

# Health Behavior of Senior High School Teachers of the University of Saint Louis Tuguegarao Due to Compulsive Health-Related Internet Use Amidst Covid-19 Pandemic

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## ABSTRACT

The COVID-19 pandemic has raised the rate of health-related internet use, particularly among teachers. Loads of various information about Covid-19 symptoms are available that teachers can easily access, some of which come from unreliable and unverified sources that can worsen their perception of their symptoms and affect their health behavior. Thus, this study aimed to investigate and assess the senior high school teachers' health behavior due to compulsive health-related internet use amidst the pandemic. The researchers used a descriptive quantitative research design to in-depth analyze the acquired data and information. They also used purposive sampling to select the Senior High School teachers of the University of Saint Louis Tuguegarao and gathered the needed data using a survey questionnaire. This study made used descriptive statistics to describe the health behavior of the respondents and an Independent Sample T-test to test the significant difference in their health behavior based on their profile. The results revealed that due to the compulsiveness of searching online health information Senior High School teachers were having no significant differences in terms of their demographic profile of age and highest educational attainment. While on the other hand, in terms of the profile variable of sex, the null hypothesis was rejected implying a significant difference among the male and female Senior High School Teachers. The researchers have concluded that the health behavior of the respondents having different means of effects of compulsive health-related internet use to the health behavior of male and female. Furthermore, the study highlighted the need for more research, specifically a qualitative one, regarding the effects of compulsive health-related internet use with a wider range of sample and respondents to validate the results of the study.

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**KEYWORDS:** health behavior, Internet, cyberchondria

## INTRODUCTION

### Background of the Study

The COVID-19 emerged in December 2019, spread rapidly across the globe, created many obstacles to daily functioning, leading to a need for significant lifestyle changes. As the COVID-19 spreads, the number of cases continues to rise around the globe. Lockdowns have been implemented in almost every region, suspending activities that require human interaction and gathering, such as face-to-face classes, social gatherings, and including travel bans across the globe. As a result of the lockdown, most people have

turned to the internet for communication, interaction and continued their work responsibilities from home (De, R., Pandey, N., & Pal, A., 2020). Until this time, the presence of the COVID-19 is still dominant, making many people worry about their everyday health status. The internet has become more accessible and easier to use today. People can effortlessly seek the symptoms or any health-related information about the COVID-19. The internet can provide countless results based on the topic in just a

few seconds. However, in this case, the level of health anxiety can increase among individuals caused by the constant search of health information on the internet and can turn to an irresistible or uncontrollable act or Compulsive Health-Related Internet Use. People with obsessive-compulsive disorder feature a pattern of unwanted thoughts and fears that lead an individual to do repetitive behaviors. These symptoms can interfere with all aspects of life, such as work, school, and personal relationships (Campbell, R., & Longhurst, R., 2013).

The COVID-19 pandemic has increased the rate of health-related internet use, particularly among individuals concerned about their health, as affected due to consistent use of gadgets, difficulties adjusting to the new norm, and constant fear of the virus. Teachers are like other individuals that utilize the internet. The internet plays a significant part in their student's development and learning. The internet, like others, plays an essential part in their lives. Correspondingly, Bajcar & Babiak (2019) states that, among adult Internet users, the immoderate seeking of online health information has been prevalent. Teachers are often confronted with multiple workloads, creating anxiety, stress, and even health problems. They are prone to headaches and fever due to the tension they encounter daily, and the internet may sometimes be a place where they can do a variety of searches related to the symptoms they are experiencing. Although the internet is advantageous in gathering health information, the internet can also affect an individual's health behavior due to enormous access to information that can induce many different reactions (Bujnowska-Fedak, M. M., & Węgierek, P., 2020). Health behaviors include all activities that support, maintain or weaken the health and well-being of an individual. An individual's health behavior can be classified into two: favorable as the healthy behavior and threatening health as the unhealthy and self - destructive behavior (Czenczek-Lewandowska, E. et al., 2021). The COVID-19 pandemic worsened health behaviors and intensified the feeling of generalized anxiety in adults (Wyszyńska, J. et al., 2021).

The general use of the internet has significantly risen in different uses and provides health-related information, especially on COVID-19. To conclude, this study aimed to investigate how compulsive health-related internet use affects the health behavior of Senior High School Teachers amidst the pandemic.

