

Living in a Moment: Exposure on Motivational Tiktok Contents In The Midst of Covid-19 Pandemic on Gabrielian's Mental Health

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Abstract: This study assessed the status of Mental health of Gabrielian in terms of General Coping, Emotional Support, Spirituality, Interpersonal Skills, Personal & Growth Autonomy, and General Affect as exposed on Motivational Tiktok contents. Moreover, it investigated the correlation between the status of Mental health of Gabrielians and their exposure on Motivational Tiktok contents. A total of 100 college students from 1st year to 4th year at Colegio de San Gabriel Arcangel took part in the study by answering the research questionnaire. The data was analyzed using a.) Descriptive Statistics – to determine the mean, Percentage, frequency and standard deviation, and b.) Pearson's Correlation Coefficient – to identify the degree of association between the status of Mental health of Gabrielians and their exposure to Motivational Tiktok contents. The study found status of Mental health of Gabrielians and their exposure on Motivational Tiktok content has a very low positive relationship with one another. More research is needed to explore into features of these characteristics not mentioned in the study to gain a better knowledge of motivational TikTok materials and Gabrielians mental health. It is recommended That a need for qualitative and quantitative research, as well as other types of research methods. It is suggested that a similar study be conducted with other research participants and at a different location in order to obtain more reliable results. It is also suggested that future researchers study other types of TikTok contents other than Motivational contents to see if the results will change from this current study.

Keywords: Exposure, Mental Health, Motivational Tiktok

INTRODUCTION

COVID-19 pandemic and lockdown have brought about a sense of fear and anxiety around the globe. This lockdown is not allowing people to go out and restricted people to stay at home which is likely to impact their physical as well as mental health. This phenomenon has led to short as well as long-term mental health implications. During the COVID-19 pandemic, general medical complications about physical health have received the most consideration, whereas only a few studies pertaining to the potential direct effect of the pandemic on mental health. As a result of this pandemic, social media is becoming the platform of choice for public opinions, perceptions, and attitudes towards different events or public health policies regarding COVID-19.

TikTok is one of the leading social media sites that became the instrument of many people to help express themselves. According to Blake Chandlee, vice president of global business solutions of TikTok, it is designed to inspire creativity and spark joy and be a less harsh environment than Twitter or Facebook. Many content creators use this to raise awareness about mental health by making Colegio de San Gabriel Arcangel, Inc. Founded 1993 City of San Jose del Monte, Bulacan, Philippines 2 different TikTok content, doing tutorial videos, and sharing their personal experiences.

Unfortunately, numerous articles and studies show that it is not uncommon for people with mental health conditions to experience negative attitudes, beliefs, and perceptions, especially during this pandemic. Many of these people remain silent, reluctant to seek help or treatment, or sometimes choose to isolate themselves. Isolation has been intensified by concerns about the threats posed by the epidemic itself. People tend to isolate themselves more and choose to keep their problems on their own because the people that they need are far from them. Now the only thing people have is social media platforms like TikTok to communicate and express themselves.

TikTok is a famous media platform considered by many as relatable, unfiltered, sometimes heartbreaking, often humorous, and also looks at other people's life and mental health issues. "It's highlighting mental health conditions and bringing awareness to these issues, which are really important," says Gallagher (2021). She also stated that it helps young people to become more comfortable talking about mental health, mental health issues, and how to manage them.

The objective of this study is to know the relationship between Gabrielian Learners Mental Health and TikTok Content amid the COVID-19 when grouped according to their demographic profile. From this, the researchers will grasp a better understanding of the status, and relationship of TikTok

contents on Gabrielian's mental wellbeing and bring awareness to these issues..

RESEARCH QUESTIONS

This study evaluates the exposure of Gabrielian's Learners' on Motivational TikTok Content in the midst of COVID-19 Pandemic on their Mental Health. This study aims to answer the following:

1. What is the respondent demographic profile in terms of :
 - 1.1. Program
 - 1.2. Year Level
 - 1.3. Gender
2. What is the status of mental health of Gabriellians as exposure on Motivational Tiktok Content in the midst of COVID-19 Pandemic as described in the following dimensions:
 - 2.1 General Coping
 - 2.2 Emotional Support
 - 2.3 Spirituality
 - 2.4 Interpersonal Skills
 - 2.5 Personal & Growth Autonomy
 - 2.6 General Affect
3. Is there a significant relationship between the status of mental health of Gabriellians as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic and their demographic profile?
4. What intervention program can be proposed to improve Gabrielian Identity and mental health?

