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The Experiences and Challenges Faced by COVID-19 Family Survivors: A Phenomenological Study of Mothers' Perspectives

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Abstract

Due to the outbreak of COVID-19 many families experience the threat of the COVID-19. This study aims to explore the lived experiences, challenges, and coping mechanisms of COVID-19 Family Survivors. The study employed the Interpretative Phenomenological Analysis with ten (10) participants. Based on the findings, the following conclusions were drawn: (1) Most of the participants consulted health professionals for their medications and advised herbal medicines in boosting their immune system. (2) Family survivors had to make adaptations to their daily routines and established stringent health standards in their homes, such as separating the parents' and children's rooms, using disposable utensils, and ensuring that every surface of their homes was clean. (3) They were able to meet their necessities due to the generosity of their neighbors. These people were helped financially by their employers, neighbors, churchmates, and loved ones. Similarly, the government offered a different forum for the COVID-19 Family survivors to receive help and assistance. (4) Despite the hardships they faced, COVID-19 family survivors did not lose hope that they would be cured of COVID-19. These people tried their hardest to maintain their health by eating good meals, sleeping early, obtaining enough sunlight in the morning, and carefully selecting the vitamins they took. (5) Finally, despite the difficult battle against COVID-19, these individuals grew resilient by building their spiritual lives, exercising their faith, and being brave for the sake of their loved ones.

Keywords: Family, Experiences, Challenges, Mothers' Perspectives, COVID-19 pandemic

1. INTRODUCTION

The family clusters of families in the society were common in the development of this pandemic (Diao et al., 2021). SARS-COV-2 belongs to the Coronavirus family, all of which possess a single-strand, positive-sense RNA genome and can affect a range of mammalian and avian hosts. Several transmission models studies have estimated the primary reproduction number (R₀) of SARS-COV-2 to range from 2 to 4, which means that one case of COVID-19 will generate 2 to 4 additional cases during its infectious period. Therefore, a standard route of infection of patients in this epidemic was through close contact with a family member, similar to previous conditions such as severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The ease of transmission enabled the rapid spread of the SARS-CoV-2 virus via the respiratory and Fecal-Oral route, moderate environmental persistence, and lack of durable immunity following infection. Other than exposure history, fever, and other respiratory symptoms, pneumonia findings on chest imaging and abnormal

laboratory findings are the main clues in the screening workflow of COVID-19 patients. Several cases reports of family clusters have previously been published, indicating the importance of early detection and isolation of the infected patients and special caution needed for asymptomatic family members. However, these family clusters were not systematically investigated, especially the similarities and dissimilarities of the first two generations of COVID-19 within the family. Therefore, consecutive cases of family clusters were retrospectively collected to establish common clinical and imaging features of infected family clusters.

As stated in the study of Lowe et al. (2020), COVID-19 family clusters have been found all over the world. While disease severity varies, there have been few accounts of severe infection resulting in several deaths within a family. The evidence for a familial predisposition to severe COVID-19 consequences is increasing, as seen by a New Jersey family cluster with many COVID-19 fatalities. Base on the study of Song et al., (2021), there are 18 studies involving 34 children, and 98 adults were included in 28 families. The dominant features were fever, cough, and ground-glass opacity change of chest computed tomography (CT). In contrast, the asymptomatic infections for children were higher than for adults with statistical significance. Twenty-seven families reported adults as the first case of COVID-19 in family clusters.

The COVID-19 pandemic has a significant impact on the majority of the world's countries. There are still many unknowns about the novel coronavirus, its transmission, and the experiences of people who have been infected by the virus particularly COVID-19 survivors and family members. The lives of COVID-19 survivors and their families have a significant impact on their physical and psychosocial health (Li et al., 2020).

Moreover, the main objective of this study is to explore the experiences of COVID-family survivors from a mother's perspective, to give adequate and precise knowledge to COVID family patients about the difficulties and uncertainties that every infected person is experiencing, to inform society about the importance of social, community, spiritual, moral, financial support to the families who tested positive to COVID-19 and to elaborate that community stigmatization should not be promoted in every community at all costs and lastly, to raise awareness to the government about the needs and struggles of COVID-infected families.

1.2 Research Questions

This study explores the experiences and challenges faced by the COVID-19 family survivors from a mother's perspective. Specifically, this study sought to answer the following questions:

1. What are the experiences of COVID-19 family survivors?
2. What are the challenges faced by COVID-19 family survivors?
3. What are the coping mechanisms of COVID-19 family survivors?

2. LITERATURE REVIEW

The Experiences of the COVID-19 Family Survivors

This worldwide pandemic impacted everyone, including patients and their relatives. Patients admitted to COVID wards' real-life experiences, as well as their well-being in the COVID-19 era, are mainly neglected. The majority of patients hospitalized with the virus reported some or all of the following mental health issues: anxiety, excessive worry, impatience, low mood, frustration, anguish, and a sense of isolation/loneliness, which were detected during their isolation. As a result of their isolation, dread of mortality, and related stigma, many individuals with COVID-19 infection endure mental discomfort (Onyeaka et al., 2020). Recent research has found that a variety of emotional responses in COVID-19 healthcare providers, including initial fatigue, anxiety, and fears that gradually led to growth under pressure, as well as socially isolating and stigmatizing community preventive measures, may be some of the factors causing distress to affected cases and their families as stated by Eisazadeh et al. (2020).

Self-Image of COVID-19 Family Survivors

Having a distinct and persistent sense of self is associated with a short-term decrease in negative affect during the lockdown, which could change behavior and attitudes regarding the pandemic. At the same time, based on the findings of Alessandri et al. (2020) these findings suggest that self-concept clarity could be a target for therapies targeted at increasing emotional well-being in stressful conditions. Furthermore, emotional stressors appear to be linked to self-esteem, according to Dolan and Sanchez (2020). They assume that persons with low self-esteem will be the ones who suffer the most during the COVID-19 Crisis, which may be incorrect speculation. Individuals with COVID-19-related issues should also receive tailored psychological interventions

to help them cope with the disease's psychological effects while also developing adaptation and positive psychological health outcomes. (Rossi et al. 2020), elaborates that self-care, on the other hand, has been practiced for thousands of years. Self-care initiatives are transforming how health care is recognized, understood, and accessed. Finally, Menachem (2021), a former COVID-19 patient, indicated that using technology and social media, they are organizing efforts to connect sick COVID-19 patients with plasma donors. Even though the COVID-19 victims had to fight for a long time, they all survived. They are the ones that can inspire COVID-19 patients to gain victory in their battles.

Self-Medication of COVID-19 Family Survivors

The general public sought treatment or vaccination for COVID-19 due to the lack of a definitive cure and the late development of a vaccine. Elayeh et al., (2021) discovered that people self-medicate with vitamin C, paracetamol, and vitamin D to treat COVID-19. Quispe-Caari et al. (2020) also conducted research and discovered that the majority of respondents self-medicate with acetaminophen for COVID-19 symptoms, primarily due to a cold or flu. All of the surveyed medicines (acetaminophen, ibuprofen, azithromycin, penicillin, antiretroviral, and hydroxychloroquine) were used to treat fever, fatigue, cough, sneezing, muscle soreness, nasal congestion, sore throat, headache, and breathing difficulties. According to Evans' study (2021), several home remedies include drinking plenty of water and drinking enough water to achieve a pale or clear pee. COVID-19 infection has also been linked to liver impairment, which can be aggravated by consuming alcohol. Over-the-counter drugs can help with some of the symptoms. On the internet and at health food stores, there are several natural cures and herbal medicine concepts. Since scientists are still working on a vaccine, home remedies such as zumbani, moringa, ginger-garlic concoctions, tobacco snuff, lemon leaves, guava tree leaves, and honey, among others, have been proposed as a therapeutic development in the treatment of COVID-19 in Zimbabwe, according to Marevesa et al., (2021), when compared to regular treatment, the data revealed that Coronavirus patients are increasingly depending on home remedies to treat their illness.

Medicines intake by COVID-19 Family Survivors

Self-medication is described by the World Health Organization (WHO) as the selection and use of medications to treat self-recognized symptoms or ailments without seeing a professional, according to Malik, M. et al., (2020). It also includes the illogical use of over-the-counter medications, as well as the use or re-use of previously prescribed or unused prescriptions, and drug purchases made without consulting a physician. More than a third of them (35%) self-medicate for fever, and more than 80% of them take immune boosters, as stated by Elayeh, et al., (2021). In addition, honey (66.5 percent), ginger (41 percent), dates (39.9%), black seed (39.9%), and olive oil (35 percent) were all used as antiviral prophylaxis. Respondents with a higher educational degree and longer working hours were more likely to give positive responses. In a pilot study involving 301 Egyptian adults, vitamin C and D intake were reported by 27 percent and 17.7 percent of participants, respectively. Analgesics, antipyretics, antitussives, antidiarrheal, calcium and vitamin supplements, anabolic steroids, sedatives, certain antibiotics, and a variety of herbal and alternative medicines are among the most commonly self-prescribed treatments. According to Malik, et al. (2020) This has increased the influence of social media in terms of pharmacological misinformation, causing public uncertainty and fear, as well as an increase in the use of self-medication, including home cures that have yet to be shown safe and effective.

Medicines of COVID Family survivors, as stated in the study of Panyod, et al., (2020), foods and herbs have potent antiviral activity against SARS-CoV-2 and can prevent COVID-19, according to the number of existing reports. Foods and herbs could be utilized as antiviral agents for masks, disinfectants to prevent aerosol transmission, or sanitizing agents to sanitize surfaces as part of dietary or supplementary therapy to prevent illness and build immunity. According to certain studies based on Traditional Chinese Medicines, Yinqiao san may have antibacterial and antiviral properties and can be used to improve upper respiratory tract immune function. These two medications can be used to treat COVID-19 infection in patients who have a mild case (Xu & Zhang, 2020). According to the research of Kim et al. (2021), Traditional herbal medicine (THM) has been used to treat emotional symptoms and improve quality of life, so it has the potential as adjuvant therapy for COVID-19 survivors' psychological complications. In the discussion of the study, it stated the effectiveness of the THM, it says that THM modulates the immune system and maintains homeostasis by affecting immunological effector cells such as macrophages, monocytes, B cells, neutrophils, and mast cells. Because there is no specific effective treatment, supportive therapies including oxygen therapy, antiviral medication, and corticosteroid therapy are commonly utilized in clinical practice. Traditional Chinese Medicine, including herbal formulations, can be used

to prevent and treat infectious illnesses, according to prior experiences in the treatment of infectious diseases in China (Xu & Zhang, 2020).

Isolation Experiences of COVID-19 Family Survivors

According to Busby (2021), humanity has learned an important lesson from the Global Coronavirus pandemic. The pandemic has caused significant limitations on human migration as well as the shutdown of practically every country on the planet. Real-life experiences of patients admitted to COVID wards or their homes with their families suffering from mental health concerns and stigmatization during their admission and seclusion are, nevertheless, scarce. Patients and their families are also fighting for their lives, battling mental health concerns, anxiety, sadness, and the stigma of isolation. COVID-19 wards should evaluate all patients on a regular basis during their isolation and address their concerns, as well as the interpersonal issues that develop as a result of isolation and other issues.

During their quarantine period, many patients and their families endured worry as they were asymptomatic and stable after the first few days. COVID-19 survivors who were isolated from their families reported feelings of tension, pessimism, rejection, and guilt, according to the researchers (Das, 2020). Based on the research of Torales et al., (2020), patients and their families experienced health issues, a lack of family support, and internalized stigmatization while they were incarcerated. On the other side, the COVID-19 pandemic appears to have spread across our modern civilization, resulting in virtually unrestricted social connection. Individuals and families are compelled to accept the dreadful reality of isolation, which can contribute to domestic interpersonal violence and boredom as a result of these social restraints. All members of the family have experienced similar increases in loneliness and isolation. Depression, anxiety, post-traumatic stress disorder, and insomnia have all grown in the population as a result of this. Furthermore, cases that are affected or suspicious are isolated. This social isolation leads to chronic loneliness and boredom, which can be harmful to one's physical and mental health if not addressed. Individuals and families face social isolation in the form of a lack of social engagement, as well as a lack of social bonds and social disconnectedness. Individuals may interpret it as a subjective sensation like a lack of social involvement or loneliness (Hammig, 2020).

The COVID-19 pandemic has had a significant impact on the health and well-being of societies and individuals worldwide, including COVID-19 patients and their families. The mental health consequences of COVID-19 patients and their families are already visible, and even by conservative estimates; they have yet to peak and are likely to outlive the current pandemic. Anxiety and panic attacks, obsessive-compulsive symptoms, insomnia, digestive issues, as well as depressive symptoms, and post-traumatic stress disorder, are the most common emerging psychological disorders (Rogers et al., 2020). These are not only a direct result of the pandemic, but they are also heavily influenced by the effects of prolonged social isolation, defined as a lack of interactions with others. The objective state of having few social relationships or infrequent social contact with others is defined as social isolation of COVID-19 patients with their families, whereas loneliness is a subjective feeling of being isolated (Leigh-Hunt et al., 2017). The obvious implication is the possibility of increased social isolation, which has been linked to poorer physical and mental health outcomes, as well as loneliness (Brown & Munson, 2020). Additionally, Fiorillo et al. (2020), explained that the COVID-19 pandemic and its related containment measures, primarily physical distancing and isolation, are harming the mental health of the general population worldwide, which includes COVID-19 patients and their families. Frustration, loneliness, and worries about the future, in particular, are common reactions and are well-known risk factors for a variety of mental disorders, including anxiety, affective, and post-traumatic stress disorders.

Furthermore, quarantine or social isolation has a significant impact on patients' and families' lives, which may have serious consequences for their health and well-being. These necessary measures cause a high level of stress and psychological problems in the general population, causing uncertainty, fear of contagion, and illness in themselves and their loved ones, as well as a fear of financial loss. Separation from loved ones, loss of freedom, loss of direct social contact, employment, recreation, privileges, boredom, and uncertainty about the disease's status can all have dramatic effects (Giallonardo et al. (2020).