### Research Questions

This study aims to determine the health behavior of Senior High School Teachers due to compulsive health-related internet use.

Specifically, this study aims to answer the following questions:

1. What is the demographic profile of the teachers in terms of:
  - A. Age;
  - B. Sex; and
  - C. Highest Educational Attainment
2. What is the health behavior of Senior High School Teachers?
3. Is there a significant difference in the health behavior of the Senior High School Teachers when grouped according to:
  - A. Age;
  - B. Sex; and
  - C. Highest Educational Attainment

### Hypothesis

In relation to the above questions, the researchers tested the following hypotheses:

1. Compulsive health-related internet use has no significant difference according to the profile variable of Senior High School Teachers.

### Significance of the Study

Teachers are the primary beneficiary of this research. With the information to be gathered about how compulsive internet use can affect the health behavior of the teachers. Considering that the online setting has been in wide use since the start of the pandemic and health-related searches are included as the prevalent use of the internet during the pandemic, teachers can become more responsive to their current situation of being compulsive on using the internet. This will also serve as a piece of information for those individuals who have the same condition regarding about compulsive health-related internet use. The study will benefit the University of Saint Louis Tuguegarao. It will also contribute to future researchers exploring the same topic as it serves as related literature to improve the study further.

### Underpinning Theory

The wide availability of health information on the internet has undoubtedly assisted countless individuals in making informed decisions regarding their health and medical care. Still, it may be terrible for those who are prone to anxiety (Doherty-Torstrick, E. R., Walton, K. E., & Fallon, B. A., 2016).

This study is anchored from the theoretical support towards the Cognitive-Behavioral Model of Health Anxiety (Salkovskis, P. M., Warwick, H. M. C., & Deale, A. C., 2003). In theory, it is stated that concern with having or obtaining a significant illness and a high level of anxiety over one's health characterizes

health anxiety. Some people have severe health anxiety, which is characterized by a constant fear of contracting a serious illness, frequent checking of one's body for signs of illness, frequent admission of medical appointments for reassurance, or avoidance of medical appointments and other areas due to the fear of being diagnosed or contracting a serious illness (Taylor, S., McKay, D., & Abramowitz, J., 2012).

In the Philippines, where the pandemic is still a concern, teachers have found themselves in an unpredictable situation. The lockdown situation has accelerated the shift from traditional to online educational methods. Their unforeseen scenario has made them in the sense of uneasiness and paranoia. It is related to a person when they've found themselves uneasy because of symptoms appearing and will not stop until they get answers. The theory directly explains the phenomenon of having behavioral health anxiety, which leads to different reassurance-seeking behaviors. People who suffer from health anxiety engage in excessive health-related behaviors, such as monitoring their bodies for indications of sickness or avoiding situations or stimuli that they consider anxiety-provoking. The "*Cognitive Behavioral Model of Health Anxiety*" shows how mistaking physical signs for threats causes emotional and physiological anxiety, as well as safety-seeking behaviors, all of which serve to reinforce threat evaluations. Overestimation of the likelihood of having or developing a significant disease, overemphasizing of the severity of an illness, and misunderstanding of bodily sensations, functions, and appearance as indicators of serious illness (Salkovskis, P. M., Warwick, H. M. C., & Deale, A. C., 2003).

## Literature Review

### The convenience of Internet utilization

The internet is both a medium and a platform for information exchange, it has a significant percentage of internet users accessing health-related information through the medium of the internet, but little is known about the factors that determine such behavior (Ahmad, A., Khan, M.N. & Rahman, O., 2017). Patients faced difficulties in accessing offline health care services because of the pandemic, making the internet the most used source of health information. Many internet tools are available for healthcare professionals, including social networking platforms, blogs, microblogs, wikis, media-sharing sites, and virtual reality and gaming environments (Ventola, C. L., 2014). Amidst the fact that the number of healthcare professionals and organizations using the internet as a platform has been steadily rising in recent years, there is still a lot of discussion over the

benefits of the internet in terms of actual learning and the quality of care offered. Fake news and misinformation during the COVID-19 on the internet pose challenges for the public in their search for reliable and relevant health information for taking protective measures, especially among people with chronic diseases (Newman, K. et al., 2020). In the early days of the pandemic, it was tough to leave our homes to seek medical attention; the convenience of the internet has been an effective tool for those people who are unable to leave the house due to restrictions; however, there are also many people who believe that the internet is not a reliable source of online health information.

