COVID-19 safety protocols compared to the female adolescents (Ningsih et al., 2020).

In terms of grade level, this study found that the grade 11 respondents fall under highly likely to adhere to the COVID-19 protocols whereas the grade 12 respondents fall under likely to adhere to the COVID-19 protocols. This concludes that both the grade 11 and 12 respondents adhere to the COVID-19 protocols except that the grade 11 respondents have a higher tendency to adhere to the COVID-19 protocols due to the relatively new senior high school environment as a result of the preceding pandemic-induced online classes (Locion et al., 2022), with the pandemic being a novel occurrence, this may have had an impact on the adolescents who are currently in an egocentric developmental stage that prioritizes self-value over that of others. Consequently, the imposed social restrictions and school closures due to the pandemic may present a significant challenge to this age group, as social interactions with peers increase, adolescents frequently leave their homes (Ningsih et al., 2020).

This study also investigates the adherence level of senior high school students based on their academic strand. The findings showed that the HUMSS are most likely to adhere to the COVID-19 protocols among the academic strands. One possible reason why the HUMSS strand is more likely to adhere to the COVID-19 safety protocols has something to do with the nature of the HUMSS strand. HUMSS strand focuses on human interaction, more specifically, it deals with how human beings interact in society, institutions, and the world at large (AECC Global 2022). Essentially, a possible reason why the HUMSS strand is due to the nature of the strand, which has something to do with humans and their interactions with one another. It may be then insinuated or thought that the HUMSS strand takes social issues more seriously than the other strands as it is the strand that concerns itself with topics relating to society. In conclusion, the HUMSS academic strand exhibits a greater tendency to adhere to the COVID-19 protocols in comparison to the other academic strands namely STEM, ABM, and GAS due to the nature of its strand.

This study emphasizes the significance of ongoing education and awareness initiatives regarding adherence to COVID-19 protocols. Furthermore, the results indicate that specific interventions should be modified in terms of sex, grade level, and academic strand.

In general, this study adds to the current literature on to what extent senior high school students comply with the COVID-19 protocols. Additional research is required to examine other variables that could influence the adherence of senior high school students to the COVID-19 protocols, such as socioeconomic status, geographic location, and cultural influences.

Based on the data, there are indicators for COVID-19 that are more highly adhered upon than other indicators, this shows that not all the indicators are closely adhered to by senior high school students. The indicators will be ranked based on the level of adherence of the senior high school students to it.

Rank number 1 is the statement, "I wear acceptable face masks, like fabric masks or medical masks. It has a mean value of 3.84 or ALWAYS. This indication shows that most of the students in the Senior High School Department are concerned with their safety regarding the pandemic. According to the World Health Organization, wearing face masks is necessary and considered the minimum health protocol in order to keep ourselves protected from the COVID-19 virus.

Rank number 2 is the statement, "I make sure that my face mask is covering my nose, mouth, and chin". It has a mean value of 3.83 or ALWAYS. When it comes to wearing masks, it is always important for an individual to properly wear a face mask to protect the wearer and those around them. It limits the spread of COVID-19 by reducing the number of "infectious particles that may be inhaled or exhaled" (World Health Organization, 2023).

Rank number 3 is the statement, "I wear my facemask properly". It has a mean value of 3.77 or ALWAYS. This statement generally proves the idea of ranking number 1 and number 2 on the given survey. If it is important that a face mask is covering an individual's nose, mouth, and chin, then it is also important if it is worn properly in general. It has the same reasoning as rank number 2, where wearing a face mask limits the spread of COVID-19 and reduces the risk of other people surrounding the wearer contracting COVID-19 (World Health Organization, 2022).

Rank number 4 is the statement, "I avoid classroom hopping during recess". It has a mean value of 3.66 or ALWAYS. Since a classroom is already crowded, most students will resort to meeting their friends in some places, such as hallways, the canteen, or other open spaces that do not house a lot of people. It would be difficult to point out exactly how many students meet with their friends by classroom hopping during their recess, but most students have likely heard to avoid crowded spaces that have a lot of people since the virus spreads faster that way. This is exactly what the World Health Organization advises and suggests public practice, being that to avoid crowded places where a lot of close contacts may occur (World Health Organization, 2022).

Rank number 5 is the statement, "I used soap and water to wash my hands". It has a mean value of 3.53 or ALWAYS. The implication of the above statement suggests that students are involved in proper hygiene which is essential in this trying time of the COVID-19 Pandemic. This shows that these Senior High School students do care for their safety and have high regard for their future by taking care of their bodies. Based on studies it is recommended that regular and thorough washing one's hands with soap and water or cleaning them with an alcohol-based hand rub is one of the best ways to lower one's risk of contracting or spreading COVID-19 (Sivakumar, 2021).