Daily Routine of COVID-19 Family Survivors

According to Wuldon, 2020, the first step is to "organize your day," which entails creating a to-do list with times for waking up, eating, and sleeping. "Enable flexibility" is also a good idea. Allowing oneself to be flexible during self-isolation, doing things on the to-do list when they feel productive, and sleeping when they don't. It's enough to be adaptable enough to recognize one's own limits. After that, you should do some "Gentle Exercise

and Meditation." Because they are unable to leave their homes, mild exercise and meditation can help to improve a person's mood, energy levels, and stress levels. "Healthy eating" is unique in that it will help them preserve their mental and physical health by supplementing their daily workout. "Order food and prescriptions online" is another necessity during isolation; they are unable to leave the house, thus ordering meals via the internet is recommended. Last but not least, "make time for yourself and the things you like." It is critical to engage in activities that you enjoy in order releasing tension and anxiety.

This is particularly crucial for the mental health of those who are experiencing self-isolation as a result of the pandemic. The appearance of the coronavirus resulted in a state of emergency proclamation, a lockdown of public life, including the suspension of sports, and a transfer from face-to-face to online classes. People have less physical touch with their loved ones as a result of the epidemic, as well as less physical exercise such as playing outside, especially among children. In contrast to those who are not physically active and only have the routine of spending time using mobile phones or any gadgets, the physical activity of children who are physically active before the pandemic shows negative behavior such as fear, anxiety, quarrelsome, laziness, and indifference that has developed during COVID-19 as explained by Vukoic et al. (2021).

Life during isolation is boring and sometimes results in some people experiencing anxiety, stress, depression, and feeling loss. That is why having a daily routine will help people to make time for themselves and to have a thing to do during the day of isolation. Having a diversity of daily experiences can lead to positive emotional states such as being attentive, happy, excited, Strong, and relaxed. New experiences can lead us to happiness because of the excitement this gives. However, during this pandemic, the movement of the people is lessening because of a long time being stuck at home. Expert says that there are many benefits of unique and varied experiences. They suggest that doing new things and trying something they have never done before, breaking their usual routine before the isolation, whether it involves physical or mental one, can create and enhance the feeling of happiness. (Schimelpfening, 2020) asked his student about their daily life or routine during the isolation. some of the students have a hard time to adjust during the isolation and some are having fun because they can spend much more time with their family which they look on this isolation as an opportunity to do the things they love such as playing games, scrolling on the social media and talking to their friends via mobile phones and do the other things that they have never done before. The education during pandemic changed into online learning at home. Furthermore, to slow the spread of the virus, it is suggested on the parents work from home, it is also to help to protect the grandparents who are age 60 above who are prone to a higher risk of severe illness with COVID 19 by having no physical contact with them? However, they may feel lonely but with the help of technology, by using phone calls, texting, or video chats, they will still feel connected with their loved ones. Since the change of routine can be stressful, telling the kids about the situation and creating a routine or schedule can be a help for the parents and children to be more connected with one another (Cross, 2020).

The Challenges of COVID-19 Family Survivors

Health and employment problems, economic insecurity-related stress, and acquiring access to resources and help have all become increasingly difficult for people with safety concerns. More than 40% of those polled stated their sense of security has diminished Wood et al. (2021). COVID-19 survivors said the virus harmed their physical and emotional health in the long run. The lives of their partners and other family members were also severely affected. COVID-19 survivors and their families are expected to benefit from a comprehensive support system that is responsive to their needs as explained by Shah et al. (2021). COVID-19 patients face a slew of issues and obstacles, the most serious of which is the psychological distress brought on by social isolation. They have a variety of psychological issues such as stress, anxiety, and other issues. According to a study conducted by Nikbakht et al. (2021), COVID-19 patients rely on holistic and caring support from their families and nurses to maintain their moods during this season COVID patients, on the other hand, keep their emotions in check with the support of their wards through daily screening and daily expression of difficulties brought on by their isolation at the facility, as concluded by (Das, 2020). In addition, patients' self-hopefulness for recovery from COVID-19 was another reaction to lowering disease-induced stress. Patients gave themselves hope by approaching their illness with optimism, believing in their ability to overcome it, looking forward to brighter days ahead, and trusting their therapy.

Post-COVID effects of COVID-19 Family Survivors

Based on the study of Agustin et al. (2021), it is evident that after many COVID-19 patients survive being isolated in quarantine, they still feel different kinds of symptoms for weeks and months. After a mild i9nfection,

there are some tendencies that it will transform into Long-term health consequences; most of the patients experience fatigue, shortness of breath, and anosmia. Most of the frequent cases concomitant conditions before SARS-CoV-2 infection were chronic lung disease, malignancies, and hypertension. The period to define if a person is experiencing a syndrome varied between 28-30 days, 60 days, or longer than 3 months, the time frame was only based on the maximum follow-up time of the respective cohorts. Likewise, (Wuldon, 2020), stated that it is suggested by the government to self-isolate at home to protect oneself from COVID-19, adjusting to the new normal is rather difficult than to have an infectious disease which is why having a daily routine during the difficult days will help the people to not bored themselves at home. Moreover, the study by Kayaaslan et al. (2021), explained that post-COVID reports became another concern of people who have recovered from COVID19. There are many reports of the occurrence of the long-term effect of covid19 disease on almost all system of body including respiratory, gastrointestinal, cardiovascular, psychiatric, neurological and dermatological system. COVID-19 is a multisystem disease. Therefore, it can affect almost all parts of the system that is why a clinical multidisciplinary evaluation is needed to manage the long-term common symptoms and minimize the ongoing harmful effect of post COVID. This is reported that the most common complaints from the patients are fatigued or easy fatigability that will lead to pulmonary complications such as cough, fibrosis, and bronchiectasis. The common symptoms can be associated with different reasons such as ongoing inflammation, complications related to the drug that has been used in treatments, a sequel of infection, and nonspecific effects of hospitalization that is why the patients should attend outpatients clinics or some re-hospitalization.

Even after a week or months of recovery after the isolation. The post COVID syndrome (PCS) endangering the lives of the people. to identify what kind of syndrome a patient is experiencing, it will have to span a time of 28 to 30days, 60days or longer than 3 months because the time frame that has been shown was only based on the maximum follow up time of respective cohorts on the clinics or some hospitals. The most frequent causes of concomitant conditions prior to SARS-CoV-2 infection were chronic lung disease, malignancies, and hypertension based on the study of Augustin et al. (2021). According to the study of (Ladds, 2020), it is suggested for people to have access to services in clinical care, rehabilitation or re-hospitalization, to develop more knowledge on clinical services. It is also said that the patients are having a "chaos narrative" in which they are having difficulty explaining what they are feeling or experiencing. With these, they find that having a serious illness can disrupt their routine and other activities that are why taking they suggest that the people who already recovered on the COVID19 will still have to undergo outpatient clinics to ensure their health of oneself more.

Moreover, the people around the world are having a hard time thinking of ways on how they will surpass the day, many people lose their jobs, love ones and some, lose their selves by having depression, anxiety, and fear. Prior to this, one of the most feared during a pandemic is the Post COVID effect for those people who are done surviving the battle during the isolation and yet have an anxiety of the Post COVID symptoms. Because of this, there are numbers of COVID 19 survivors requiring rehabilitation. For this reason, a rehabilitation center needs to be developed to help the people more who are fighting the post COVID. The general pulmonary rehabilitation method has based on the 4S principle which is Simple, Safe, Satisfy and Save for the patients caused by the novel coronavirus. To be added (Demeco et al., 2020), stated that the burden of Post COVID to the people gives much more fear than when they are in the isolation, Menges et al. (2021) states that females are much more affected by the post-COVID symptoms than male, they found that there are very severe symptoms during the acute illness and presence of comorbidities were associated with non-recovery. Furthermore, males are much likely to recover compared to females. They are experiencing Fatigue, Dyspnea, Depression, anxiety, and even stress. Because of this, utilizing the healthcare service will help those people who choose to re-hospitalize that experiencing at least one of the symptoms given earlier with other more problems. Compared to the recovered individuals, those who are not having fully recovered were more than three times more likely to contact the healthcare. These findings highlight the long-term impact of COVID19. People experiencing Long COVID see it as a confusing illness that varied and sometimes relapsing-remitting symptoms because they find it difficult to access and navigate services on which they experience siloed and fragmented and some described not being taken seriously. Many of the survivors choose not to go to the hospital because some of them think that they are not sick anymore and some feel unpleasant going there or have been reassured by the clinician that they are not sick anymore. It is frightening to have an uncertain prognosis and stalled recovery. Many were unable to sense their own suffering because of a lack of medical knowledge or guidance as explained by Ladds, et al. (2020).

Financial Problems of COVID-19 Family Survivors

Families who endure more sustained income losses or are unemployed for a longer period of time, according to Wheat et al., (2021), have lower expenditures, including basic needs like grocery and healthcare spending. Families may begin deferring debt payments once the financial impacts of COVID-19 become apparent. Individuals reported a statistically substantial drop in their family's income throughout the crisis, according to (Kholia, 2020). Six (60%) of the ten individuals said their household income had decreased, while only two (20%) said it had increased. Participants reported a statistically substantial increase in their power, gas, and water bills during the covid-19 crisis. Only two people (20%) reported a decrease in their energy, gas, and water costs, while six people (60%) reported an increase. Participants reported a statistically significant increase in their phone-Wi Fi expenses throughout the crisis. 5 respondents (50%) said their phone and Wi-Fi bills had increased, while 3 (30%) said they had remained unchanged. Participants reported a statistically significant reduction in their transportation costs during the crisis. Only one member (10%) said their transportation costs had decreased, whereas nine (90%) said they had increased. Participants reported a statistically significant increase in their drug prices throughout the crisis. Only one person (10%) said their medicine prices had decreased, whereas six participants (60%) said they had increased. Parents reported that confining their children at home 24 hours a day resulted in increased food and energy prices, as well as the need to entertain them during lockdowns instead of visiting relatives or going to the library, resulting in additional costs, according to a statement released by the University of York (2021). They realized that homeschooling comes with additional costs, such as purchasing laptops, paying for internet access and purchasing more study materials. Furthermore, families reported that the cost of purchasing food had increased due to a reduction in store promotions and that they need to shield has forced many to use more expensive home delivery options, while those without access to a car have had to use more expensive shops closer to home due to the need to avoid public transportation. Parents reported cutting back on food consumption, lowering savings, and going into debt to cope with the pandemic's economic repercussions. According to Karpman et al.,(2021). In the previous month, more than a third of parents, including over half of low-income parents and black and Hispanic parents, reported they had difficulties paying for housing, electricity, or medical expenditures. Cash-transfer users are better able to receive food and regular medical treatment, as well as send their children to school, according to (Altangerel, 2020). They're also less likely to suffer from debilitating stress, which can lead to violence and poor mental health.

In the examination of Rahayo, et al. (2021), despite the fact that women entrepreneurs are particularly sensitive to an economic shock, the majority of them do not have access to government or private-sector help. The importance of social media in saving women's enterprises is also highlighted in this study. Facebook, WhatsApp, and Instagram have all become popular platforms for women to sell their businesses and reach out to new audiences. Women entrepreneurs have reduced their losses because of aggressive promotions complemented by appealing offers such as discounts and additional services. Overall, we conclude that women entrepreneurs devised novel strategies to keep their enterprises afloat during a crisis. In the study of Iddi, S. et al. (2021), job losses in the private sector and among the self-employed were reported. The fact that most people are extremely concerned about their family's finances reflects the pandemic's employment losses and insecurity. Evidence suggests that those with a lack of work security and resources, particularly financial issues, were at risk of stress during the COVID-19 epidemic. (Fajardo, 2020), explained that the majority of the participants (single career women) stated that their work allows their families to survive. They have been able to financially assist their families and improve their socio-economic situation. Furthermore, data indicate that they were able to purchase properties such as houses, lots, and automobiles on their own, because of their large earnings, they can afford to travel overseas and purchase life insurance, those are just a few things. They can also save an amount of money for the future. The research discovered that Latinos are losing a lot of jobs and businesses are closing down. It also discovered that young parents (18–29 years old) and those with incomes of \$25,000 or less are the most financially stressed. In order to make ends meet, Latinos are having trouble making housing payments and deferring educational and health-related services. The study discovered that slightly over half of Latinos have emergency savings of less than \$1000, which is critical considering the expiration of unemployment benefits on July 31, 2020, (Vargas & Sanchez, 2020). In the study of Biosca, et al., (2020), individuals who are financially vulnerable and have a low income are more likely to experience financial exclusion because they are unable to receive financial services that fulfill their needs. Informal financing to avoid the deleterious effects of short-term illiquidity was pervasive among these people, according to the findings. Taking out informal loans, on the other

hand, might put a strain on social capital and prevent people from establishing a formal credit history. Findings show that policies focusing on alternative financial mechanisms to help stabilize income-insecure persons in the short run would benefit financially vulnerable populations.

Inconsistent Support from the Government of COVID-19 Family Survivors

Many health workers in the Philippines have raised the alarm about hospitals being overrun due to a lack of beds and insufficient health personnel, according to Amnesty International (2021). Unpaid benefits and a lack of medical-grade personal protective equipment are other problems for workers (PPE). Also, as mentioned by this article, the other obstacles faced by many Filipinos are difficulties in accessing healthcare and loss of income because they are not able to work and get an income. Furthermore, as (Convocar, 2021) points out, the Philippines lacks a prepared healthcare system which has been the case for decades but has been worsened by the pandemic. In addition, she claims that the government's pandemic response agency has been heavily chastised for being led by military officers rather than public health specialists. That is why as stated by (Gil, 2021), the government must offer healthcare to all people without prejudice, using all available resources and providing specific steps to protect those who are most affected, such as health workers and those who are most at the danger which must be implemented as soon as possible.