Online health information also presents some inherent difficulties. It is difficult to regulate, meaning quality control is a challenge, and, further, patients vary widely in their health information literacy (Tonsaker, T., Bartlett, G., & Trpkov, C., 2014). Though internet sources may appear to be an inadequate source of health information, data written and published online by non-health practitioners, in particular, might give misleading information. Some health information that isn't verified and proven by healthcare professionals can lead one to harm oneself. Instead of finding its cure, it can become a way to worsen one's situation. Based on the study of Dadaczynski, K. et al. (2021), the search engines, news portals, and government websites were the most popular areas for students to search for web-based health and COVID-19 data followed by social media and video portals. Getting informations from untrustworthy sites can put a person in a dangerous situation. Rather than searching and finding health-related information on unreliable sites, there are available credible sources, such as the Food and Drug Administration website, which provide accurate data, reducing the potential danger of inaccurate information from unverified sites (AlMuammar, S. et al., 2021).

In China, people are found to face challenges in accessing health care resources, among which are the difficulty in making medical appointments, short consultation times, and a significant socioeconomic disparity in health literacy (Zhao, X., Fan, J., Basnyat, I., & Hu, B., 2020). It really provided people with the platforms and search engine places that can be their way of seeking the health information they needed, especially during the pandemic when transportation to hospitals and clinics was limited. However, they also present potential risks to patients and HCPs regarding the distribution of poor-quality information, an example for which is damage to professional image, breaches of patient privacy, violation of personal-professional boundaries, and licensing or legal issues

(Ventola, C. L., 2014). The internet, a free medium platform where people can upload anything they want, can also have disadvantages, especially in health information. Misinformation concerning health has particularly severe consequences with regard to people's quality of life and even their risk of mortality; therefore, understanding it within today's modern context is an extremely important task (Swire-Thompson, B., Lazer, D., 2020). Unverified and trustworthy data can travel freely on the internet and give misinformation to many people, especially those who are eager to find health information.

### **Factors behind Online Health information reliability and accuracy**

Online health information is a type of information disseminated on the internet or through health and wellness websites. Furthermore, it is defined as the use of digital technologies for online health care and communication and information techniques to address patients' medical challenges. (Battineni, G. et al., 2020). The significant rise of online health information since the COVID-19 pandemic has been prevalently increased across the internet (Sorkin, DH et al., 2021). Over the past few months, the use of the internet is becoming more significant due to its numerous utilizations, specifically at this time of the pandemic, according to statistical analysis, 90% of adults considered the internet to be essential or important for them during the COVID-19 pandemic (McClain, C., Vogels, E. A., Perrin, A., Sechopoulos, S., & Rainie, L., 2021). Due to the lockdown, most individuals have turned to the internet and internet-based services to communicate, connect, and perform their work obligations from home. A study states that compared to the early months of the COVID-19 pandemic, utilization of Internet services has seemingly increased from 40% to 100% (De', R., Pandey, N., & Pal, A., 2020).

There are websites that provide accurate health information, and there are also those that do not. In order to gather reliable health information, an individual must first decide which websites to trust (Online Health Information: Is It Reliable, 2018). The degree of concordance of the information provided with the best evidence or with generally accepted medical practice was defined as accuracy. This includes providing crucial facts to describe a topic and ensuring that there is no inaccurate or misleading information (Kent, T. S., 2016). In determining the accuracy of the healthcare websites, it is suggested to look for government or professional organization endorsements or by their perception of author credentials. Other methods for determining credibility include a patient's understanding of the information

and efforts to compare information across different websites. Individuals' most commonly mentioned qualities were trustworthiness, expertise, and objectivity. The indicators were divided into three categories: source, content, and design (Sun Y. et al., 2019). Although the internet is a valuable source of information, the reliability of data obtained is still a problem. Non-reliable online information could be dangerous, especially when making health-related decisions. Uncertainties about the quality of online health data may influence citizens' health-related decisions (Battineni G. et al., 2020). Given the large number and use of health information on the internet, as well as its significant impact on people's health care decisions and overall approach to maintaining health, it's critical that health websites provide consumer-perceived quality health information that can be used to make informed health care decisions and other healthcare-related purposes. (Tao, D. et al., 2017).