Rank number 6 is the statement, "I sanitize my hands before eating". It has a mean value of 3.52 or ALWAYS. Implying that Senior High School students are concerned with disinfecting their hands. Sanitizing the hands before handling food can prevent the spread of infections due to the ingestion of contaminated food being a common entry point for pathogens into the body. This displays that Senior High School students are practicing the Centers for Disease Control and Prevention's recommendation of disinfecting their hands with soap and water or alcohol-based hand sanitizer before eating food (Centers for Disease Control and Prevention, 2022)

Rank number 7 is the statement, "After getting vaccinated, I keep up to date with the latest information regarding any upcoming booster shot/s". It has a mean value of 3.28 or ALWAYS. Booster shots are additional doses of a vaccine that is given after the original dose has begun to lose or decrease its protection (Johns Hopkins Medicine, 2022). Students being informed when the next essential or important booster does after their initial vaccine shot wouldn't be unusual, as most students probably had their booster shots after getting two vaccine shots. As per the vaccination campaign of the Ministry of Public Health in Qatar in 2021, vaccination centers were opened across the country to offer the public all three doses of the vaccine to all and any eligible citizens and residents of Qatar (Government Communications Office, 2023).

Rank number 8 is the statement, "I sanitize my hands every time I touch my face mask". It has a mean value of 3.23 or FREQUENTLY. This could imply that the majority of Senior High school students are not aware of the risk of touching a used face mask and have taken them for granted. Hands must be sanitized after touching a used face mask due to the possibility of pathogens remaining on the face mask transferring to the hands (Centers for Disease Control and Prevention, 2022). Face masks are taken off when a person eats and if the face mask is removed after the hands are disinfected, microorganisms on the face mask will be

transferred to the hands again. This ties in with the statement ranked 6 as the hands will not be sanitized after touching a used face mask.

Rank number 9 is the statement, "I avoid sharing my food and drink". It has a mean value of 3.16 or FREQUENTLY. With this study being written in the year 2023, three years after the initial discovery of COVID-19 in late December 2019, it would be safe to assume that students are now used to the presence of COVID-19. And since students are accustomed to the COVID-19 pandemic, there are some safety protocols that the students do not adhere to as much as when the COVID-19 pandemic is at its highest. This is just to say that students are still following the protocol of not sharing their food and drink with others. It's just that in consideration of the COVID-19 pandemic's existence, students are still adhering to the protocol but in a more relaxed manner. It may also have to do with people increasing their food consumption leading to them sharing their food or snacks with other people (Shimpo et.al, 2022). Though in the same study, it has been found that there are certain snacks that have decreased in people's consumption of it.

Rank number 10 is the statement, "I avoid crowded places where people tend to congregate". It has a mean value of 3.10 or FREQUENTLY. This data shows that the respondents are aware of the protocol but unable to refrain from doing such action. Certain occasions show that friends and family cluster in a particular place without knowing that somehow block areas where individuals pass. With this issue the increase in the potential of diseases and germs spreading becomes alarming. Schools must convey to children the benefits of staying away from crowded areas and motivate them to do so. The likelihood of exposure to the COVID-19 virus increases with proximity to larger groups of people. Avoiding crowded areas or maintaining a safe distance from others can help prevent such exposure. These measures are also effective in protecting individuals who are at a higher risk of developing severe COVID-19 illness in situations where there are multiple exposure risks (Centers for Disease Control and Prevention, 2023).

Rank number 11 is the statement, "I keep up to date with the latest information about COVID-19 from trusted sources, like the World Health Organization and the Ministry of Public Health". It has a mean value of 3.05 or FREQUENTLY. Considering the pandemic's existence for 3 years and counting, the task of keeping up to date with the latest information surrounding COVID-19 has decreased. Since the majority of our respondents are teenagers. Their idea of the world around them is focused on entertainment while current news and events are not their priority. This limits their understanding and knowledge about the world one lives in. Mostly rely on social media output and fail to grasp the concept and beauty of being updated on certain current situations (Saeed et al., 2022).

Rank number 12 is the statement, "I practice social distancing during break time". It has a mean value of 2.80 or FREQUENTLY. Practicing social distancing was the most prevalent COVID-19 safety measure for the public to adhere upon as it limits and lowers the spread of COVID-19 with a recommended distance of at least 6 feet from one another (Centers for Disease Control and Prevention, 2022). But as the COVID-19 pandemic continued, safety measures surrounding social distancing started to alleviate. This is to say that at the time of writing this study, the COVID-19 pandemic has continued for three years and counting. And considering how long the pandemic has existed and integrated itself into society, it wouldn't be surprising if some of the COVID-19 safety measures that were once strictly adhered upon, start to lose compliance from its intended demographic. However, since this statement still has a mean value of 2.80 or more frequently, it shows that students are still socially distanced, but not as much as at the start of the pandemic.