The COVID-19 pandemic, according to the findings of Hechanova (2021), it has resulted in isolation, which can be remedied through peer support groups. This is particularly true in collectivist environments, where social bonds are employed as a sort of recovery capital. Significant gains were seen in adaptive coping, particularly seeking emotional and instrumental assistance, active coping, and religious coping. In addition, as contested by Chua et al., (202), Patients, families, and professionals may all see each other during virtual visits have a big benefit. Furthermore, Olufadewa et al., (2020), analyzed that COVID-19 survivors reported positive mental health experiences, such as feelings of encouragement from family and close friends, because as studied by Cook et al., (2020) the participants suffering excessive social isolation due to a lack of support from family and friends, which contributes to acute stress, worry, and despair. Moreover, as mentioned by McPeake et al., (2021), in qualitative assessments, there are three potential methods through which peer support programs could benefit COVID-19 survivors. Peer support may enhance psychological morbidity, increase motivation for rehabilitation therapy, and reduce social isolation by providing a platform for survivors to discuss their experiences. Second, peer support may provide survivors with internal and external validation of recovery progress, as well as tools to improve patients' understanding of the relevant parts of the health care system and manage expectations for recovery, by allowing them to better understand their acute illness experience. Third, peer support may promote resilience, trust, and a sense of purpose by creating a mechanism for survivors to give benefits to another person in exchange for receiving benefits. (Callahan, 2020), reported that the Philippine government has approved one-time cash assistance to some families who meet certain criteria. Low-income families, single parents, pregnant or lactating women, senior individuals, and some taxi drivers will receive monetary help from the government.

As stated by The World Bank (2021), the Philippine government implemented a large-scale social protection campaign at the start of the COVID-19 worldwide epidemic, as well as tight community quarantine. The government granted emergency subsidies under the Social Amelioration Program (SAP) under the Republic Act No. 11494 or Bayanihan to Heal as One-Act. The Neighborhood House (2021), stated the ways on helping neighbors, The Jarman Neighborhood Closet is a location where all of our guests may find beneficial contributions such as clothing in all sizes and seasons, books, toys, household items, and shoes. In addition, The Barbara Cannon Moreton Neighborhood Food Pantry serves all people of the community as a food resource. Fresh produce, dairy goods, canned meals, pasta, rice, and a variety of other things are delivered once a week. The Neighborhood House Food Pantry's objective is to alleviate hunger among people who are food insecure and to foster self-sufficiency among people who need help and who have families who attend Neighborhood House.

COVID patients suffer from many problems not only in physical but also in psychological state. In this time of isolation, most of the patients rely on support from their families, friends, health workers, and the government. As stated by Sun et al., (2021), during their treatment, the majority of patients expressed gratitude to medical professionals, relatives, friends, and the government. During their hospital stay, all patients reported that their family members were their spiritual foundations. They stated that the assistance of family, friends, and government preventive and control personnel at all levels was important. In addition, the government gives the executive department exceptional rights to provide additional support to public and private hospitals, including the procurement of additional equipment and the engagement of temporary human resources such as additional

doctors and staff. It also instructs hospitals and health-care institutions to operate as COVID 19 hospitals or quarantine facilities, gives patients with quick testing, and covers front-line health workers with compensation insurance. It also offers low-income families financial aid for social improvements and enforces anti-profiteering and anti-price manipulation regulations, (Vallejo Jr. et al., 2020). Social, government, and especially family support is an essential need of the covid patients to cope with the psychological impact of isolation and the disease they have. According to much research, support from a family like having time to talk virtually, daily visits from their families was creating a psychological calm and peace in the patients. However according to the study by Galehdar et al., (2020) the patients who are not visited by their families show a disappointment that will lead to the patients not taking their pills and resisting treatment.

Mental Health of COVID-19 Family Survivors

Knowing what type of psychological crises, the patients are experiencing will aid and facilitate the emotional healing of the patients and their families, allowing them to feel at ease throughout their solitude. The psychological issues or obstacles that the family victim is facing can be divided into two categories: anxiety of the future and emotional shock. The two primary themes are derived from comparable research that shows that the untimely death of any family member, whether young or elderly, sick or well, causes the family to experience emotional shock, worry, and terror as a result of the event. This has caused some COVID-19 survivors to fear for the future, fearing that they will infect other family members who will end up blaming themselves for what has occurring that potentially causing serious psychological harm. They are also fearful of the future in terms of stability in life, job, security, financial status, and interaction with others. The COVID family's psychological health is one of the most critical tasks for the healthcare system, demonstrating the importance of understanding mental health. (Mohammadi et al., 2021)

Many individuals are facing emotional distress, fear, grief, denial, and hopelessness lead to an increase in the level of anxiety and stress. These findings were consistently researched which mostly found on the students to feel exhausted, hopeless, and emotionally unresponsive during the quarantine. Severe Acute Respiratory Syndrome (SARS) is also one of the findings that the students mostly experience. Despite this, the students are staying to stay optimistic and taking advantage of their time by developing adaptive mechanisms and creating routines in this new normal. This COVID-19 pandemic is an opportunity for the student to know how to deal with their own emotional distress and develop coping skills in this highly stressful environment. The research of (Dworkin, 2021) says that this pandemic is not just for medical phenomena, because it affects the life of the people including their job and everyday life. It causes disruption, stigma, anxiety, and xenophobia. Children who are away from their friends, school, and colleagues might get confused about why they are not allowed to go outside. Staying at home for too long will make the children question the parents or caregiver for the answer. Both parents and the children do not all respond to stress the same way, children might experience, excessive crying and annoying behavior, increased anxiety or depression or worry, changes in behavior the avoid the things they enjoy in the past. These are just some examples of the things that might affect the short or long-term effect on their mental health. It can also affect the elders or the people with disabilities that might end up being irritated, shouting behavior, emotional outburst, and change in sleeping and eating habits. Aside from this, the health workers are also at risk in this kind of pandemic because they are the ones who have contact with those people who are affected by the virus. Spending time with the family during the isolation, following the routine, and taking a break from the traditional and social media can help people to over their mental health issues. As explained by (Javed, 2020), the coronavirus causes respiratory illness associated with physical symptoms like diarrhea, cough, shortness of breathing, etc. these are just some of the main effects that caught the World's attention. However, being focused to psychical symptoms, it paid less attention to the psychological effect on the people especially the youth. This pandemic has led to the mental health of the people due to the disease experience, stigma, physical distancing from loved ones, discrimination, and losses of jobs due to this pandemic. Many patients with COVID19 and other illnesses are facing PTSD or post-traumatic stress disorder, insomnia, anxiety, and depression. (Toufik, 2021).

Lost-Hope scenario of COVID-19 Family Survivors

According to Ries (2020), over 6% of COVID-19 patients had a psychiatric disorder for the first time after 90 days, whereas only 3.4 percent of non-COVID-19 patients did. To put it another way, those with COVID-19 were twice as likely to experience their first mood or anxiety disorder. Furthermore, Dorman-Llan et al., (2020) found that anxiety levels are significant in both patients and families, with adult women having greater levels and ultra-

orthodox people having lower levels. Future follow-up of the same cohort will enable us to identify risk and protective factors for COVID-19 patients and their family's long-term and evolving mental health consequences. Furthermore, COVID-19 patients' views toward the disease evolved throughout time, and emotional responses differed depending on the disease stage. In the beginning, negative emotions ruled, but mixed good and negative feelings gradually took over. As a result, according to Sun et al., (2021), active psychological growth coaching could help COVID-19 patients with physical and mental recovery. Researchers discovered that people diagnosed with Covid-19 within the previous six months were more likely to experience depression, dementia, psychosis, and stroke. A third of those who had previously contracted COVID developed or relapsed from a mental or neurological disorder. Those who were admitted to the hospital or in intensive care, on the other hand, were at a higher risk. In addition to that study (Schraer, 2021), concluded that social support evaluations had a detrimental impact on hopelessness, which was mediated in part by life meaning. Likewise, Despondency, perceived social support, and life meaning were all influenced by the level of risk and the region where an individual lived. (Nye, 2021)

The Coping Mechanisms of COVID-19 Family Survivors

Improved coping abilities, especially problem-based coping approaches, can significantly lessen COVID-19 stress and strain, according to a study by Fallah et al., (2021). Due to COVID-19's high contagiousness and unknown sequelae, stress may be a natural reaction to novel conditions, but patients and their families must learn to manage stress rationally. Family members' support and not leaving patients alone, as well as understanding their fears and feelings, make it easier for them to cope with their circumstances and accept their illness. Active coping, denial, behavioral disengagement, self-blaming, and religion were all positively connected with COVID-19-related perceived stress, but acceptance was the sole coping approach that was inversely correlated with the outbreak. Religion, instrumental support, and active coping strategies were the most often utilized coping strategy categories by study participants with chronic disease to alleviate COVID-19-related perceived stress, whereas drug use was the least used. (Girma et al., 2021) stated that financial security and disease optimism, or the assumption that life will be better during the pandemic boost one's chances of coping. On the other hand, having pre-existing medical issues lowers your chances of coping.

During the COVID-19 outbreak in Saudi Arabia, mental health is a major concern. In Saudi Arabia, persons of particular demographics, such as younger people and women, experienced more severe symptoms of depression, anxiety, stress, and insomnia during the pandemic, similar to other countries. A history of mental illness was a significant risk factor, emphasizing the mentally ill's vulnerability in times of stress. Finally, people's inherent intolerance of uncertainty, as well as the coping mechanisms they used during the COVID-19 pandemic appears to have been crucial contributors to their mental health. (AlHadi et. al, 2021) Furthermore, according to Budimir et al., (2021), coping methods have been found to be major predictors of mental health outcomes. Positive thinking, active coping, and social support may be helpful in dealing with a mental health decline caused by the COVID-19 pandemic. Moreover, in the study of Choi et al., (2021), it was mentioned that despite the fact that the majority of participants suffered mental anguish, just a few mentioned seeking help from mental health professionals. Self-help approaches were used by the majority of participants. When they were feeling overwhelmed, they used tactics like self-talk and relaxation techniques to calm themselves down. Exercise, domestic tasks, and indoor hobbies were recommended as ways to keep busy. Many people said that being able to leave the house and go for a walk helped them cope with feelings of isolation and confinement. To support themselves, the majority of participants believed that maintaining the connection to their whanau and communities was critical. Because of the social restrictions imposed by lockdown, technology was important in connecting people to their sources of support. Participants stated often contacting and texting their loved ones. This was especially significant for individuals in lone bubbles or who had loved ones living abroad. Community groups were able to adjust to the lockdown because of technology. Religious organizations might stream their services, and social support organizations, such as the City Mission, could provide chat rooms and daily activities for their communities. Some participants stated that connecting through technology was not the same as physical human interaction and that they missed it. Despite not being directly questioned, two participants stated that they did not have internet access during the lockdown. It was a major concern for these individuals, as well as a barrier to connecting with whanau and getting an education. Meanwhile, Wuhan residents expressed poor psychological and sleep quality in the face of the COVID-19 outbreak, as well as a higher rate of passively coping with the stress. Authorities must promote prompt interventions to avoid residents' mental health problems and boost

people's confidence in responding positively to stressful events in order to better combat the epidemic. (Fu et. al, 2020)

Ways of COVID-19 Family Survivors to take care of their health

The Novel Coronavirus has emerged as a global threat and a healthcare crisis. Family support is the assistance that most people provide for the individual in order for them to feel important, special, and loved as well as to cope well with stressors, particularly for COVID Family Survivors. During this pandemic, social support has a positive effect on the mental health of the patient. COVID-19 patients do their best to encourage their loved ones to be hopeful despite their illness. Survivors and their families practice self-care and allow positive emotions to cope with their difficulties and to promote mental health care. The study of (Carbone, 2020), stated that COVID survivors and their families provided psychological support during treatment in order to improve their health care. Wakam et al., (2020) concluded that during the COVID-19 pandemic, family-centered care is threatened. The core of family-centered care is the participation of family members in a way that allows families, patients, and the health care team to collaborate. Open family presence at the bedside, regular and structured communication with family members and multidisciplinary support are common strategies for providing family-centered care. These programs prepare family decision-making and caregiving roles with the goal of reducing stress and anxiety during isolation

furthermore, Papadimos et al., (2018), explained that family-centered care has traditionally relied on family members' physical presence, fostering trust, open communication, and shared decision-making. In the family-centered care paradigm, the term "visitation" is replaced by "Family presence". Family presence should be upheld in non-physical ways to accomplish the objectives of family-focused consideration based on the study of Davidson et al., (2017)

During the COVID-19 pandemic, family-centered care is threatened. Family-centered care strategies typically include open family presence at the bedside structured communication with family members and multidisciplinary support it is the ways of taking care of each other for them? These programs prepare family members for decision-making and caregiving roles, with the goal of reducing anxiety, depression, and posttraumatic stress after hospitalization. Patients and families prefer family-centered care, which may improve their outcomes and reduce burnout and moral distress (Davidson et al., 2020). Meanwhile, families taking care of the patients to raise support health needs during extreme events, the impact of family-centered care during this pandemic is required to update policies and improve health support (Chan et al, 2020). Active engagement of patients and their families in decisions about their own care may be a foundation of high-quality, person-centered health care. Expanding the acceptance and participation of family look after the patients at the bedside has been an ongoing effort during this point to support and caring their physical and psychological health (Frampton et al, 2017). Despite the unique challenges that protecting patients and relations from the coronavirus presents, the present surge in COVID-19-related deaths in long-term care facilities makes meaningful human and family connections all the more important. Residents and relations should be ready to communicate and visit virtually, especially during times of stress during their isolation (Gardner et al, 2020). During this COVID-19, it's also critical that family caregivers manage their own health, stress, and well-being. It is especially important to deal with the sensation of helplessness and heightened anxiety a few care recipients living during a long-term care facility that's restricting the access of families and relatives to guard them from the spread of this disease (Tan, 2020).

Ways of COVID-19 Family Survivors to provide for their needs

Governments all over the world have devised a number of strategies to assist their citizens in coping with the pandemic's many challenges. Survivors of the coronavirus infection in Zamboanga City, Philippines, are receiving cash assistance as part of the local government's Social Amelioration Program (SAP) (Covid-19). 434 persons from Zamboanga who recovered from Covid-19 have received local SAP after the municipal administration distributed the financial aid this week (Garcia, 2021). Stieg, on the other hand, argued in 2020 that paying people to stay at home is one option for the US to slow the spread of COVID-19. People who test positive for Covid-19 but do not qualify for unemployment benefits or paid sick leave in Alameda County, California, may be eligible for a one-time \$1,250 payment to self-isolate for two weeks if they live in specified high-risk zones. Furthermore, in the Philippines, the Department of Health (DOH) has advised the business sector to seek assistance from Local Government Units (LGU) in receiving medical attention and isolating COVID-19 positive employees in quarantine facilities. If an employee tests positive for COVID-19 or shows symptoms that are

similar to the unique condition, the employer may be able to seek help from the Barangay Health Emergency Response Teams, according to (Duque III, 2020), the health secretary of the Department of Health (BHERTs).