With the current explosion of electronic health information sources, such as thousands of websites and hundreds of mobile phone health apps, electronic health literacy is growing rapidly in health and medical research. Despite the fact that the quality of information on the internet varies greatly, individuals seek to gather information from health websites, blogs, Web-based forums, social networking websites, and advertisements to explore their care options (Seçkin, G. et al., 2016). That is why Non-Health personnel and the scientific community need to be aware of the quality of the information they read and produce, respectively (Cuan-Baltazar, JY et al., 2020).

### **Compulsive health-related internet use and internet use**

The Internet is a system architecture that has revolutionized communications and methods of commerce by allowing various computer networks around the world to interconnect (Encyclopedia Britannica, 2021). It has revolutionized communications to the extent that it is now our preferred medium of everyday communication. We use the internet to order a pizza, buy a television, share a moment with a friend, and send a picture over instant messaging in almost everything we do. Today's Internet development is being shaped predominantly by instant, mobile communications. The mobile internet is a new revolution—comprehensive Internet connectivity via smartphones and tablets (Dentzel, Z., 2014). The majority of the population has access to the internet daily. There are computers at home, at work, and in schools that utilize internet connections. As the internet has

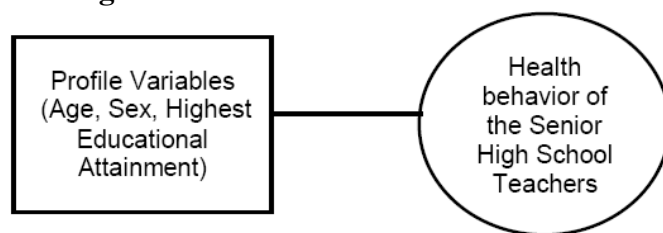
grown, it has led to outstanding accomplishments. Being able to type in symptoms in a symptom checker and get a list of results can help people get a slight grasp on what their condition might be. As the pandemic continues to present unique challenges to communities worldwide, the internet must be safe, secure, affordable, reliable, and accessible to all. While this crisis has proven the internet to be an invaluable tool and a necessity, it has simultaneously exposed existing disparities and emerging threats (McClain, C. et al., 2021).

Having access to a wealth of knowledge whenever we turn on our computers can be helpful in so many ways. The answer to any question can be found at a few keys and click of a button. However, with this wealth of information comes with consequences (Gass, M. A., 2016). Searching for symptoms on the internet can be beneficial when preparing for a doctor's visit. It can calm a person to know what could happen before stepping into the doctor's office. During the coronavirus pandemic, health anxiety can be a severe psychological issue, amplified by the medical uncertainty around this disease and social isolation. However, research also suggested that online information about COVID-19 contains a large amount of misleading information (Li, R. et al., 2020). Public health agencies should control the spread of misinformation concerning the virus to manage the pandemic more efficiently. Though accessing medical information through online sources is a common, useful, and accessible strategy for most people, it can become a pathological behavior in some cases when online searching becomes excessive and repetitive, considered as cyberchondria (Vismara, M. et al., 2020). Cyberchondria is excessive worrying about one's health that develops following internet searches for medical and health information. It refers to the unfounded escalation of anxiety regarding the state of one's health due to searching for medical information on the World Wide Web (Mohammed, D. et al., 2019).

It is excellent to be aware of one's mental health and actively seek answers, but it also has consequences. Not only is there a lot of information available, but some of it is reliable while others are not. Even if the website is accurate, it is possible for someone without medical training to misinterpret the information (Saleh, N., 2021). People may end up being compulsive about a cough and ending up finding multiple answers. It is dangerous when one is in denial about select symptoms. Searching for online information to interpret symptoms is an increasingly prevalent activity among patients, even among older adults (Houston, T.K. et al., 2014). Many people use the internet to understand possible conditions before

consulting with a physician, spend as much as they want asking questions, and better understand what the doctor is discussing about their health (Luger, T. M. et al., 2014). Reaching a diagnosis can be complex, mainly when one exhibit symptoms associated with numerous mental illnesses.

### Paradigm



**Figure 1: The association of profile variables of teachers and their Health behavior.**

This study aims to discover the difference of the given factors that affect the health behavior due to compulsive health-related internet use of Senior High School Teachers. This illustrates the relation between the two variables in affecting the health behavior of Senior High School teachers. On to the factors that affect the health behavior of teachers, this includes age, sex, and the highest educational attainment.