METHODS

This study used a quantitative research design. Quantitative research is a sort of study that places importance on quantifying data collecting and analysis. It is based on a deductive technique that prioritizes hypothesis testing and is shaped by empiricist and positivist beliefs.

Specifically, the researchers uses the Descriptive-correlational research approach since the researchers want to determine the relationship between motivational TikTok contents on the mental health of Gabrielians. Correlational research is a method for examining relationships between variables without the researcher controlling or manipulating any of them.

The participants of the study are the 120 college students from the Colegio de San Gabriel Arcangel (CDSGA), who are watching TikTok contents of any gender, age, course, or year level.

The researchers have chosen the respondents because of easy access to their schedules and time availability. With the help of the class mayors and through interview, the researchers identify how many of them are watching motivational TikTok videos

The study used non-probability sampling specifically purposive sampling. This is a procedure wherein respondents are selected by the researchers subjectively. The researchers

attempted to obtain a sample that appears to be representative of the population and the objective of the study.

In gathering the data and information, the researchers will use The positive mental health (PMH) Instruments. This instrument is made by Janhavi Ajit Vaingankar it is a self-administered measure that covers all key and culturally appropriate domains of mental health, which can be applied to show levels of mental health across different ages, gender, and ethnic groups.

The PMH is a 47-item self-administered multi-dimensional instrument that has 6 subscales (1) General coping - 9 items, (2) Emotional support - 7 items, (3) Spirituality - 7 items, (4) Interpersonal skills - 9 items, (5) Personal growth and autonomy - 10 items, and (6) Global affect - 5 items. Respondents will answer in a 4 point Likert style response scale (1- not at all like me, 2 - somewhat like me, 3 - moderately like me, 4- very much like me).

For obtaining the total PMH score, items were summed and divided by 47. Similarly, the five subscale scores were obtained by adding the chosen response options divided by the respective number of items.

Fourteen validity measures were used to establish the criterion validity of the PMH instrument and its sub-domains. Measures were selected based on the similarity or divergence of the measure, based on expected and existing prior knowledge of performance. Permission was obtained from the respective instrument developers or copyright holders before reproducing them in the questionnaires. The final version of PMH in the instrument was tested for construct validity, DIF, reliability, and criterion validity.

For the proper gathering procedure of the study the researchers first seek the approval of the research adviser and to conduct a survey. Google Forms used to send surveys with agreement and instructions. With the help of the mayors of different levels, the rearchers asked to make sure that the questionnaires are only sent to the students who watch motivational TikTok contents and help disseminate the online questionnaire to their classmates for other respondents the researchers interviewed them personally to make sure that they are fitted as respondents of the study.

The data acquired through the study instrument are collected and structured in accordance with the responses provided by the respondents. The survey is meticulously tabulated and tallied by the researchers. The findings help researchers in determining the status of the mental health of the respondents and its relationship to motivational TikTok content

For the conduct of this research, the participant's full agreement to participate are obtained through informed consent indicating the goal of the study. The respondents have the option to withdraw from the research at any time. In addition, this study ensure those study respondents are not subjected to any kind of harm. Following the ethical

consideration, the information that obtained from the respondents are adequately protected as per the confidentiality agreement.