Received Support By the Government, Peers, and Families of COVID-19 Family Survivors

According to Ramkimssoon (2020), fundamental social and environmental behaviors must change in order to foster healthy lifestyles and maintain the planet's health. COVID-19 is challenging us to reconsider our present habits in order to start working on new designs for a more sustainable future. Individuals, communities, businesses, charitable organizations, healthcare providers, and governments may all collaborate through stakeholder engagement to support their people and help minimize and mitigate harmful environmental consequences on our planet. The long-term survival of humans and the earth necessitates a shift in behavior. People's psychosocial well-being can be enhanced by creating programs that promote health-promoting habits such as pro-social and pro-environmental actions. The Manila Times (2021) also reported that the Department of Health (Philippines) is planning to build a "holistic" home care package for mild and asymptomatic patients, which will involve triaging or therapy allocation, telemedicine, and integration with the One Covid-19 Referral Center. It also plans to expand access to primary care doctors who can follow patients in person or over the phone. Furthermore, infected workers in the Philippines will be reimbursed by the government through the Employees' Compensation Commission (ECC). (Department of Labor and Employment, 2021)

Simultaneously, governments have offered different types of packages Megginson et al., (2020). For instance, the US government considered a \$2.3 trillion rescue package to minimize the effect of this pandemic. Despite their importance, a small portion of this package (estimated amount: \$337 billion) was dedicated to small business loans and grants in general. The amounts of rescue packages for small businesses and start-ups were similar in other countries (Salamzade & Dana, 2021). World Vision (2020), launched its unconditional cash transfer (UCT) project to supplement the government's ongoing efforts to aid coronavirus-affected households, particularly those with very acute or moderately acute malnourished children and family members from vulnerable sectors. The organization set aside Php15 million to provide Php1000 each to 15,000 families from various cities and provinces. As stated in the study of (Probasco, 2021), Individual and Family Financial Assistance -these programs provide benefits in the form of funds, products, or services to help with essential living expenditures, this qualifies only to individuals who have low wages. Individuals who lost their jobs as a result of the COVID-19 pandemic were eligible for Federal Pandemic Unemployment Compensation (FPUC). After March 14, 2021, eligible individuals earned an additional \$300 per week in federal compensation in addition to their usual unemployment benefits. As reported by Gozum, et al., (2021), community pantries are the outcome of concerned citizens' efforts to meet people's basic needs. The major premise of these pantries is to urge people to share whatever they can to give and take only what they need from the pantry. People's material problems have been alleviated by community pantries.

In the study of Choi et al. (2021) it is stated that, if a nation's greatness is measured by how, it treats its most vulnerable citizens, Aotearoa New Zealand looks to have demonstrated remarkable strength during the COVID-19 pandemic, according to the participants in this study. The policy of going hard and going early, the more social democratic policy direction, and caring and clearly expressed leadership were all essential factors in this achievement. Research into what it's like to be on lockdown for low-income people is critical for guiding future pandemics or other emergency responses. Researching the experiences of vulnerable people of society during and soon after crises like pandemics is crucial to ensuring that their rights as citizens are

respected and injustices in the impact of such disasters are addressed. While on the other hand in, according to Ting (2021), in Singapore the government pays for coronavirus patients' hospital fees in public hospitals, however, this coverage does not include outpatient therapy. At this time, all verified instances of the coronavirus disease, now known as Covid-19, are being treated in public hospitals. However, depending on the plans bought, health insurance policyholders may be paid for other medical expenses incurred as a result of the infection. Taiwan also gave extensive support, including stipends, to Covid-19 patients and others with whom they had come into touch, assisting in the implementation of public health recommendations. These early steps were critical in keeping Taiwan's case count below 800 throughout the year and averting lockdowns. Every 5 minutes, the United States has more cases and deaths than Taiwan has had all year. (Frieden, 2021) Furthermore, in California, the American Rescue Plan extends paid sick and family leaves provisions until September 30, 2021, allowing employees with participating employers to take two weeks of paid sick leave for COVID-related illnesses, plus two weeks of sick leave and up to ten weeks of family leave at two-thirds pay to care for a sick

family member or a school or child care provider that is closed due to COVID. Small and medium-sized businesses, as well as state and local governments, are reimbursed for giving this type of leave. (United States Senator for California, n.d) Moreover, in New Zealand, if health professionals have ordered you to self-isolate and you are unable to work from home, you may be eligible for the COVID-19 Leave Support Scheme. Your employer must submit an application on your behalf. If you are self-employed, you can also apply. If you are sick with COVID-19 and need to isolate until a doctor says you don't need to, your employer may be able to collect this cash on your behalf. If you are at a higher risk of acquiring COVID-19, and you live with someone who is at a higher risk of getting COVID-19, and a doctor or health professional has advised you to isolate to limit the danger of COVID-19 spreading to susceptible household members. If public health officials have instructed you to self-isolate, you must stay at home and care for a dependent child who requires assistance in doing so. If you work full time, your employer can receive \$600 per week, and if you work part-time, your employer can receive \$359 per week to pass on to you. (Unite Against COVID-19, 2021)

Ways of COVID-19 Family Survivors to Maintain their Emotions

Improved coping abilities, especially problem-based coping approaches, can significantly lessen COVID-19 stress and strain, according to a study by Fallah et al. (2021). Due to COVID-19's high contagiousness and unknown sequelae, stress may be a natural reaction to novel conditions, but patients and their families must learn to manage stress rationally. Family members' support and not leaving patients alone, as well as understanding their fears and feelings, make it easier for them to cope with their circumstances and accept their illness. Active coping, denial, behavioral disengagement, self-blaming, and religion were all positively connected with COVID-19-related perceived stress, but acceptance was the sole coping approach that was inversely correlated with the outbreak. Religion, instrumental support, and active coping strategies were the most often utilized coping strategy categories by study participants with chronic disease to alleviate COVID-19-related perceived stress, whereas drug use was the least used. (Girma et al., 2021) explained that financial security and disease optimism, or the assumption that life will be better during the epidemic; boost one's chances of coping, according to Idlli et al. (2021). On the other hand, having pre-existing medical issues lowers your chances of coping.

According to the study conducted by Sun et al. (2021), In the early stage of Isolation, the patients were observed having some psychological distress like stress caused by separation from their families, loneliness due to quarantine restrictions, anger, anxiety, and worry. But eventually in the isolation facilities, the majority of patients took responsibility for their own psychological well-being by making cognitive adjustments, diverting attention, setting daily goals, engaging with medical personnel, actively seeking professional counseling, and connecting with their own morality or convictions. Patients with COVID was exhibiting much psychological stress not only physical concern but also one of the burdens that COVID patients was suffering being to fight many psychological issues like anxiety, insomnia, stress, fear and etc. As stated in the study of Saho et al., (2020) when they asked the coping methods that the participants used to adapt to the situation, approximately two-thirds of the participants said that remembering God (66 percent), chatting to friends and relatives over the phone (64 percent), and praying to God (62 percent) had a significant impact on them. Listening to music (34 percent), religious lectures (34 percent), and watching movies are all popular to cope with the negative psychological effects of isolation. Humans are social creatures who want to be part of a group and communicate with others. Due to isolation, many patients with COVID are deprived of this matter, due to that reason many patients displayed psychological stress like anxiety, fear, stress and etc. However, to cope with this issue and maintain their emotions, the participants confirmed that patients' phone or video conversations with their family members provided them with psychological tranquility and aided their rehabilitation, (Galehdar et al., 2020).

Resiliency of COVID-19 Family Survivors

The ability to withstand and rebound from crisis and adversity, according to (Walsh, 1996), is the concept of resilience. Relational resilience comes in a variety of shapes and sizes, each customized to various family systems, psychological disorders, resources, and constraints. Coping and mastery necessitate common beliefs and narratives that foster a sense of unity, teamwork, competence, and self-assurance. In today's world of rapid social change and unpredictability, interventions to build family resilience are especially important. When dealing with challenges, family resilience focuses on three key processes: family belief systems (i.e., meaning-making and a positive family outlook), family communication processes (i.e., collaborative problem solving), and organizational processes (i.e., family connectedness, adaptability, and family resources) (Walsh, 2016).

Leese et al. (2021) explained that there are guidelines on how participants kept up with their self-care routines

while avoiding COVID-19 transmissions. Spending more time at home resulted in some people practicing better self-care. Keeping perspective, positive reframing, and avoiding negative thinking are described as strategies for controlling emotions by participants. Participants reported both letting go and maintaining control in order to accommodate challenges and emotional responses. Positive mental health has been linked to individual and family resilience in recent studies by Chan et al. (2021). Individual resilience, which includes higher levels of family communication and problem resolution, buffered the unfavorable association between pandemic-related stressors and depressive symptoms in Minnesota. In Hong Kong, a stronger family-level optimistic outlook exacerbated the negative link between pandemic-related stressors and anxiety symptoms. Individual and family resilience have been identified as factors that enhance positive adversity coping. Individual resilience is a dynamic process that enables people to positively adapt and adjust in the face of adversity or tragedy (Luthar et al., 2000).

3. RESEARCH METHODOLOGY

3.1 Research Design

This study employed Interpretative Phenomenological Analysis (IPA) to better understand how a person sees a phenomenon. IPA was helpful if a study's goal is to explore and make sense of the participants' recorded lived experiences or points of view. In addition, IPA provided researchers with the best opportunity to comprehend the innermost deliberations of research participants' lived experiences (Alse, 2017). Phenomenology was the major approach because this study involved extensive observations of the participants' experiences.

3.2 Respondents of the Study

The participants of the study consist of Mothers that have a family who recovered from COVID-19. Purposive sampling was utilized in this study. The Mothers should be aligned with the following criterion: 1. Mother, 2. 18 to 55 years old, and 3. Undergo RTPCR Test. Table 1 shows the demographic profile of the respondents. The study was completed by ten COVID-19 survivor mothers with a family who also recovered from COVID-19. The participant's age range was from 18- 55 years old. For the civil status in the sample, seven of the participants are married, while three of them were single. Regarding the number of family members, two of the participants have two to four family members, while six of the participants have five to ten family members, and one of the participants has eleven above family members. One of the participants' families was unemployed, while nine from one to five of the number of the families are currently employed. Concerning religion, the majority of the participants were Catholic, two were Evangelical Christian, one in Baptist, one in Iglesia Ni Cristo, two are Christian, and one of the participants was Born Again. Concerning comorbidity, five of the participants did not have any comorbidity to their family, while five had comorbidity.

Table 1. *Participants' Demographic Profile*

<i>Participant code</i>	<i>Age</i>	<i>Civil Status</i>	<i>Number of Family member</i>	<i>Number of Currently Employed in the Family</i>	<i>Religion</i>
Mother A	41	Married	5	1	Evangelical Christian
Mother B	38	Single	6	n/a	Catholic
Mother C	28	Single	2	1	Catholic
Mother D	47	Married	5	3	Catholic
Mother E	44	Married	5	3	Evangelical Christian
Mother F	54	Married	12	5	Baptist
Mother G	31	Married	4	2	INC
Mother H	55	Married	5	2	Christian
Mother I	51	Married	5	1	Born Again
Mother J	38	Married	6	1	Baptist

3.3 Research Instrument

According to Teachers College, Columbia University (1898), a research instrument is a tool that collects, measures, and analyze data and to ensure the validity and reliability of the study. Researchers used the semi-structured interview to explore the concerns on particular subjects. On the other hand, researchers developed an interview guide that had a set of specified questions and had three themes: lived experiences, challenges, and coping mechanisms of COVID-19 Family Survivors. The researchers used consent or approval for the

participation of the respondents.

3.4 Ethical Considerations

The researcher asked for the approval of the professor and the institution for the data gathering processes and data gathering instrument. To attain approval, the ethical standard will be strictly followed; the approval obtained before the selection of reach participants. The participant that is identified and qualified to qualified on the criteria that have been established. They asked to show their voluntary approval by writing informed consent via Google. The nature and the objective of the study were explained; COVID Family Survivors were informed and reminded by their voluntary participation and informed that they could cancel the interview at any time, in addition, confidentiality are discussed; respondents are assured that all information that were acquired were solely for the sake of the study and treated as confidential with their identities remain anonymous. In addition, according to the written consent, the participants were informed about the use of recording devices for the good coverage of the information. Furthermore, the study focused on the participants who were COVID-19 Family Survivors, A mother and had a family who also recovered from COVID-19.

3.5 Data Gathering Procedure

This study aims to investigate the lived experiences and challenges faced by the COVID-19 family survivors. Thus, it undergo a series of interviews and the researchers asked first the participants to fill up consent through the use of google forms (Adyemo et al., 2021). The one-on-one interview was used virtually through the use of social media and video-conferencing platforms such as Messenger, Zoom, and Google Meet to reach out to the respondents. After the interview, the respondents were assured that all data and information will be kept private as respect to their privacy.

3.6 Data Analysis Procedure

Data analysis is the systematic application of statistical and logical techniques to explain and depict, summarize and evaluate data (Sevenye & Robinson, 2004) Reading a massive amount of transcripts in search of similarities and differences, then identifying themes and constructing categories area all part of qualitative data analysis much easier and precise. It enables researchers to evaluate data efficiently, ensuring that nothing is overlooked that could aid in the discovery of new information (Amedabai, 2021) Perhaps the most crucial aspect of research is data analysis. The weak analysis yields inaccurate results, which not only risks the research's credibility but also renders the findings useless.

4. RESULTS

4.1 The Experiences of COVID-19 Family Survivors

Most of the participants shared their experiences were kind of hard and different. As shown in Table 2, there were several themes under lived experiences that appeared in participants' responses. The themes from the data include self-image, self-medication, medicines intake, isolation experiences, and the daily routine of COVID-19 family survivors. People who live under the pressure of COVID-19 including a variety of emotional responses including fear and anxiety, may be a factor causing suffering on the affected family (Eisazadeh et al., 2020). The table below shows the different kinds of experiences that the infected family went through.