Rank number 13 is the statement, "I avoid physical greetings like a handshake, "beso beso", hug, etc.". It has a mean value of 2.59 or FREQUENTLY. The COVID-19 epidemic has made students more cautious and conscious of the dangers of physical touch. The danger of spreading the virus is increased. However, due to the fact that the respondents are teenagers and modern society permits a certain level of public affection, it is no doubt that physical contact is prevalent in these groups, thus social distancing is neglected (BMC Public Health 2008).

Rank number 14 is the statement, "I avoid sharing my school supplies". It has a mean value of 2.55 or FREQUENTLY. Students should adopt appropriate practices when sharing school materials in regard to the growth of COVID-19. Textbooks, calculators, computers, pens, papers, phones, and other goods that may be infected with the virus shouldn't be borrowed or lent by students to limit the spread of the virus (Business Insider, 2020). This data shows that students are aware of the situation however because of the helpfulness, hospitality, and generosity embedded in the rich culture and tradition of every Filipino, sharing may still take place despite the possible effect of the virus. Also, students should always wash their hands before using any shared goods and afterward. Lastly, students should regularly clean and disinfect their school materials.

Rank number 15 is the statement, "I keep a 1-meter distance from others". It has a mean value of 2.48 or RARELY. This indicates that senior high school students rarely follow this safety measure and often engage in close contact interactions with their fellow classmates. This simply attributes to the possibility that students are not fully aware of the distance of one meter from point A to point B. Often than not, neglecting the possible ill effect of being together in a very close manner, because the virus can still be transmitted without showing signs of illness (World Health Organization, 2022).

Given all the data presented and considering the state in which the COVID-19 pandemic is currently in the year 2023, this study recommends the continued use of COVID-19 safety protocols to ensure student safety.

APPENDIX A
RESEARCH QUESTIONS

**The Level of Adherence of Senior High School Students to
COVID-19 Safety Protocols**

RESEARCH QUESTIONS

The objective of this study is to determine the level of adherence of senior high school students to COVID-19 safety protocols. Specifically, this study aims to answer the following questions:

1. What is the profile of the respondents in terms of:
 - 1.1 sex;
 - 1.2 grade level; and
 - 1.3 academic strand?
2. What is the level of adherence across senior high school students to the implemented classroom COVID-19 safety protocols?
3. Based on the profile of the respondents, which group adheres to the classroom COVID-19 safety protocols more in terms of:
 - 3.1 sex;
 - 3.2 grade level; and
 - 3.3 academic strand?

APPENDIX B
SURVEY QUESTIONNAIRE

**The Level of Adherence of Senior High School Students to
COVID-19 Safety Protocols**

Survey Questionnaire

SECTION A: Demographic Questions

Instructions: Please complete this section by checking the appropriate boxes.

- 1.1 Choose your sex.
 - Male
 - Female
- 1.2 Choose your grade level.
 - Grade 11
 - Grade 12
- 1.3 Choose your academic strand.
 - STEM
 - ABM
 - HUMSS
 - GAS

SECTION B. COVID-19 Safety Protocols

Instructions: The following items are classroom COVID-19 safety protocols. Please indicate the box and check (✓) it honestly based on how much you practice the given COVID-19 safety protocol.

Protocols	A (Always)	F (Frequently)	R (Rarely)	N (Never)
1) I wear my face mask properly.				
2) I make sure that my face mask is covering my nose, mouth, and chin.				
3) I use soap and water to wash my hands.				
4) I sanitize my hands every time I touch my face mask.				
5) I avoid crowded places where people tend to congregate.				
6) I avoid classroom hopping during recess.				
7) I practice social distancing during break time.				
8) I avoid sharing my food and drink.				
9) I avoid sharing my school supplies.				
10) I sanitize my hands before eating.				
11) I keep up to date with the latest information about COVID-19 from trusted sources, like the World Health Organization and the Ministry of Public Health.				
12) I avoid physical greetings like a handshake, "beso beso", hug, etc.				
13) I keep a 1-meter distance from others.				
14) I wear acceptable face masks, like fabric masks or medical masks.				
15) After getting vaccinated, I keep up to date with the latest information regarding any upcoming booster shot/s.				

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