The data gathered from the measurements tallied using statistical techniques. The frequency and percentage will be used to calculate how many respondents are watching motivational TikTok content. The researchers will also use a weighted mean and standard deviation to calculate the average value of the data and to determine the status of mental health of Gabrielian students. Lastly, Pearson R will be used to evaluate and compute the data acquired from the instrument, as well as to determine the relationship between the research variables of Motivational TikTok content and Gabrielian's mental health and demographic profile

RESULTS AND DISCUSSION

Table 1.1: Respondent Demographic Profile in terms of Program

| Program | Frequency | Percent |
|---|-----------|---------|
| BACHELOR OF ARTS IN PSYCHOLOGY (AB-PSYCH) | 63 | 52.5 |
| BACHELOR OF SCIENCE IN SOCIAL WORK (BSSW) | 7 | 5.8 |
| BACHELOR OF SCIENCE IN EDUCATION (BSED) | 11 | 9.2 |
| BACHELOR OF SCIENCE IN CRIMINOLOGY (BS-CRIM) | 8 | 6.7 |
| BACHELOR OF SCIENCE IN ELECTRICAL ENGINEERING (BSEE) | 8 | 6.7 |
| BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION (BSBA) | 8 | 6.7 |
| BACHELOR OF SCIENCE IN ACCOUNTANCY (BSA) | 4 | 3.3 |
| BACHELOR OF PHYSICAL EDUCATION (BPE) | 2 | 1.7 |
| BACHELOR OF SCIENCE IN INFORMATION TECHNOLOGY (BSIT) | 1 | .8 |
| ASSOCIATES IN COMPUTER TECHNOLOGY (ACT) | 1 | .8 |
| BACHELOR OF SCIENCE IN COMPUTER SCIENCE (BSCS) | 1 | .8 |
| BACHELOR OF SCIENCE IN COMPUTER | 1 | .8 |

| TECHNOLOGY INFORMATION | | |
|---|------------|--------------|
| BACHELOR OF SCIENCE IN BIOLOGY (BS-BIO) | 1 | .8 |
| BACHELOR OF SCIENCE IN PHARMACY (BS-PHARMA) | 3 | 2.5 |
| BACHELOR OF SCIENCE IN COMPUTER ENGINEERING (BSCOE) | 1 | .8 |
| Total | 120 | 100.0 |

Based on Table 1.1, the study has been responded to by the different programs of students from Colegio de San Gabriel Arcangel. The table have shown the frequency and percentage of the demographic profile in terms of the respondent's program these are Bachelor of Arts in Psychology (AB-PSYCH) students with 52.5 %, Bachelor of Science in Social Work (BSSW) students with 5.8 %, Bachelor of Science in Education (BSED) students with 9.2 % Bachelor of Science in Criminology (BS-CRIM) students with 6.7 %, Bachelor of Science in Electrical Engineering (BSEE) students with 6.7 %, Bachelor OF Science in Business Administration students with 6.7 %, Bachelor of Science in Accountancy (BSA) students with 3.3 %, Bachelor of Physical Education (BPE) students with 1.7 %, Bachelor of Science in Information Technology (BSIT) students with .8 %, Associates in Computer Technology (ACT) students with .8 %, Bachelor of Science in Computer Science (BSCS) students with .8 %, Bachelor of Science in Computer Technology Information students with 8 %, Bachelor of Science in Biology (BS-BIO) students with .8 %, Bachelor of Science in Pharmacy (BS-PHARMA) students with 2.5 %, and Bachelor OF Science in Computer Engineering (BSCOE) students with .8 %, a total of 100% and total frequency of 120 students.

Research shows that students will continue to utilize TikTok to share their stories, values, and concerns about college as long as the app's popularity among younger generations remains high (Bryant, 2021), meaning many users of TikTok are from college students sharing their experiences and status of their mental health.

Table 1.2: Respondent Demographic Profile in terms of Year Level

| Year Level | Frequency | Percent |
|----------------------|------------|--------------|
| 1 st Year | 28 | 23.3 |
| 2 nd Year | 10 | 8.3 |
| 3 rd Year | 21 | 17.5 |
| 4 th Year | 61 | 50.8 |
| Total | 120 | 100.0 |

The table 1.2 have shown the respondent's demographic profile percentage in terms of year level this includes 1st Year with 23.3%, 2nd Year with 8.3%, 3rd Year with 17.5% and 4th Year with 50.8%, a total of 100% and frequency of 120 students.