Table 2: *Lived Experiences Themes*

<i>Experiences</i>	<i>Frequency</i>
Self-Image of COVID-19 Family Survivors	3
Self-Medication of COVID-19 Family Survivors	7
Medicines Intake by COVID-19 Family Survivors	10
Isolation Experiences of COVID-19 Family Survivors	7
Daily Routine of COVID-19 Family Survivors	7

Self-Image

The self-concept likely be a target for therapies on improving the mental well-being in stressful conditions, moreover the self-esteem appear to be connected to mental stressor (Alessandri et al., 2020). The respondents shared how they see themselves as survivors of the COVID-19 pandemic. Some of the respondents expressed how blessed they are to survive in the threat of deadly COVID-19, how lucky they were that they will be able to manage things during the pandemic. On the other hand, some stated how strong they were, how their family united in times of hardships, liked Sunny's statement:

“Masasabi kong matatag kami at matiyaga na gumaling, doon ko nakita na may napakialam kami sa bawat isa, ‘di man kami laging showy pero nakita ko na mas naging matapang kami that time.”

Based on Dolan and Sanchez (2020), they presume that most of the people who suffer during the COVID-19 Crisis are the people who have a low self-esteem which cannot be say an entirely fact. According to Rossi and colleagues (2020), People who have related issues in COVID-19 such as having other health issues should receive tailored psychological interventions to cope in mental problem while progressing on adapting and having a positive mental health. Marisa stated herself as a survivor of the COVID-19 pandemic that they are blessed and thankful on what happened on them despite having other health issues.

“Blessed, kase alam mo kung bakit? Mapalad kame, “Capalad” yung apelyido namin hehe, mapalad dahil sa biyaya ng Diyos naka survived. Kase yung mga naka sama namin doon sa hospital, kase ilang days akong na confine sa hospital yung ibang kasama namin di naman sila naka survived kase may iba pang komplikasyon at may iba pang nararamdaman and salamat sa Lord, kase ako mababa immune system ko kase breast cancer survivor ako, kaya siguro nag positive ako kasi nga mababa ma yung immune system ko.”

Likewise, in Jena's statement, she describes how lucky they were that their situation is not like others that have a severe condition.

“Blessed dahil sa Diyos naka survived. Kase yung iba di sila nag survived kase may iba pang komplikasyon at may iba pang nararamdaman and salamat sa Lord.”

Self-Medication

Most of the participants did self-medication and shared their experiences on self-medicating. Based on Elayeh et al. (2021), most of the people self-medicate with paracetamol and Vitamins C and D to treat the Coronavirus. Knowing the idea of others about the symptoms, Sunny stated that they were getting some help from their friends who already have an idea about it:

“Yes, of course, we needed. We ask also for some help to church members na may alam na rin regarding those matters. So we take up some medications and self-medication of course sa bahay.”

According to the data that Maravesa et al. (2021), study, the patients of COVID-19 are increasing depending on what kinds of medicine they used to treat their illness compared to normal treatment. While Julie said, she didn't have any negative side effects on self-medication; she said that everything that she takes up is all good to her.

“Ah yung naging karanasan ko, actually wala pa naman akong naging karansan , lahat naman ng iniinom kong gamot wala namang side effect sakin, kas sa tuwing iinom naman ako ng gamot, ayun okay lang.”

In Kate's statement, she said that they didn't undergo self-medication as they have prescriptions from professionals. Such as drinking enough water to attain clear pee, drinking honey and other herbal medicines are being receipted on the patients since the vaccine is still in progress to work that time. (Evans, 2021)

“Hindi eh di kami dumaan sa ganon, ahm meron kaming ka churchmate na nurse sya yung nagreseta sa amin ng mga gamot na iinum naming tulad nung yung asukal at asin na ihahalo sa tubig kasi dehydrate kami eh tapos yung honey, uminom kami ng paracetamol, antibiotic, leng hua at yung ano yung Ivermectine kasi nireseta yun ng Doctor, naghanap yung nurse na ka churchmate naming ng COVID Doctor talaga tapos sabi nya kung pwede nya lang ipagsigawan yung gamot nay un na gamot talaga sa COVID eh pero di kasi pwede sa kanila yung ganon, 18 na gamot yung iniinom naming araw-araw nakalimutan ko na yung pngalan ng iba eh pero madami.”

Most of the people who self-medicate used paracetamol (Elateh et al., 2021) Like Aliya did on his son which she stated that her son self-medication did not work so they have to admit him to ER which proves by Mareves et al., (2021) that depending on what medicine they used can cause an effect whether bad or good for the health.

“yung sa son ko pinainom na namin sya ng ano tylenol because, gabi na kasi sya nag comply na masakit yung tummy niya and then nilagnat siya so, pinainom namin sya ng, uhm... ng pal-emol, nung paracetamol, yun. And then dinala na namin sya sa ER.”

Other respondents stated that they considered self-medication and prescribed medicines from professionals. Just like Aliya, Sheena and Marisa took self-medication first before consulting professionals after the self-medication did not work when they did not take seriously the symptoms at first. It is stated that primarily due to common illnesses such as cold and flu, many respondents self-medicate and use medicines to treat it such as for cough, headache, fever, fatigue, sore throat, sneezing, nasal congestion, muscle soreness, and difficulties in

breathing (Quispe-Caari et al., 2020)

Sheena considered self-medication and consulting to health care professionals.

"Ah both. Both, kasi side don yung company doctor ng asawa ko talang sila monitor. Ako naman, sa DepEd naman wala naman silang gamot na binigay sa akin pero ito yung dapat kong inumin something ganun lang. Ah naniniwala din kami sa mga... magsuob ka, mag ganito ka so, siyempre ginagawa rin namin 'yon. Syempre ikaw nandiyan ka na sa sitwasyon na 'yon. Ikaw ba papayag na mamatay ka? Ikaw ba papayag na lumala yung sitwasyon. So, aagapan mo agad, 'yon nga lang too late yung andun na nakakapit na yon sa amin. Tsaka pa kami siguro na ay totoo na, COVID na nga ito."

Here is Marisa's perspective in terms of self-medication:

"Oo nag self-medicate muna ako, syempre noon nakakatakot munang mag pa swab no. Siyempre nilalagnat ako no'n, edi nag take muna ako ng paracetamol, then inuubo din, then nag take din ako ng gamot sa ubo, then nag antibiotic narin, kaya lang talagang hindi kaya (haha). Kaya lang naman ako nag pa confine that day kase di nako maka hinga, and hindi na kaya sa bahay."

Jena also considered self-medication and taking medicines during their quarantine:

"Yes, we needed. We take up medications and self-medication."

Medicines

The respondents chose different ways and experiences of taking different medicine. Some get their medicines with the advice of professionals while other participants are suggested by their friends and through social media. The majority of the medicines they take care of are paracetamol, honey, vitamins, lemon and ginger tea. Based on the study of Kim et al. (2021), THM or traditional herbal medicine can treat the mental symptoms of the patients, it is said that the effectiveness of herbal medicine adjusts or harmonize the immune system. Based on Malik, M. et al. (2020), people are buying drugs despite having no prescription and some are reusing their previous or unused prescription with the same problem without consulting the professionals, it is studied that most of the respondents who have a degree in higher education were more likely give a positive response on their medication.

Sunny considered both self-medication and taking medicines which aside for herbal medicine, they also eat healthy foods such as fruits which according to Panyod et al. (2020), herbal medicine and foods may make use of as antiviral agents for masks to build immunity and prevent illness.

"ah, ano lang, Ascorbic acid, Lenghua, yun yung ininom namin and lots of Ginger tea with lemon so yun talaga ang ininom namin tsaka more on fruits kami noong time nayun. So 'yun lang talaga yung mga medications namin"

Julie stated that they consider paracetamol and other medicines to help the recover from COVID-19:

"Biogesic, Lagundi, Vatamin c, saka yung ano Lengwa"

Kate considers organic remedies and medicines prescribed by a health professional, here is Kate sentiment:

"Marami eh may mga nag suggest sa amin yung honey, lemon tapos yung tubig na may asin sa gamot naman yung paracetamol tapos yung antibiotic."

Dina stated that they had intake few medicines during their isolation days:

"Ano paracetamol, antibiotic ganun. 'yon paracetamol, antibiotic."

Tasha shared their experience in following the direction of health professionals in terms of considering medicines to recover from COVID-19:

"Ay ako hindi na, kasi ang sabi, inom ka daw ng mga paracetamol according to sa Doctor ahh, after nung pa swab test, inom ka nga ng gamot, tuloy naman yung lagnat, ano ko talaga, ever since, hindi ako palainom ng gamot kahit pa sabihin na may sinat ako, hindi ako basta basta umiinom ng gamot, unless siguro na talagang mataas, kasi minsan nasa 37.6 na ako, di ko alam, kung makakaya kopa... kasi yung gusto ko yung system ko, magheheal sya naturally, so yung tinake ko lang talaga non is more on vitamins, wala ng iba, kasi wala rin namang sinabi yung Doctor ehh, pag ka alam mong di mo kaya, meron kang lagnat na ganito, tapos 37.5 daw, uminom ka ng paracetamol... ehh si husband, mahilig kasi mag take ng gamot yon, may sapon, lagnat sya, ubo, tapos masakit yung ulo, ganon sya, ako talaga, sya nag anti biotic pala, pero ako hindi."

Helen shared that they have so many medicines that they took in such as antibiotics, Azithromycin, and so on.

"Ang isang hinatol samin, Azithromycin, Antibiotic, Ivermectin isa sa umaga, isa sa gabi, tapos nung, ahh pag kasi kami hinatulan, nung dinala kami sa isolation, kaming tatlo ang dinala sa isolation, ako, yung asawa ko atsaka si angeline, so walang mag aalaga sa akin, although si angeline may COVID na't pero kaya ng katawan"

nya kasi bata pa ehh, ang naiwan dito, pangalawa ko, habang patuloy syang umiinom, minomonitor din siya ng barangay kahit wala kami, nung pag dating naming sa isolation center, diretso parin yung inom namin, dinagdagan ulit yung ivermectin ko, bukod sa hinatol sakin nung doctor, hinatulan ulit kami sa pdm tapos pinainom parin ako ng azithromycin parin, napaka dami kong ininom na gamot.”

Here is Sheena's sentiment in terms of the medicines that they intake:

“Ah usually ang pinaano lang sa amin, dahil nga sakit ng ulo, sipon mga ganun ganun lang. Para lang Paracetamol, iba ibang Paracetamol na nga yung nabigay sa amin. Dahil nga hindi kinaya ng dalawang biogesic lang, di talaga kay so tinaasan metromadone parang ganun ganun yung binigay. Tapos nung nasa Isolation facility kami aside doon sa mga antibiotics dahil nga may ubo yung asawa ko, mga vitamins. Ako, vitamins lang talaga sa asawa ko may isang gamot doon pasensya na di ko na matandaan na isang klase ng tableta pero dose na tableta mo siyang iinum, ganun katindi. Tsaka yung mother ko naging severe nga yung case nya. Lumalalak kami ng gamot kasama ang vitamins ng syam na klase. Umaga walo, tanghali ganong kadami tapos pagka gabi aside don sa twelve tablets walong nag-aabang na iinum din. Ganun kadami sya, pero kasama po yung vitamins don, vitamins, yung parang calcium pa, vitamins c. Meron pa yung parang coconut oil, parang ano virgin coconut oil, yon kasama sya sa iniinom namin.”

Marisa shared her experiences about the medicines that they intake during their quarantine:

“Medication ako hindi naman hindi nga effective yung mga hanggang nag punta pa kame sa Yanga , kaya yung mga gamot na iba parang nasayang pa e, gamot na iba parang masayang pa eh pag iniinom ko sya pag ubo ko sinusuka ko ng gamot sa ang kailangan talaga sa akin is ma-confine and sa swero siya padaanin, kasi nga hindi kami makahinga eh , nag 11 days kase ako eh yung yung treatment ko 10 days kasi nga sa ano siya pinadaan sa swero yung yung mga antibiyotiko pag ininom mo uubo ka tapos susuka molang, balewala, yun madamde rin nasayang na gamot”

Jena stated some home remedies and vitamins that her family considered helping them recovers faster:

“Ascorbic acid, Ginger tea, at lemon. More on vegetables and fruits din kami noon time na yun.”

Isolation Experiences

People learned because of the COVID-19, it caused the human a boundary on which they can't see their love ones in person or can't even migrate back on their country because of some country who shut down the plane station just to secure the safety of its citizen, patients who are fighting the covid-19 are suffering from different kinds of mental problem such as stigma of isolation, sadness and anxiety (Busby, 2021). The majority of the respondents expressed that it is difficult to be isolated because everything has been limited on what they usually do. It is hard for them to see their family even being there in a house and won't be able to touch them, while some are separated from their family. Based on Das (2020), the covid-19 survivors who were confined away from their family reported feelings of guilt, pessimism, tension and rejection. According to Torales et al. (2020), because of modern civilization on which everyone can freely access the technology, it is resulting on unrestricted social connection between the patients and the family, especially to those people who are experiencing a lack of support from the family, having a health issue and internalized stigmatization while they were isolated.

Sunny shared their adjustment during their Isolation days:

“Yun yung mahirap kase bukod dun sa ano hindi malaki yung bahay, pero good thing na rin may dalawang room kaya kahit papano nakapag isolate din, and yun lang ang mahirap kase paano kami kakain. Sino maghuhugas ng pinggan na pare-parehas kaming meron so we decided na to use disposables and hand gloves, para everytime we touch objects and surfaces naka hand gloves kami.”

Julie said that they are worried and fearful during their Isolation days:

“Kinakabahan, natatakot, nangngamba”

Here is another sentiment about fear and worries during Isolation day from Kate:

“Siyempre kinabahan kami, alam na naming kasi na positibo kami kahit wala pa yung result ayun natkot kami ako, pero nako control ko naman yung iniisip ko kaya kong llaban pero yung asawa ko talagang na depress talaga sya, kita ko sa mukha nya eh naapektuhan sya yung anxiety yung ganyan.”

