

**PROFILE OF NON-ACADEMIC EMPLOYEES AND PROVISION
OF HEALTH INTERVENTION STRATEGIES IN
CAVITE STATE UNIVERSITY-MAIN CAMPUS**

THESIS

**PHOEBE CLARISSE A. BENDANA
SHARMAINE C. BERNABE
AUBREY JOSELLEE D. SOSING**

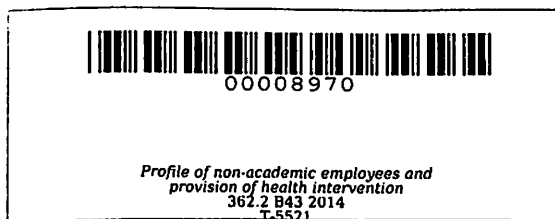
**College of Nursing
CAVITE STATE UNIVERSITY
Indang, Cavite**

April 2014

**PROFILE OF NON-ACADEMIC EMPLOYEES AND PROVISION OF HEALTH
INTERVENTION STRATEGIES IN CAVITE STATE UNIVERSITY-MAIN
CAMPUS**

**Undergraduate Thesis
Submitted to the Faculty of the
Cavite State University
Indang, Cavite**

**In partial fulfillment
of the requirements for the degree
Bachelor of Science in Nursing**



**PHOEBE CLARISSE A. BENDAÑA
SHARMAINE C. BERNABE
AUBREY JOSELLEE D. SOSING
April 2014**

ABSTRACT

BENDAÑA, PHOEBE CLARISSE A., BERNABE, SHARMAINE C., SOSING, AUBREY JOSELLEE D. Profile of Regular Non-Academic Employees And Provision of Health Intervention Strategies in Cavite State University-Main Campus. Undergraduate thesis. Bachelor of Science in Nursing, Cavite State University, Indang, Cavite. April 2014. Adviser: Prof. Nenita B. Panaligan RN, MAN.

An unfolding program from the College of Nursing in partnership with the Cavite State University (CvSU) Infirmary regarding provisions of Health Programs and Services within CvSU, benefiting students, academic and non-academic employees will emerged in the near future. This study was then conducted to assess the effectiveness of health intervention strategies of Cavite State University as perceived among selected regular non-academic employees. Also, the study aimed to identify the level of satisfaction of regular non-academic employees towards the health intervention strategies of CvSU. Demographic, health profile and health management and lifestyle were also assessed. Interview and survey questionnaires were utilized to gather the data. A statistical treatment of the data was done to evaluate the participant's feedback. The levels of effectiveness of health intervention strategies were categorized to very effective, effective, somewhat effective, and not effective.

Majority of the participants belongs to office area which may implicate that the regular non-academic employees of Cavite State University are mostly office worker than field worker. After computing for the BMI of the participants, 37 percent of participants have a normal BMI while the majority of the population has an abnormal BMI, stating overweight as second greater population, followed by underweight and

obese and lastly highly obese. The participants were asked about the diseases they still experienced that they couldn't modify or manage. Majority of the population experienced migraine or migraine-like headache; followed by hypertension, palpitation, constipation and colds.

Based on the result, there is no significant relationship between demographic profile and perceived level of effectiveness on health intervention strategies rendered in Cavite State University-Main Campus Infirmary Unit as perceived by regular non-academic employees.

Statistical results revealed that there was significant relationship between health profiles specifically diseases and the perceived level of effectiveness on health intervention strategies rendered in Cavite State University as perceived by the regular non-academic employees.

Majority of the participants were quite satisfied on what the university is providing to the regular non-academic employees.

Majority of the participants evaluated that the health *intervention* strategies of Cavite State University were somewhat effective and least of the participants perceived those interventions of the university as somewhat effective.

TABLE OF CONTENTS

	Page
BIOGRAPHICAL DATA.....	iii
ACKNOWLEDGMENT.....	vi
ABSTRACT.....	viii
LIST OF TABLES.....	xii
LIST OF FIGURES.....	xv
LIST OF APPENDICES.....	xvi
INTRODUCTION	
Statement of the Problem	4
Objectives of the Study.....	6
Significance of the Study	8
Hypotheses.....	9
Assumption.....	9
Scope and Limitation of the Study.....	10
Time and Place of the Study.....	10
Definition of Terms.....	11
Conceptual Model.....	19
Theoretical Framework.....	20
REVIEW OF RELATED LITERATURE	
METHODOLOGY	
Research Design	30

Participants of the study	30
Sampling Design	31
Research Instruments	31
Validation of Instrument	34
Data Gathering Procedure	34
Statistical Treatment.....	34
RESULTS AND DISCUSSION	
SUMMARY, CONCLUSION, AND RECOMMENDATION	
Summary	88
Conclusion.....	94
Recommendations.....	96
REFERENCES.....	97
APPENDICES	101