### METHODS

#### Research Design

This research incorporates a descriptive research design using a quantitative research technique. The descriptive research design was used to assess the Senior High School Teachers' health behavior due to compulsiveness of using the internet for health searches with the help of survey questionnaires.

#### Locale of the Study

This study was conducted at the University of Saint Louis Tuguegarao City, Cagayan, specifically in the Senior High School Department faculty. It was being administered in the Senior High School Department, where three learning modalities (full online, blended learning, and electronic correspondence learning modality) are being used. The researchers chose this locale in order to gather the necessary information, most specifically that the University of Saint Louis has implemented and required to do online sessions, which may have put the teachers in a difficult situation in adjusting to the new modalities and setup.

#### Respondents of the Study

The respondents of this study are the Senior High School teachers from the University of Saint Louis Tuguegarao. Since teachers are currently in the online setting mainly in use for online learning, the internet can also serve as their primary source for searching health information regarding their health conditions. The researchers implemented purposive sampling to select the appropriate respondent for the study.

Researchers conducted a pre-survey questionnaire with the criteria of those teachers who have experienced such compulsive behavior and scenarios regarding their health-related concerns in utilizing the internet were the ones that are selected as respondents.

### Research Instrument

To draw the needed data from the respondents, researchers gathered the demographic profile of the Senior High School Teachers in terms of their age, sex, and highest educational attainment. The researchers used a self-constructed questionnaire as the primary instrument for the data gathering. The constructed questionnaire was designed to determine the effect of compulsive health-related internet use on the health behavior of Senior High School Teachers. The questionnaire consists of 10 statement that is divided into 2 parts which is the positive and negative effects of compulsive health-related internet use on the health behavior of Senior High School Teachers.

### Data Gathering Procedure

The researchers asked the approval of the school administrators to allow the researchers to conduct the

study. To ask permission in conducting the study, the researchers sent a letter for approval of significant persons in the Senior High School Department of the university. After seeking permission from the Vice President for Academics, the researchers distributed the questionnaire via messenger in contact to inform the respondents. The survey questionnaire was conducted through the use of Google Forms provided with the purpose and content of the questionnaire. Respondents were given an informed consent before conducting it to ensure the confidentiality of the respondents' data. The collection of data was accomplished at their convenient time for both researchers and respondents.

### Data Analysis

The data collected were classified, organized, and presented in a textual and tabular form. Under descriptive statistics, frequency and percentage was used to describe the demographic profile of respondents, mainly to describe their health behavior. To test the significant difference in the health behavior of the respondents based on profile, the researchers used the Independent Sample T-test.

## RESULTS

**Table 1: Demographic Profile**

Variable	Category	Frequency	Percentage
Age	21-30 years old	25	92.6
	31-45 years old	2	7.4
	<b>Total</b>	<b>27</b>	<b>100.0</b>
Sex	Male	11	40.7
	Female	16	59.3
	<b>Total</b>	<b>27</b>	<b>100.0</b>
Highest Educational Attainment	Bachelor's Degree	16	59.3
	Master's Degree	11	40.7
	<b>Total</b>	<b>27</b>	<b>100.0</b>

Table 1 shows that most of the respondents are considered as young adults (21-30 years old) with the frequency of 25 or 92.6 percent, most of the respondents are females with a frequency of 16 or 59.3 percent, and bachelor's degree is the most prevalent under the highest educational attainment of the SHS teachers with a frequency of 16 or 59.3 percent.

**Table 2: Health Behavior of Senior High School Teachers**

Positive Health Behaviors	Ideal		Not Ideal	
	YES		NO	
	f	%	f	%
Because of my constant search for health information, I become motivated to improve my health condition.	26	96%	1	4%
Because of my constant search for health information, I'm at peace knowing that the things I've looked up online based on my symptoms have a cure.	25	93%	2	7%
Because of my constant search for health information, I'm able to treat my own illnesses	14	52%	13	48%
Because of my constant search for health information, I'm able to critically think on what the things are to avoid about certain illnesses	26	96%	1	4%
Because of my constant search for health information, I have gained a lot of health information that will be valuable in the future.	26	96%	1	4%