Tasha shared the difficulties that they had experience that affects their daily routines and mental health:

“ano ako sa sarili ko, yung ganito pala yung mag ka COVID, akala ko di kami magkakaroon pero, andon din pala, possible parin pala na magkaroon talaga kaya lang andon din dapat yung faith mo nananalangin ka, pag ka nade-depressed ka, ganon yung nang yayari ehh... tapos siya, ano sya, ahh si husband naiyak siya non kasi, magkaiba kami lagnat ehh, ahh ano kasi sya non ehh medyo, maano daw yung sa kanya dahil ninired sya, kami

ni bunso magkasama, ang hirap daw pala lalo na lahat kayo meron, ang hirap gumalaw, walang gagalaw, kasi masama din pakiramdam ko, walang gagalaw para sa magluluto sa inyo, or kahit simpleng noodles lang, walang gagawa, si ano ko kasi, si mother-in-law is senior citizen na sya, ano na sya, 60 or 61? So di na naming sya pinagagalaw sa amin, kasi nakaseperate room sila, ang hirap kasi na, meron syang diabetes, high blood sya so iniawasan naming na mahawa sya samin, so far, that is good hindi sya tinamaan, sya yung natirang matibay dito sa bahay”

Aliya also become worried about the condition of her kids during their Isolation phase:

“Ahh nag worried ako kasi yung sa mga kids, kasi wala silang bakuna pa, kasi both, kami ng husband ko may vaccine na kami and ano, and hindi ko alam kung ano effect sa mga bata so worried talaga kami that time.”

Here is Sheena's thought about their Isolation phase:

“Ah ako, madali ako mag adjust e sa dami ng pinagdaanan ko parang namaster ko na, parang ganun. At aside doon dahil teacher ako parang madali akong makapag adjust sa sitwasyon. Pero sa asawa ko hindi, dahil hindi sya sanay sa ganong buhay. Hindi sya napag adjust talaga apektado pati pag iisip niya yung nararamdaman niya. Ganun kahirap yung adjustment na ginawa. Pasalamat na lang rin na ako ang nagpositive kasi nasamahan ko siya. Malaking bagay kasi ‘yon na may pamilya na nandun. Although hindi maganda na nagpositive ka rin parang ganun. Pero ikaw bilang pasyente malaking bagay na may pamilya kang nagaalaga sayo doon na pakakainin ka, paiinumunin ka ng gamot, malaking tulong ‘yon. Hindi siya gano’n na kabigat na mararamdaman ng isang pasyente kasi ikaw lang mag isa doon, kikilos ka mag isa. Napakahirap talaga kasi may nararamdaman ka tapos mag iisip ka pa sa pamilya mo sa labas Kung ano na nangyayari yung mga ganoon. Pero nakatulong naman yung naging positive ako yung nakasama ako sa loob na naalagaan ko sila yung pamangkin ko yung nanay ko. Malaking bagay yon na nakagaan sa pakiramdam namin”

Here is Marisa's sentiment about their Isolation experiences:

“Kase nung nag positive yung asawa ko siguro pang 7 kona doon kase nag pa swab siya, ayaw pa naman niyang mag pa swab kase asymptomatic no, wala siyang ganung nararamdaman so syempre, gusto ng brgy. na gpositive ako is i-test siya, then yun nag positive siya pero di naman kagaya ng nararamdalan niya yung nararamdaman ko no, nakakatuwa samin eto taas, eto baba, mga anak ko nasa baba nasa kwarto kame nasataas, so nag iiwasan kame, kanya kanya kame, mag iiwasan, naka face mask pa kameng dalawa, tapos nag iiwasan kame, siya muna kakain tapos ako naman sunod, tapos dun siya kakain sa kusina ako naman sa sala, yun parang naano ka sa sarili mo syempre ayaw mo silang mahawahan, yun lang minsan nag iisip ka, ano batong sakin nato no, yung talagang mapapaisip kana bakit ka iniawasan ng tao, kase nga baka mahawa sila, although alam mona na kahit hindi sila umiwas ikaw na yung iiwas diba kase ayaw mona mahawa din sila.”

Daily Routine

A lot of things change when the COVID-19 pandemic arises in different places around the world and the majority of the families were affected. This includes the changes in the daily routine of every individual. Allowing oneself to be flexible caused by the changes in daily routine is very good for adopting the situation (Wuldon, 2020). According to Vukoic et al. (2021), because of Covid-19, people are having less or not having physical contact at all with their loved ones, many people don't work out after the start of the pandemic while in contrast to those people who are less active physically only spend time on the modern technology such as reading stories online, watching movies, playing games, are not affected of negative behavior different from the people who are active in the past which are experiencing different kinds of negative behavior such as fear, anxiety, laziness, and quarrelsome. 5 of the respondents were careful and observant enough about what they do, like when they are in or out of their house, taking safety precautions, cleanliness, and are disciplined on what they eat. For Sunny's statement:

“Siguro mas naging careful ka at observant kase you take everything just have normal, ahm magugulat ka na lang talaga e. So mahirap magkaroon ng biglaan, mga ganyan, so siguro mag e-extra careful ka e, whenever we go out, whenever na we enter our house. So, we take our safety precautions before entering our house or migglng to our family members.”

This is Julie's statement on the question for daily routine:

“Ah, ano, nagkaroon kame ng disiplina sa pagkain, nag separate kame, kalinisan, especially sa marurumi kamay, bago isubo sa bibig kailangan mag alcohol.”

Kate state that sleeping after they eat is what they usually do and sleeping separately from their children on the night and afternoon.

"Humiwalay kami sa mga bata sa pagtulog sila sa taas tapos kami sa baba kapag umaga pinagluluto ko sila tapos gano 'n rin sa tanghali, pero after ko magluto at kumain natutulog na kami kasi alam mo yung parang ang bilis mo maubos dahil sa sakit. Nakakanood pa rin naman kami ng mga movie ganyan pero nag-adjust kami talaga noong naka isolate."

As Tasha shared the difficulties of being able to go out and her daily routine as a worker, things change because she resigned to her work and only her husband was able to work from home.

"Nagpandemic kasi working kasi ako nun noong nag-ano sya 2020 ata? 2019 or 2020? basta nagresign na ko. Ayaw ng asawa ko na magtatravel pa kasi ako. Ayon medyo mahirap kasi financially medyo nabawasan although si husband ko working sya kasi. Inallow sya ng company na magwork from home. In-allow sya kasi call center sya, inallow syang magwork from home muna during that time. Mahirap, kasi hindi ka makalabas. Ano kasi may time na ang higpit higpit nila, nung unang naglockdown"

While Sheena was limited in doing her daily routine and having difficulties with her environment because she wasn't able to see the outside world and wasn't adjust easily to the things that she loved to do and wasn't able to do it because she was restricted.

"Ah okay. Marami, literal na marami kasi unang una hindi natin lugar yon so napakalimited ng kilos namin. Tsaka 'di ko nakikita yung outside world kasi parang sarado yung buong ano e. Kaya parang biglang ay gabi na, ay umaga na pala. Kasi wala namang ibang ginagawa don kundi matulog, kumain, umikot lang sa ganun. Adjustment regarding don sa ano ako kasi I am addicted to soda. Actually, hindi ko 'yan nainom sa loob kasi bawal tapos may malamig naman na tubig dahil din siguro sa takot ko kasi 'di ba sabi wag na wag uminom ng malamig na tubig kasi nabubuhay yung virus so hindi ako uminom, kahit na umagang umaga malamig na tubig nilalalaklak ko. Hindi ko ininom yon, sinunod ko yan. Sa 14 days quarantine na yon parang gumuho yung mundo ko dahil sa dating lang na hindi ako nakainom ng softdrinks. Dinadaan daan ko na lang sya sa social media, sa pagpopost na pagdating ko lalalaklak talaga ko ng softdrinks. Actually 'yon lang naman ang pinaka adjustment namin e. Puro tulog wala kang choice e. Matutulog Ka kahit kama na maano... Ilaw ilaw hindi kasi pinapatay mga ganun. Madali naman, madali naman mag-adjust kasi nga ang isip mo kailangan mong sumunod dahil gusto mong gumaling. Kaya madaling mag-adjust kapag ganun ang iniisip mo. 'Di ka susuway sa bilin Ng doctor, sa sasabihin ng mga nurses. So yung adjustment siguro mga two nights lang, para na kong nag enjoy sa loob ng isolation room."

As Marisa testify that helping yourself is the most important thing, being able to think enough to be positive, sets your mind, and believe that you'll be able to go back to your senses and do what you want to do is her statement:

"Ah ano, kailangan mong tulungan yung sarili mo, on that time kase syempre galing akong hospital, mahina ako Non ano, yun nag eexercise, nag papainit, kailangan mong kumain kahit wala kang pang lasa(haha) yung ganun no, kase bumalik yung pang lasa nung parang ano naka labas nako, ganun kailangan mo din kaseng tulungan yung sarili mo, kase kapag na set na sa mind mona dikana gagaling, walang kwenta tong gamot na iniinom ko, kailangan mag isip since covid positive ka kailangan yung isipIn mo positive din na gagaling ka, diba, kailangan tutulungan mo din talaga yung sarili mo, tapos yun meron din ako ditong pang lungs exercise , so yun tinulungan ko yung sarili ko , yun naman yung kailangan e."

Jena said that their family became more careful when they get infected with COVID-19:

"Mas naging careful, pag lalabas at pasok ka sa bahay. Kailangan mag dis infect muna bago maki interact sa family."

4.2 The Challenges Faced by the COVID-19 Family Survivors

This theme focuses on the danger and difficulties faced by the respondents, listed in Table 3:

Table 3. Challenges Themes

Challenges	Frequency
Post-COVID Effect of COVID-19 Family Survivors	3
Financial Problem of COVID-19 Family Survivors	5
Inconsistent Support from the Government of COVID-19 Family Survivors	7
Mental Health of COVID-19 Family Survivors	4
Lost-hope Scenario of COVID-19 Family Survivors	2

Post-COVID Effect

Most of the participant had experience post-COVID effects, some of them notice that they became forgetful and others notice that they experience difficulty in breathing and some of them gained weight and also based on the study of Agustin et al., (2021), it is evident that after many COVID-19 patients survive on being isolated in quarantine, they still feel different kinds of symptoms for weeks and months We can observe it in the participant's statement:

Tasha noticed that she became forgetful and her hair fall get worse after their recovery from COVID-19, here is Tasha's statement:

"Yung after effect nya sa akin, sobrang makakalimutin ako makakalimutin na ko kasi 51 na ko e. Pero mas naging grabe sya right after nun, talagang grabe tapos nagkaroon ako ng falling, Inano ko rin kasi baka mamaya dala rin ng hormonal imbalance ko, kasi on the way for menopausal kasi. So, yun to now di pa ko ulit nakakapagpacheck up. Yun lang naman. Si husband ko sabi niya lang sakin, feeling nya may falling hair, pero onti lang. Ako talaga yung madami. Tapos yung eldest ko kasi nun nagkaroon din sya, nagpositive din sya. Actually kasi magkakasama kami nung namatay yung father ko noong August, pero hindi naman COVID related yon... yung namatay yung father ko. So, syempre gathered kami. Andito kasi ako sa Bacoor, sila nasa Laguna. So, nagkita kaming magkakapatid sa wake ng Papa ko. Parang onti lang naman, wala pa ngang sampo yung ano... saka di naman ako nagbababad don e for three days. Ano tas yun nga yung last day na, yung nailibing... parang kinabukasan, kinagabihan ang sakit ng ulo namin. Yung anak ko rin up to now... although magaling na lahat. Yung panlasa nya raw iba, hindi 100 percent"

Aliyah convinced that she became forgetful due to COVID-19, here is Aliyah's sentiment:

"Yeah! Naging ano ko, -getful ako, sabi nila ano daw yun ng covid ehh, yung parang nag ba blanko, yun... yun yung mga na, nanotice ko"

Helen shared that she notice that she get easily tired after their recovery from COVID-19 here is Helen thoughts:

"ito nga pag matagal na akong nagsasalita hinihinal na ako, mabilis akong mapagod, kahit nga si Daniel Fernando ganon din yung sabi nya ehh , ganondin yung epekto, kasi, ano kasi ako dati akong cultural dancer, sanay akong magsayaw,nasanay yung katawan kong nag e aerobics, eh ngayon konting lakad ko lang napapagod ako, pero sa bike, kailangan naka bike ako, pero alam ko naman, babalik yung dati kong lakas kasi September lang naman ako ehh, September, October, November, halos 2months palang, ehh talagang, minsan daw inaabot ng 6months yan para talaga bumalik yung normal na katawan. Pero yung dati kong activities magluto, kasi yaan naman yung hilig ko, mag luto, yung paglalaba, di muna ako naglalaba si angeline ang maglalaba sa akin, basta luto luto lang, palengke, walis-walis, napagod uupo, ganon lang"

Financial Problem

The participants stated that they had a hard time in terms of budgeting their finances during their isolation phase, they have to pay for bills, buy the everyday supply of foods, medicines, vitamins, and even the swab test that they have to undergo and according to Wheat et al., (2021), families who endure more sustained income losses or are unemployed for a longer period of time, have lower expenditures, including basic needs like grocery and healthcare spending.

Sunny shared their experience in terms of financial problems:

"Yun talaga, that's the hard part kase yung supplication nung gamut syempre tatlo kami doon kami medo nag struggle kase wala kaming trabaho, although si John-john pala nagtrabaho sa bahay, work from home siya, yun yung isang grace sa amin ng Lord na may isang naghahanap buhay sa amin. So, the supply naman sa pangangailangan, especially when it comes to our vitamins"

Here is what Julie's thought in terms of their financial problem:

"Nahirapan syempre, yan sa financial, sa pangkain, sa medicine."

Kate admitted that they experienced difficulties in terms of budgeting their money to provide for their needs, here is Kate sentiment:

"Ahm nahirapan kami dyan kasi kailangan bumili ng gamot tapos pa swab test pa, eh ang mahal magpa tests diba tapos ang pera naming pangkain lang talaga pero may nagpapaabot naman ng tulong sa amin pumupunta sa harap ng bahay naming nagdadala sila ng mga pagkain tapos may mga nakakaramdam na may sakit nga kami natutunugan nila kasi may runner kami non eh mga leader sa church, dalawa sila natutunugan nila kasi diba nagpapabili kami."