Research says many users of Tikto are College graduates or graduating students, TikTok's "postgrad" hashtag has received over 48 million views. It features films of recent graduates, students about to graduate, and previous students who graduated many years ago all describing what occurs — or may happen — after graduation and the intimidating sentiments that typically accompany it.(Bryant, 2021)

Table1.3: Respondent Demographic Profile in terms of Gender

| Gender | Frequency | Percent |
|----------------------|------------|--------------|
| Female | 77 | 64.2 |
| Male | 38 | 31.7 |
| Preferred not to say | 5 | 4.2 |
| Total | 120 | 100.0 |

The table 1.2 have shown the respondent’s demographic profile percentage in terms of gender this includes female with 64.2%, males with 31.7%, and prefer not to say with 4.25, a total of 100% and frequency of 120 respondents.

Female users accounted for 61 percent of TikTok's active user accounts in the United States as of March 2021. Male users accounted for only 39 percent of the video sharing app's user base on the Android platform, according to App Ape. (Statista Research Department,2022) thus, suggesting that compared to other gender female is the most common user of tikTikTok

Table 2.1: Status of mental health of Gabrieliens as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to general coping

| INDICATORS | W \bar{x} | Verbal Interpretation |
|--|-------------|-----------------------|
| When I feel stressed... | | |
| 1. I try to move on I try not to let it bother me | 2.98 | Moderately Like me |
| 2. I tell myself that things would get better | 3.55 | Very much Like me |
| 3. I try to relax | 3.37 | Very much like me |
| 4. I try not to take it too seriously | 3.06 | Moderately Like me |
| 5. I do something to get my mind off the situation | 3.25 | Moderately Like me |
| 6. I try to see it in a positive light | 3.46 | Very much like me |
| 7. I try to see the humorous side of the situation | 3.21 | Moderately Like me |
| 8. I try to solve the problem one step at a time | 3.34 | Very much like me |
| OVERALL WEIGHTED MEAN | 3.28 | Very much like me |

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.1. shows the ranking on the result of the survey question “I tell myself that things would get better” rank 1 with the mean of 3.55 and a verbal interpretation of very much like me, followed by the question “I try to see it in a positive light” with the mean of 3.46 and a verbal interpretation of Very much like me, Rank 3 questions is “I try to relax” with the mean of 3.37 and verbal interpretation of Very much like me, rank 4 question “I try to solve the problem one step at a time” with the mean of 3.34 and verbal interpretation of very much like me, Rank 5 question is “I do something to get my mind off the situation” with the mean of 3.25 and verbal interpretation of Moderately like me, Rank 6 question is “I try to see the humorous side of the situation” with the mean of 3.21 and verbal interpretation of moderately like me, rank 7 question is “I try not to take it too seriously” with the mean of 3.06 and verbal interpretation of moderately like me, last in the ranks is the question “I try to move on I try not to let it bother me” with the mean of 2.98 and verbal interpretation of moderately like me.

The overall weighted mean of mental health status of Gabrieliens as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to general coping is 3.28 with verbal interpretation of very much like me.

Research shows that TikTok helps people to cope especially this pandemic. Teenagers on TikTok are bringing people together with memes about coping amid the coronavirus epidemic as the globe prepares for a prolonged time of social distance.(Paul, 2020).

Table 2.2:Status of mental health of Gabrieliens as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to Emotional Support

| INDICATORS | W \bar{x} | Verbal Interpretation |
|--|-------------|-----------------------|
| 1. I spend time with people I like | 3.18 | Moderately Like me |
| 2. I try to get Emotional support from family and friends | 2.80 | Moderately Like me |
| 3. I have people in my life who give me support | 3.25 | Moderately Like me |
| 4. I have a close family | 3.20 | Moderately like me |
| 5. When I have a problem there is someone I can go to for advice | 3.04 | Moderately Like me |
| 6. There is someone to cheer me up if I am having a bad day | 3.08 | Moderately Like me |
| 7. When I am in a difficult situation there is someone I can rely on | 3.02 | Moderately Like me |

| | | |
|------------------------------|-------------|---------------------------|
| OVERALL WEIGHTED MEAN | 3.03 | Moderately Like me |
|------------------------------|-------------|---------------------------|