Negative Health Behaviors	Ideal		Not Ideal	
	YES		NO	
	f	%	f	%
Because of my constant search for health information, I developed an anxiety which causes me to think constantly about my health.	15	56%	12	44%
Because of constant search for health information, I could not be able to sleep without thinking of having an answer to my illness.	23	85%	4	15%
Because of my constant search for health information, I feel anxious because I'm seeing multiple unrelated information, and I'm developing several illnesses as a result.	24	89%	3	11%
Because of my constant search for health information, I became uneasy because of the possibilities of having a serious illness.	14	52%	13	48%
Because of my constant search for health information, I became an insomniac person	26	96%	1	4%

Table 2 shows the scoring of the response's frequency and percentage of the health behavior of SHS teachers. Under the positive health behavior, it shows that providing self-treatment has the lowest scoring with a frequency of 14 with a percentage of 52. On the negative health behavior, it shows that uneasiness has the lowest scoring with a frequency of 14 with a percentage of 52 to be followed with the development of anxiety with a frequency of 15 with a percentage of 56.

**Table 3: Significant difference in the health behavior of the Senior High School Teachers when grouped according to their profiles**

Variable	Mean	T-value	P-value	Decision
Age				
21-30 years old	8.24	1.848	0.077	Null Hypothesis Accepted
31-45 years old	6.50			
Sex				
Male	7.69	-2.109	0.045	Null Hypothesis Rejected
Female	8.73			
Highest Educational Attainment				
Bachelor's Degree	8.06	-0.223	0.825	Null Hypothesis Accepted
Master's Degree	8.18			

Table 3 shows the significant differences in the health behavior of the Senior High School Teachers when grouped according to their profiles. A p-value smaller than 0.05 indicates that there is a statistically significant differences (at the 5% level) in the test, whereas a p-value is larger than 0.05 suggest that there is no significant difference. As shown on the table, the computed p-value of sex is 0.045. In this case, the null hypothesis is rejected. Therefore, we can conclude that there is a significant difference between Male and Female with regards to their health behavior.

## DISCUSSION

Following the completion of the study, this section presents the findings derived from the investigation, which addresses the primary research objective of determining the effects of compulsive health-related internet use on the health behavior of Senior High School Teachers during the Covid-19 pandemic.

The results from the survey supported the expected hypothesis. The findings showed significant difference which reveal that the significant values (as shown in Table 2) which indicates that most Senior High School Teachers exhibit ideal conduct, with this behavior reflecting both positive and negative health behaviors. The results indicate that the teachers' health behavior due to their compulsive online health-related internet use had a favorable impact on their

health. Based on the collected findings, respondents who are anxious about their health somewhat leave them in experiencing insomnia, this phenomenon happens because of their understanding about their condition which had become dominant rather than having a consultation with a physician. The widespread use of the internet for health information has become significantly more prevalent during the pandemic. Teachers' ideal health behavior towards using online health information supports the findings of Kelly, et al. (2015), which says that improved knowledge and behavioral health outcomes have been demonstrated when using online information compared to other traditional forms of information.

As shown on the table, the computed p-value of sex is 0.045. In this case, the null hypothesis is rejected.

Therefore, we can conclude that there is a significant difference between Male and Female with regards to their health behavior. The results from this study, as shown in Table 1, indicates that most of the respondents, the Senior High School Teachers, are considered as young adults. The indications of which in this area is that basing on what the Internet provides for them is more of a convenience rather than lining up at the hospitals or clinics which is a hassle for some. People can now avoid medical professionals entirely by searching the Internet for information, advice, support, and even treatments. Statistical interactions were used to see if using the Internet predicted depression, health anxiety and for people who had opposing worldviews in terms of the general health, chronic illness, and mental status.

Based on a study published in The Journal of Medical Internet Research (JMIR) by researchers at the University of Kansas, Internet use may influence the ease with which people can access health and well-being information and support from family and friends, but for some people with health problems, online communities and support groups are popular as a source of social support and information (Bessière, K., Pressman, S., Kiesler, S., & Kraut, R., 2010). In the study of Lim, Dunn, Lim, Abdullah, & Ng, (2022) entitled *Association between Online Health Information Seeking and Medication Adherence*, patients' decision-making, including treatment outcomes, can be influenced by Internet-based health information. Patients' trust and willingness to act on advice are influenced by the credibility and impartiality of the information. Other external factors, such as patients' trust in healthcare providers and communication, would significantly affect how they acted on the data. Interestingly, the obtained findings where somehow not depended on the health status of the respondents additionally the Internet uses were not linked to changes in people's overall health ratings. High-quality arguments and credible sources can help people, especially the Senior High School Teachers accept and approve the information. They can arm the recipients with health information and treatment experience, allowing them to make informed decisions. The credibility of the sources and the strength of the arguments reflect the quality of information users receive.