Here is Sheena's thought about their struggles in supplications of their needs due to lack of money.

"Ah actually Malaki although sa loob libre naman kami, kasi tulong ng government sa LGU ng Marilao. Libre sa pagkain sa vitamins. Ang binibili lang namin yung ibang kailangan pa namin at yung mga gamot na wala dun sa loob. At syempre sa loob limited lang yung pera. Pero buti na lang maraming naggg cash na tulong. Pambili ng needs namin. Pero yung nasa ICU na yung nanay ko nakautang Ka nakahingi ng tulong, kasi para sa gamot tas gastuhin at para pa dun sa bantay sumikip ang kaban lalo na yung namatay kasi nakailangan i-cremate."

Marisa shared her sentiment in terms of their problem with the supplication of expensive medicine and foods, here is Marisa's statement:

"Yung sa ano kase sa pang araw araw na gamot, need mo mag handa ng 15 thousand a day, or 17 thousand a day, e 11 days yun so nakapaka ano talaga e napaka daming taong dimo inaasahan na tutulong sayo e, talaga nga napaka daming tumulong samin, mga ka church mate namin, kapamilya mga ganun, sila yung instrument na ginamit ni Lord. Yung anak ko nga e, dina natuloy yung dedication niya sa anak niya kase pinang tulong yung pera sa gastos ko. Kaya nga sabe nga sa mga ganitong labanan ang pamilya mo yung naka suporta sayo e no, pamilya, kabigan, nandon. Ang pinaka the best diyan is yung ano e yung ipanalangin ka nila, yung prayers bumuhos. Na yun yung mga taong di ka matulungan financially pero "prayerful" nandun sila no, yun salamat sa Lord"

Inconsistent Support from Government

As stated by Sun et al., (2021), during their treatment, the majority of patients expressed gratitude to medical professionals, relatives, friends, and the government, and that statement can be observed in the respondents that shared their different perspectives and experiences during those times that they received help from the government although some of them stated that the assistance are not enough they still appreciate it. Most of them did not expect help from other people, and others are too grateful for the people who truly showed loved and support from them given the fact that they are in need of help and encouragement.

Sunny shared that they received assistance from the local government after they have reported their situation and she stated that her family only received it once, here is what Sunny said:

"Pag kapitbahay, reality talk wala talaga e. Kase syempre fear ang unang papasok sa kanila e tsaka di naming talaga pinaalam, so clueless sila but dahil nagreport kami sa barangay they sent some help naman but yun syempre once lang din naman yun nangyari although out nung COVID days namin, so ayun nag sent naman sila ng help some medications din."

Julie received help from the Government every 2 days, here is what Julie stated:

"Satisfied naman kase every 2 days nag bibigay sila saka ang laking tulong narin and pasasalamat kase kahit papano di sila nag pabaya samin"

Aliya did not get support from the Government but she stated that she received assistance from her employer because of their government's law:

"Gobyerno hindi kasi employed ako, so, pwede ka manghingi ng pag sa gobyerno alam ko pag ano, pag wala kang employer, pag ano ka, pero kasi, ahh since ginawa na nga nilang law, so yung employer mo required na bayaran ka during the time of quarantine kaya hindi na ako, hindi ako nag file sa government."

Helen recognized the support and assistance that she got from her peers, local government, and loved ones:

"yung pinaka mayor, nagpadala sila ng tatlong halos, tatlong pack na ganyan, na bawat isang packs merong 5 kilos na bigas, plus grocery, tatlong ganon na ipinadala kasi nga halos lahat kami ehh, tapos yung mga kaibigan ko sa America nagulat nalang ako nagpalagay sa bangko ko ng limang libo yung isa limang rin"

Sheena's heart acknowledged her neighbor's help during their quarantine, she also stated that the government did not give them any support and she was aware of the long process that they have to undergo with, here is what Sheena said:

"Nagpapasalamat talaga ko sa mga kapitbahay ko na nagbibigay ng mga prutas at ulam. Pero sa gobyerno wala pa, kasi alam mo naman sa gobyerno kailangan maraming papel papel, submit dito submit doon mga kung ano among requirements pero sa gamot wala naman kaming binayaran."

Dina received goods from their Barangay and she express her sentiment in this statement:

"Like ano groceries? Itlog, gatas, groceries pero financial wala, groceries meron"

Helen also received goods from the Government and here is what she said:

"Ayon, nagpadala sila sa lahat ng covid patients ng tig tatatlong kilong bigas tapos bawat isang supot may dalang tatlong malaking cornbeef ehh sa isang family, tatlo lang daw ng tatlo ang ibibigay, kung isang patient isa lang, ehh apat kami, tatlo lang binigay, kaya ayun meron nanaman kami."

Mental Health

The research of Dworkin, 2021 says that this pandemic is not just for medical phenomena, because it affects the life of the people including their job and everyday life. It causes disruption, stigma, anxiety, and xenophobia. Also, according to the findings in this study, the mental health of the participant's had been challenged due to their situation some of them stated that the thought about death came across their mind, they experience fear of uncertainty, others became worried about their situations, thinking about bills, medicines and finances entered their mind that made their mind to be in trouble during their isolation days.

The thought about death crossed Julie's mind but she gained hope through prayer, here is what Julie shared: *"Minsan naiisip ko baka katapusan kona 'to mamatay na ako, pero basta nung time kase na 'yun lagi lang akong postive, nilalakasan kolang loob ko, nag dadasal lamg, ayokong mag isip ng kung ano ano, nag rerelax lang ganun."*

Kate shared that their family experienced fear and her husband have been depressed, here is Kate sentiment: *"Nakaranas kami ng takot, yung asawa ko na depress atalaga sya kaya pinaalam ko sa Mentor naming na may COVID kami kahit ayaw nya ipaalam, nagsinungaling ako sa kanya kasi sabi ko di ko sasabihin pero alam ko kasi makakatulong yun sa kanya may tumawag nga sa amin na kaibigan naming Pastor kasi iba na yung mga sinasabi Niya kaya pinagsabihan siya na umayos siya at 'di naman sya talaga ganyan, nahirapan siya, nahirpan kami lalo na may mga worry pero sinurrender ko na lang sa Lord lahat 'yun."*

Aliya shared her sentiment about her worries, here is what aliya said:

"yun nga yung worried ka, na kasi parang hindi mo alam mang yayari diba, yung, hindi mo alam kung ano ang magiging epekto ng COVID, kung lalala ba sa mga bata, ganon, so 'yun talaga yung wo-worried, worried ko"

Marisa thought about the bills to be paid during the times where their family is Isolated and here is Marisa's sentiment:

"Dito sa bahay, oo nung ano , kase yung nakakano si isip kase is yung babayaran mo e, yung gamot, pero nung sabe nga kapag ipinagkatiwala mo kay Lord ang lahat, walang hindi gagawin ang Lord sa buhay mo, yun yung pinag papasalamat ko, tapos ano yung tumakbo sa isip ko ano, e siyempre madameng tatakbo si isip mo e pero mas naging intimate yung relationship namin sa Lord kase diba, although dumanas ka ng ganitong pagsubok hindi naman tayo dapat magreklamo or wala tayong dapat sisihin sa mga nangyare no, ang sabi nga e is ano mas lalong pinapalago ng Lord ang puso natin kapag nag titiwala tayo sa Kaniya."

Jena shared her thoughts in overcoming negative thoughts that crossed her mind, here is what Jena said:

"Ako sakin kahit papano na overcome merong araw talaga na kakatok sa isip mo pero kapag talagang alam mo si Lord kasama ninyo, tutulongan ka Niya dika niya pababayaan."

Lost-hope scenario

As stated by Mohammadi et al., (2021) some COVID-19 survivors to fear for the future, fearing that they will infect other family members who will end up blaming themselves for what have occur that potentially causing serious psychological harm. However, the participant shared their sentiments in the aspect of lost-hope scenario, Kate and Sheena stated that they did not come to appoint where their hope has been lost but they became worried because of the critical and hopeless situation of their loved ones.

Kate shared that she did not lost her hope to be healed however, her husband lost his hope in the midst of their isolation days.

"Hindi, kasi alam kong tapat ang Lord eh hindi Niya kami pababayaan saka pinanalangin ko talaga at ibinibigay ko sa Kaniya, si Daddy naghabilin sya nap ag namatay na raw siya may mga sinabi sya eh kasi nga ang hirap noon panahon na yun naapektuhan kaming lahat ang hirap ng kalagayan namin"

Sheena did not lose her hope but she gets affected with the condition of her mother in the ICU.

"Ako personally hindi... sa asawa ko medyo pero kinaya naman sa nanay ko "di ako makatulog nung nasa ICU na sya"

4.3 The Coping Mechanisms of COVID-19 Family Survivors

For the coping mechanisms, based on the descriptions of the individuals, several possibilities have been discovered.

Table 4. *Coping Mechanisms Themes*

<i>Coping Mechanisms</i>	<i>Frequency</i>
Ways of COVID-19 Family Survivors to take care of their health	9
Ways of the COVID-19 Family Survivors to provide for their needs	3
Received support by the Government, Peers, and Families of COVID-19 Family Survivors	4
Resiliency of COVID-19 Family	10

Ways of COVID-19 Family Survivors to take care of their health

Many of the respondents really took extra care during their isolation. They always make sure that their health is the top priority. Moreover, they take all the advice from their doctor, from eating healthy foods, doing some exercises, eating on time, and most importantly to take their medicines on time. Here are the answers of Sunny, Julie, and Kate.

Nine of the respondents shared their experience of taking care of their health during isolation. Families provided support during treatment in order to improve and boost the immune system, they engage in some physical exercise, eat fruits and take vitamins, and protect every family member's health. According to the findings of Frampton et al. (2017) Active patient and family involvement in decisions about their own care may be a foundation of high-quality, improved health care. Support one another and care for their health in order to help them recover quickly.

Sunny shared her sentiments in choosing vitamins and working out their inner part in order to boost their immune system.

"Hindi talaga kami nag diet noong may COVID kami, talagang kumakain kami. Wala akong pang lasa at pang amoy pero nakaka pagluto ako, diba ang galling? So, mas naging conscious lang talaga kami na yung supplication ng vitamins. Doon namin na ano na kailangan talaga I-boost yung immune system naming, hindi lang basta sa pag work out lang, hindi lang nakaka-kain ka, it is important na yung inner part natin healthy din. Yung physical natin pwedeng maging healthy but inside of us mahirap i-work out e, so kailangan talaga i-supply ng kung ano talaga ang kailangan ng inner part natin."

Julie shared that they followed the prescriptions and directions off their doctor in taking care of their health, here is what Julie said:

"Ah, sinunod ko kahat ng sinabi ng doctor, uminom ka ng ganito, kumain ka ng ganun, maging malinis sa katawan at paligid."

Kate stated that her family practice healthy habits such as sleeping early and getting enough sunlight in the morning, here is what Kate shared:

"Maaga kami natutulog, nag I exercise kami nagpapaaraw sabay sabay kami umaakyat sa second floor nagpaaraw kami kapag umaga, sinusunod naming yung oras ng pag-inom ng gamot, ganon."

Dina considered eating fruits and soup, taking a bath as their ways to take care of their family, here is what Dina said:

"Ayun prutas, masabaw, mainit na tubig, ah suob ganun kain tulog tsaka maligo."

Tasha emphasized that they had a good rest, proper eating habits, and drinking vitamins as a means to take care of their family, here is Dina's thought:

"Uhhh ano lang more on vitamins talaga, vitamins, pahinga kase talagang hihilahin ka sa higahan e pahinga lang talaga at hanggat maari, kumain. Yun sola kain ng kain, pero ako wala talagang ganang kumain kapag may sakit ako perp yun nga need mo talagang kumain and masustansya dapat and hanggat maari avoid mo rin yung instant noodles kase dapat totoong pagkain, yun saka more on fruits."

Helen shared that they chose to eat vegetables from their backyard that helps them to have a fast recovery, here is what Helen said:

"Ako naman kasi kahit na hindi naman ako COVID non. Ang pagkain naman namin healthy eh kasi mahilig nga ako magluto, iwas na iwas ako kumain ng mga instant instant nayan, hindi ko masyadong... siguro kumain lang sila pag gabi lang pag nagugutom nalang, pero hindi madalas yon, siguro pinaka marami na yung tatlong beses sa loob ng isang buwan, hanggat maari, di ako bumibili ng pagkain sa labas, ako nag luluto, ganon, eh nung panahon naman nung covid ako, malakas naman yung mister ko, sya na yung nagluluto, eh may tanim naman kaming mga malunggay, mga pagkaing tama, nag titinola sya papaya sa amin, malunggay sa amin, mga healthy food ang kinakain ko, kasi yun ang kailangan eh, kaya mabilis din akong nakarecover eh, dahil yung kain namin, nasa ayos, tsaka hindi ako nagkakain ng mga matatamis masyado, di ako nagkakain ng

masyadong maaalat, yung normal lang.”

Shenna followed the instructions and directions of their doctor to help them boost their immune systems, here is Sheena's sentiment:

“Kami sumunod sa sabi ng Doktor sa pinapainom sa amin on time kasi gusto namin gumaling.”

Here is Marisa's perspective in avoiding unhealthy foods and practicing healthy habits to help their family to recover from COVID-19:

“Ayun mas ano kase, kase sabe nga yung pagkain, kailangan mong kumain ng masustansyang pagkain , ng mga prutas, more water , at umiwas sa mga pagkaing makakapag pahina sa katawan mo,so kailangan tutulungan mo yung sarili mona lumakas, at i-kontrol mo yung mga pagkain ng mga pagkaing ipinag babawal”

Jena shared that they became so conscious in choosing vitamins and medicines for their family, they also considered drinking herbal and fruit juices, here is Jena's sentiment:

“Meron, mga galling sa natural like fruits, vegetables, and yun mga herbal na ginger for everyday at lemon, mga nilalagang dahon ng malunggay at iba pa. Mas naging conscious din kami interms of vitamins at iba pang gamot na iinom namin, pipiliin mo talaga yung the best kase importante ang kalusugan.”