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.2. shows the ranking on the result of the survey question “I have people in my life who give me support” rank 1 with the mean of 3.25 and a verbal interpretation of moderately like me, followed by the question “I have a close family” with the mean of 3.20 and a verbal interpretation moderately like me, Rank 3 questions is “I spend time with people I like” with the mean of 3.18 and verbal interpretation of moderately like me, rank 4 question “There is someone to cheer me up if I am having a bad day ” with the mean of 3.08 and verbal interpretation of moderately like me, Rank 5 question is “When I have a problem there is someone I can go to for advice” with the mean of 3.04 and verbal interpretation of moderately like me, Rank 6 question is “When I am in a difficult situation there is someone I can rely on” with the mean of 3.02 and verbal interpretation of moderately like me, last in the ranks is the question “I try to get Emotional support from family and friends” with the mean of 2.80 and verbal interpretation of moderately like me.

The overall weighted mean of mental health status of Gabriellians as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to emotional support is 3.03 with verbal interpretation of moderately like me.

According to Dr. Gallagher, the medium appears to be aiding in the de-stigmatization of mental health issues and providing more clarity on how they appear. Not to add, a person may not realize they have a problem until they encounter another person who is similar to them. "And then they understand this is something that other people struggle with and something for which they can receive assistance," Dr. Gallager explains, describing what is for many an a-ha moment. "Getting the facts out there so that people understand they're not alone, and to normalize things in the context of mental health disorders, can be extremely powerful." This suggest that TikTok helps gives emotional support to people.

Table 2.3:Status of mental health of Gabriellians as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to Spirituality

| INDICATORS | \bar{Wx} | Verbal Interpretation |
|---|------------|-----------------------|
| 1. I find comfort in my religion or spiritual beliefs | 3.15 | Moderately Like me |
| 2. I believe God has a plan for me | 3.52 | Very much like me |
| 3. I set aside time for meditation or prayer | 3.05 | Moderately Like me |

| | | |
|---|-------------|--------------------------|
| 4. I believe there is a higher being who looks after me | 3.43 | Very much like me |
| 5. I feel gods presence in my life | 3.45 | Very much like me |
| 6. I gain spiritual strength by trusting in a higher power. | 3.38 | Very much like me |
| 7. My religious beliefs influence the way I live | 3.13 | Moderately Like me |
| OVERALL WEIGHTED MEAN | 3.30 | Very much Like me |

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.3. shows the ranking on the result of the survey question, ranking the result of the survey the question “I believe God has a plan for me” as rank 1 with the mean of 3.52 and a verbal interpretation of very much like me, followed by the question “I feel Gods presence in my life” with the mean of 3.45 and a verbal interpretation very much like me, Rank 3 questions is “I believe there is a higher being who looks after me” with the mean of 3.43 and verbal interpretation of very much like me, rank 4 question “I gain spiritual strength by trusting in a higher power” with the mean of 3.38 and verbal interpretation of very much like me, Rank 5 question is “I find comfort in my religion or spiritual beliefs” with the mean of 3.15 and verbal interpretation of moderately like me, Rank 6 question is “My religious beliefs influence the way I live” with the mean of 3.13 and verbal interpretation of moderately like me, last in the ranks is the question “I set aside time for meditation or prayer” with the mean of 3.05 and verbal interpretation of moderately like me.

The overall weighted mean of mental health status of Gabriellians as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to spirituality is 3.30 with verbal interpretation of very much like me.

TikTok is a popular app among Generation Z (those born between 1997 and 2012) for daily doses of therapeutic sounds, manifestation advice, astrological guides, and tarot readings. Though New Age spirituality has been present since the 1970s and 1980s, it has seen a rebirth on this platform since it has been more broadly accessible to the under-25 demographic with its short films, repurposable sounds, and addicting "For You" material (Cox, 2021)

Table 2.4:Status of mental health of Gabriellians as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to Interpersonal Skills

| INDICATORS | \bar{Wx} | Verbal Interpretation |
|------------|------------|-----------------------|
|------------|------------|-----------------------|

| | | |
|---|-------------|---------------------------|
| 1. I get along well with others | 2.88 | Moderately Like me |
| 2. I make friends easily | 2.78 | Moderately Like me |
| 3. I make an effort to help others | 2.77 | Moderately Like me |
| 4. I try to accept people as they are | 3.17 | Moderately Like me |
| 5. I am willing to compromise with people | 2.98 | Moderately Like me |
| 6. I try to be patient with others | 3.35 | Moderately Like me |
| 7. I am willing to give up something if it makes my family or friends happy | 3.02 | Moderately Like me |
| 8. I have no trouble keeping friends | 3.08 | Moderately Like me |
| 9. I am willing to share my time with others | 3.15 | Moderately Like me |
| OVERALL WEIGHTED MEAN | 3.02 | Moderately Like me |