The researchers did not expect that using the Internet as a medium of communication for health related reason can lead to having depression, health anxiety and a condition called Cyberchondria. This however, had some explanations for this finding. Everyone knows that everything has pros and cons or cause and effect as per se. It is difficult for an untrained

observer to tell the difference between good and bad medical advice on the Internet. When researching one's own or loved ones' medical problems, direct negative thinking may occur. This could easily lead to depressive symptoms in the future. In addition, when the researchers had conducted the survey, there are factors that truly needs to consider. One of which is when using online health support groups moderated by strangers could also be a source of distress. Too much time spent in online support groups may displace in-person support, harming the psychological well-being people derive from offline interaction with friends and family (Bessière, K., Pressman, S., Kiesler, S., & Kraut, R., 2010). This explains why he statistical findings respondents, Senior High School Teachers, prefer to look for some answers in their health.

In another study by Starcevic, Berle, & Arnáez (2020), they discovered that cyberchondria, or information overload, increased during the COVID-19 pandemic. The study suggests that "healthy skepticism" about online health information and avoiding data overload are two ways to avoid or treat cyberchondria. Because of the nature of the Internet, some people are reassured by what they find online, while others are not and look for reassurance elsewhere. As a matter of fact, children and teenagers will be able to access their own health records via the Internet in the near future. Individuals will benefit from easy access to information, which can also be shared and discussed with others if the individual so desires. However, it may be subjected to offensive remarks, bullying, and inaccurate or dangerous advice.

The effects of using the Internet to look for answers to the questions especially for educators about their health has gone from 0 to 100. The researchers explored that the credibility of information sources is unrelated to whether or not an individual's participation in decision-making processes is supported. According to the researchers, the basis for supporting individuals' participation may come from the information itself rather than how credible it is. The study's findings can be applied in clinical settings to identify vulnerable populations at risk of biological and psychological problems and to effectively intervene. According to Hewitt-Taylor (2014), this might be useful for primary care providers to consider what constitutes acceptable risk that is outweighed by potential benefits and what does not. More research is needed to determine whether the link between Internet use and health behavior of Senior High School Teachers of Saint Louis University. Because the study relies solely on self-reports, structured



interviews or behavioral measures could be useful in understanding health behaviors from various angles.

## CONCLUSION

Covid-19 has really gave a deep scar into the lives of many. In today's world, exposure to online health information is unavoidable. The internet is a valuable source of health information that has the potential to influence health outcomes. Teachers can become more responsive to their current situation of being compulsive on using the internet, given that the online setting has been widely used since the start of the pandemic and health-related searches are included as the most prevalent use of the internet during the pandemic.

In this research, we explored the Health Behavior of Senior High School Teachers of the University of Saint Louis Tuguegarao due to Compulsive Health-Related Internet use amidst Covid-19 Pandemic. The researchers investigated the interaction effect of health behavior and information processing cues. We also considered the role of health literacy as a moderator in both routes. The findings of the study can help health information provider's better serve individuals and maximize their benefits and empowerment. More research is needed to focus on individualized differences in health empowerment promotion.

## RECOMMENDATION

Henceforth, with all the possible findings considered, the researchers would want to recommend how the research study could be used according to its own purpose. The following are recommendations for future research and possible courses of action:

1. The researchers suggest that future studies similar to this one should increase the sample size of the respondents.
2. The researchers recommend studying broader areas on health behavior of the Senior High School teachers on how it can affect their way of teaching.
3. Further studies about the health behavior of the Senior High School Teachers due to compulsive health-related internet use are recommended to develop an understanding of the teachers' way of handling their behavior and how it affects their life.
4. Future studies can investigate the influence of respondents' gender on their health behavior when they suffer from compulsive health-related internet use and the disparities between them.
5. Future researchers can build on this to broaden their knowledge and perspective for similar investigations.

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