Ways of COVID-19 Family Survivors to provide for their needs

Most of the respondents are very grateful, that is because regardless of what happened to them, there are a lot of people with helping hands that are ready to show their help to them. Most of the respondents provide their needs during isolation with the help of generous people around them. The following are statements of Sunny, Kate, and Dina, showing how grateful they are for the people around them.

Three of the respondents shared their ways of how they provided their needs during isolation. Families who have recovered from Covid-19 have received local SAP, Groceries from their church, and neighbors. According to the statement of (Garcia, 2021), Families who recovered from Covid-19 received everyday needs from their community including the church, Community and Government.

Sunny is very grateful for the Grace of God who touches people and their Company to give them assistance during their isolation days, here is what Sunny said:

“Grace talaga ng Lord kase wala kaming trabaho, grace na lang ni Lord kung pano napag kasya yung pera. We also got comfort pala from our company, so nakatulong talaga siya sa amin, specially dun sa kapatid ko kase siya yung nakahiwalay sa amin dahil naka isolate kami. Some naman na nareceive naming binigay namin sa kanila para ma supply din yung pangangailangan nila.”

Kate appreciated the effort of their Church leaders to lend them a hand and to provide for their everyday needs, here is what Kate said:

“May mga nagpapaabot ng tulong sa amin mga leader sa church nagdadala sila ng pagkain tapos yung pamilya ko rin nagbigay sila ng pagkain ng 2 weeks dinadalhan kami talagang nag-provide ang Lord eh, may mga nagbibigay sa amin ng mga pangangailangan namin

Here is Dina's sentiment about the assistance and help that her family has received:

“Ano may mga tao naman na tumulong hindi naman sila nagpabaya like yung boss ko ganun, mga kapatid, kapitbahay ko ganun.”

Received Support by the Government, Peers, and Families

4 of the respondents shared their experience of how the government, peers, and families showed support for them. Governments have provided various types of packages to families who have recovered from covid-19, also their neighbors have support and give them groceries during their isolation. Fundamental social and environmental behaviors, according to Ramkimssoon (2020), must change in order to promote healthy lifestyles. Individuals, communities, businesses, charitable organizations, healthcare providers, and governments can all work together to help people who have recovered from covid-19 through stakeholder engagement.

Marisa is overwhelmed due to the support that she had received from her loved ones, she did not mention about the government's assistance in her statement.

“Ah yun, ah yun yung pinaka masarap maranasan e, during that time nung nasa hospital ako di ko alam na madame palang nag mamahal sakin no. Nung nandun nako nung di nako maka hinga, sabi ng anak ko, “Nay basta magpagaling kalang, lakasan mo yung loob mo, kasi madaming nagmamahal sa'yo, madamingng tumutulong sayo no. Yung encouragement ng anak mo na kailangan mong lumaban, tapos meron pa kasi akong manungang nun na buntis, ang sabe niya “nay makikita mo pa yung apo mo” kase talagang yung case kona yun is critical ako e, severe nga ako e no, on that time, sabe ko “Lord kung ano man kalooban Mo, ang sabeinga ng

Lord, madame Siyang plano sa buhay ng bawat isa satin no, yun yung pinaka mainam at the best na nangyare na ipanakita ng Lord para sa kin."

Sheena appreciated the help that comes from the government and here is what she said:

"Malaking tulong din syempre, di naman ma-take for granted mo yun. Syempre hindi lang naman kami yung nagkaroon hindi lang kami yung iniintindi that time tas yun nasa search talaga nila e, so I know na that time maraming may cases kaya grateful na rin kami na nabigyan na nila kami ng ilang assistance sa pagkain at sa vitamins."

Tasha shared that she had been grateful for the Government's support even though she did not really expect them to help.

"Actually, di naman nako nag eexpect ng ano... kase alam ko yung gobyerno natin madame silang pinang tutunan ng pansin, di ako nag eexpect pero yun nga natuwa ank kase nag level up sila ng di lang puro sardinas"

Jena shared that she was also grateful for the support of their neighborhood and the local government to their family:

"Nakakatuwa kase may mga magsasabit na lang ng pagkain sa labas ng gate niyo galing sa kapitbahay namin at kaibigan. Tapos yung government meron din kaming nakuhang ayuda sa kanila na pagkain at pinansyal"

Resiliency

Due to the different struggles and hardships that the respondents had experienced, they get to know God that He is the one who helped them in their darkest times. Some of them get to believe that spiritual health is also essential at that time, and in their everyday life.

10 of the respondents shared their hardships and struggles during their darkest time of resiliency. According to Walsh (2016), the resilience of the family during their isolation are focusing on the presence of faith and beliefs, it is required shared beliefs and narratives that foster a sense of unity, teamwork, competence, and self-assurance. Individual resilience is a dynamic process that allows people to adapt and adjust positively in the face of tragedy. For Sunny's statement:

"Siguro yung ano, na if you think of them doon mo talaga malalaman na, that your family is your best buddies, na doon mo talaga malalaman na at the end of the day babalik ka talaga sa pamilya mo, at the end of the day they are the persons that will take care of you, no matter what."

Julie expressed that it is important to fight your battles through prayer and also, she emphasizes that they trust each other to become resilient.

"Siyempre yung pagdadasal namin, tiwala namin sa isat isa, pag galang."

Here's Kate sentiment in terms of supporting and rooting for your family to be strong during such trials and transforming your mindset to be more rationally when it comes to fighting and filtering your negative thoughts during their Isolation phase.

"Ahm may mindset kami na kaya natin to, laban lang ganon saka may faith kami kahit nahihirapan kami talagang nilabanan naming eh kasi mahirap yun malagpasan, nagkaisa kami nagpalakas kami nagpahinga at nagtulungan rin kami magpagaling habang nasa bahay kami. Kapag nalulungkot si Daddy, isnasabi nmiya sakin bago ko lumabas para magpa encash kuwenuhan ko sya ng masay kapag umuwi na ko, hanon yung aksyon na ginawa ko kapag nahihirapan sya sa mental health niya."

Moreover, Dina stated that she became resilient as a mother whenever she tried to control her negative thoughts in order to protect and give strength to her child.

"Kapag nakikita mo ng mapapraning ka di ka makahinga nagkakaroon ng epekto sa bata"

Tasha shared that she is amazed at what God has done for her family in the midst of their suffering in COVID-19, she added that it is essential for every people to believe that God will not forsake us nor abandoned us in times of need.

"Totoo pala siya, hahaha totoo pala Siya tapos yun talagang kailangan din ingatan yung sarili mo, susunod ka dapat sa protocol ng gobyerno, tapoa yun nga sakin kase dapat may faith ka sa Lord kase di ka niya pababayaan , ingat lang talaga ,kase yun nga di namin expect na magkakaroon kame, kaya dapat ingat lang at alagaan ang sarili , wag pakampante kase mamaya yung mga binebseso beso mong mga kamag anak, dimo alam kung san sila galing, kung san sila napadaan kase pwedeng carrier sila kaya ingat talaga."

Aliya said that they family became resilient because of their quality time:

"Ayon nga yung, uhmm... kasi an, ano na medyo nag stay ako sa bahay tapos nag bonding kami, so yun, I think yun yung nagpatatag samin"

Helen shared that her family holds to the promise of God that He will help them to rise above their situations and they fully surrendered their lives unto Him and that made their family resilient despite the chaos that they went through.

"Kumapit kami sa panginoon, wala naman kasi akong ibang masasabi sayo ehh, kumapit lang kami sa panginoon, at nagtiwala, na ang Diyos kapag sa kanya ka lumapit, yung promise nya, di mawawala yon, kasi maraming pangako ang Diyos ehh, once na nangako ang Diyos sayo, pag sinabi nyang di kita iiwan ni pababayaan man, kailangan panghawakan mo yun, hindi yung, "totoo kaya ang sinabi ng Panginoon?, kailangan totally surrender, totally, sa kanya yung umaasa kasi nakalagay rin yan sa Mateo yang sinco, mapalad ang tao, walang inaasahan kundi ang Diyos, sapagkat makikita nila ang kaharian ng Diyos, ano yung kaharian? Yung katwiran Niya, yun ang ginawa naming, hanggang sa ngayon, hanggang sa ngayon nga ehh, maraming nagsusupply parin samin, sabi ko "Lord, kailangan ko ng pampaayos ng ngipin, ganyan, mamaya may mag tetext, ehh magkano ba ang papustiso?" Mga ganon ba! Kasi once na nagtanong ako sa Panginoon, nat, sabi nga ng Panginoon, unahin mo muna ang Kaniyang katwiran, at ang lahat ng bagay ay ibibigay ko sayo, lahat ng bagay, hindi yung wants, hindi wants ah, ano kasi ano yan, luho yan ehh, yung needs, yung needs mo. Ahh kailangan pag nagbigay yung Panginoon dapat, don mo gamitin talaga sa needs, kasi pag ginamit mo yun sa wants, mawawala na yung mabuting katiwala mo don sa Panginoon, isa kasi sa tinitignan ng Panginoong Diyos yon, na maging isa kang mabuting katiwala, pinagkatiwalaan ka sa maliit na bagay, pagkatiwalaan ka Niya sa malaking bagay"

Similar to what Tasha said, Sheena also emphasized the power of prayer to have a resilient family even in difficult times.

"Dasal at kwentuhan para 'di naman masyadong naramdaman. Di nawawala yung communication at pananalig sa Panginoon."

Another sentiment about faith and prayer from Sheena:

"Oo, mas tumatag and mas nag ingat, ang hirap kaya, ang hirap ng pandemic na to, pero yun nga laging kong sinasabi na lahat ng bagay pagkatiwala natin sa panginoon, kailanman maging matatag tayo kase di tayo iiwan ng Lord, di nila tayo pababayaan."

Jena shared that the presence of their family is what made them resilient, here is what Jena said:

"Pagkaka isa, na sa panahon ng pagsubok andiyan dapat ang pamilya, dahil sila lang ang mga taong tutulong sayo kaya mas iisipin mo at mamahalin mo ang pamilya mo."

5. DISCUSSION

This study explores the experience and challenges faced by COVID-19 family survivors from a mothers' perspective. Based on the results of the study, the COVID-19 family survivors experienced hardships and adjustments during their isolation period. These individuals see themselves as blessed people for surviving the threat of COVID-19 in their lives. Most COVID-19 family survivors consulted health professionals for the prescriptions of their medications and few considered herbal medicines to boost their immune systems. These individuals considered Paracetamol, Antibiotic, Ascorbic acid, Lin Hua, Ginger tea, and lemon as their medication and remedies for COVID-19. The feeling of being worried and uncertain about their situations arose amid their quarantine due to the inability to perform their daily activities well. Furthermore, the COVID-19 family survivors experienced adjustments to their daily routines, they set strict health protocols in their homes such as separation of the room of the parents and their children, using disposable utensils, and promoting cleanliness to every surface of their homes.

In the aspect of challenges faced by COVID-19 family survivors these individuals experienced forgetfulness, extreme hair falls and others notices that they easily get tired. Additionally, COVID-19 family survivors struggled in budgeting their finances to supply their foods, medicines, and vitamins since most of them did not have a source of income because of the pandemic. However, these individuals express their gratitude for the support from their peers and their families. A lot of them have received supplication of food and medicines, some received support from their employers while others did not receive assistance and help from their local government units. The mental health of COVID-19 family survivors has been tested due to their tough conditions they experienced fear, worries, and battling with negative thoughts. However, COVID-19 family survivors did not lose their hope

to be healed from COVID-19 despite the difficulties that they went through. Given the fact that most of them suffered from the symptoms of COVID-19, these individuals did their best to take care of their health through eating healthy foods, sleeping early, getting enough sunlight in the morning, and carefully choosing the vitamins to be intake. Moreover, COVID-19 family survivors received provisions from their daily needs because of the helping hands of generous people within their community. These individuals received financial assistance from their company, neighborhood, churchmates, and loved ones. Likewise, the government provided a different platform to support and assist the COVID-19 family survivors. Indeed, these individuals became resilient because of despite the tough battle against COVID-19 by strengthening their spiritual life, activating their faith, and being brave for the sake of their loved ones.

Moreover, in terms of coping mechanisms of COVID-19 family survivors they find their way to take care of their health, most of them are disinfecting themselves before doing anything they want to do such as eating or cleaning things. Most of the families are having a hard time financially because not all of them are still working. the government is giving help to those who are in need but most of the families that are highly affected by the pandemic such as those who are infected are still having a hard time fighting, with the help of their families and peers, fighting the pandemic become much easier. Most of the parents maintain their emotions despite all that happened with the help of God, they believe that everything happens for a reason and they believed that they will not be neglected, because of this their faith and connection with their family strengthen.

6. CONCLUSION

Based on the findings, the following conclusions were drawn: Most of the participants consulted health professionals for their medications and advised herbal medicines in boosting their immune system. Also, family survivors had to make adaptations to their daily routines, and they established stringent health standards in their homes, such as separating the parents' and children's rooms, using disposable utensils, and ensuring that every surface of their homes was clean.

Furthermore, COVID-19 family survivors were able to meet their necessities due to the generosity of their neighbors. These people were helped financially by their employers, neighbors, churchmates, and loved ones. Similarly, the government offered a different forum for the COVID-19 family survivors to receive help and assistance.

Despite the hardships they faced, COVID-19 Family Survivors did not lose hope that they would be cured of COVID-19. These people tried their hardest to maintain their health by eating good meals, sleeping early, obtaining enough sunlight in the morning, and carefully selecting the vitamins they took. Despite the difficult battle against COVID-19, these individuals grew resilient by building their spiritual lives, exercising their faith, and being brave for the sake of their loved ones.

The following recommendations are made after extensive evaluations and consideration of the study's previous findings and conclusion: It is suggested that the government must have fixed assistance to COVID-19 patients, specific supply of goods, and budget, these matters should implement as well by the companies and employers. In terms of mental health, it is highly recommended that the government and mental health professionals should widen and implement more Telecounseling to those COVID-19 patients to avoid the risk of depression. It is highly advised to LGU facilities that the COVID-19 patients must have better access to healthy foods, proper medication, and ventilation.

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