LIST OF TABLES

Table		Page
1	Demographic profile of regular non-academic employees.....	40
2	Distribution of weight of selected regular non-academic employees of Cavite State University.....	42
3	Distribution of height of selected regular non-academic employees.....	43
4	Distribution of Body Mass Index (BMI) of selected regular non-academic employees.....	44
5	Distribution of blood pressure reading of regular non-academic employees.....	55
6	Distribution of body temperature of regular non-academic employees.....	57
7	Distribution of respiratory rate of regular non-academic employees.....	58
8	Distribution of pulse rate of regular non-academic employees.....	59
9	Gravida (number of pregnancy) of female regular non-academic employees.....	61
10	Term (number of termed deliveries) of female regular non-academic employees.....	62
11	Para (number of deliveries) of female regular non-academic employees.....	62
12	Abortion (number of abortion, miscarriage) of female regular non-academic employees.....	63
13	Live birth (number of living children) of female regular non-academic employees.....	63

14	Waist circumference of regular non-academic employees of CvSU.....	65
15	Highest prevalence diseases of selected regular non-academic employees of Cavite State University.....	67
16	Mean distribution of health intervention strategies and perceived level of effectiveness among regular non-academic employees of CvSU.....	72
17	Distribution of health perception among regular non-academic employees of CvSU.....	74
18	Mean distribution of perceived importance of health among regular non-academic employees of CvSU.....	75
19	Distribution of health management practice among regular non-academic employees of CvSU.....	76
20	Correlation of health intervention strategies and position among regular non-academic employees of CvSU.....	77
21	Relationship between health intervention strategies and age and months of stay among regular non-academic employees in CvSU.....	78
22	Correlation of health intervention strategies and civil status among regular non-academic employees of CvSU.....	79
23	Correlation of health intervention strategies and sex among regular non-academic employees of CvSU.....	80
24	Correlation of health intervention strategies and monthly income among regular non-academic employees of CvSU.....	80
25	Correlation of health profile and health intervention strategies among regular non-academic employees of CvSU.....	81

26	Relationship between health intervention strategies and blood pressure among regular non-academic employees of CvSU.....	82
27	Relationship between health intervention strategies and temperature among regular non-academic employees of CvSU.....	83
28	Relationship between health intervention strategies and pulse rate among regular non-academic employees of CvSU.....	83
29	Relationship between health intervention strategies and respiratory rate among regular non-academic employees of CvSU.....	84
30	Relationship between health intervention strategies and waist circumference among regular non-academic employees of CvSU.....	85
31	Level of satisfaction on health intervention strategies rendered by Cavite State University to regular non-academic employees.....	86
32	Mean Distribution on perceived level of satisfaction among regular non-academic employees of CvSU.....	87

LIST OF FIGURES

Figure		Page
1	Conceptual framework of the study.....	19
2	Rosentock's health belief model.....	21
3	Anderson's behavioral model of health Services utilization.....	22
4	Exercise per week of regular non-academic employees in CvSU.....	45
5	Duration of exercise among regular non-academic employees in CvSU.....	46
6	Reasons for not exercising of regular non-academic employees in CvSU.....	47
7	Types of Exercise among regular non-academic employees in CvSU.....	48
8	CvSU employees who engaged in cigarette smoking...	49
9	Consumption of cigarette smokers of regular non-academic employees in CvSU.....	49
10	Alcohol Consumption of regular non-academic employees in CvSU.....	50
11	Meals per day.....	51
12	Food Preference of regular non-academic employees in CvSU.....	52
13	Frequency of water intake per day of regular non-academic employees in CvSU.....	53
14	Usual beverages intake of regular non-academic employees in CvSU.....	54
15	Last Menstrual Period of CvSU female regular non-academic employees.....	60

LIST OF APPENDICES

Appendices		Page
1	Questionnaire	102
2	Letter to conduct pilot testing.....	111
3	Letter of requests	114
4	List of names of the regular non-academic employees....	129
5	Statistical result of pilot study.....	134
6	Curriculum Vitae	136

PROFILE OF NON-ACADEMIC EMPLOYEES AND PROVISION OF HEALTH INTERVENTION STRATEGIES IN CAVITE STATE UNIVERSITY-MAIN CAMPUS

**Bendaña, Phoebe Clarisse A.
Bernabe, Sharmaine C.
Sosing, Aubrey Josellee D.**

An undergraduate thesis manuscript submitted to the faculty of the College of Nursing, Cavite State University Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Science in Nursing with Contribution No. SP CON 2014-04 Prepared under the supervision of Prof. Nenita B. Panaligan, RN, MAN.

INTRODUCTION

“Work is more dangerous than war “— that is reportedly the conclusion of an International Labor Organization (ILO) study on global health and safety at work. The ILO study claimed that for every 15 minutes an employee dies. Based on DOLE order, Philippines deregulated the labor inspection due to lack of concern on health and safety at work (*Worsening conditions for the Filipino worker*,2011).

This statement brought an alarming sense especially to health providers and also among workers. It is a fact that truly needs an attention from the government, private and public institutions and organizations. And although, state of the art technologies in improving health and wellness is present, still several individuals in different races, socioeconomic status and ages can't satisfy their health needs. It is for the