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.4. shows the ranking on the result of the survey question, ranking the result of the survey the question “I try to be patient with others” as rank 1 with the mean of 3.35 and a verbal interpretation of moderately like me, followed by the question “I try to accept people as they are” with the mean of 3.17 and a verbal interpretation moderately like me, Rank 3 questions is “I am willing to share my time with others” with the mean of 3.15 and verbal interpretation of moderately like me, rank 4 question “I have no trouble keeping friends” with the mean of 3.08 and verbal interpretation of moderately like me, Rank 5 question is “I am willing to give up something if it makes my family or friends happy” with the mean of 3.02 and verbal interpretation of moderately like me, Rank 6 question is “I am willing to compromise with people” with the mean of 2.98 and verbal interpretation of moderately like me, next question is “I get along well with others” with the mean of 2.88 and verbal interpretation of moderately like me, Rank 8 question is “I make friends easily” with the mean of 2.78 and verbal interpretation of moderately like me, last in the ranks is the question “I make an effort to help others” with the mean of 2.77 and verbal interpretation of moderately like me

The overall weighted mean of mental health status of Gabriellians as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to interpersonal skills is 3.02 with verbal interpretation of moderately like me.

The authors noted, in particular, that TikTok involvement was motivated by the desire to increase one's social network, get popularity, and express oneself artistically. Omar and

Dequan (32) used uses and gratification theory to better explain TikTok use in their recent study. In their study, the urge for escapism, in particular, predicted TikTok content consumption, whereas self-expression was associated with both participating and generating activity (Kim, 2021).

Table 2.5: Status of mental health of Gabriellians as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to Personal & Growth Autonomy

| INDICATORS | \bar{Wx} | Verbal Interpretation |
|--|-------------|---------------------------|
| 1. I have confidence in the decisions I make | 2.88 | Moderately Like me |
| 2. I feel comfortable expressing my opinions | 2.78 | Moderately Like me |
| 3. I am able to control many situations around me | 2.77 | Moderately Like me |
| 4. I have the freedom to make choices that concern my future | 3.17 | Moderately like me |
| 5. I feel in control of my life | 2.98 | Moderately Like me |
| 6. I work hard to achieve my goals | 3.35 | Moderately Like me |
| 7. I am clear about what I want in life | 3.02 | Moderately Like me |
| 8. I am able to solve my own problems | 3.08 | Moderately Like me |
| 9. I am focused on what I want to do in life | 3.08 | Moderately Like me |
| 10. I know what I need to do to reach my goals | 3.15 | Moderately Like me |
| OVERALL WEIGHTED MEAN | 3.02 | Moderately Like me |

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.5. shows the ranking on the result of the survey question, ranking the result of the survey the question “I work hard to achieve my goals” as rank 1 with the mean of 3.35 and a verbal interpretation of moderately like me, followed by the question “I have the freedom to make choices that concern my future” with the mean of 3.17 and a verbal interpretation

moderately like me, Rank 3 questions is “I know what I need to do to reach my goals” with the mean of 3.15 and verbal interpretation of moderately like me, rank 4 questions are “I am able to solve my own problems” and “I am focused on what I want to do in life” with the mean of 3.08 and verbal interpretation of moderately like me, Rank 5 question is “I am clear about what I want in life” with the mean of 3.02 and verbal interpretation of moderately like me, Rank 6 question is “I feel in control of my life” with the mean of 2.98 and verbal interpretation of moderately like me, next question is “I have confidence in the decisions I make” with the mean of 2.88 and verbal interpretation of moderately like me, Rank 8 question is “I feel comfortable expressing my opinions” with the mean of 2.78 and verbal interpretation of moderately like me, last in the ranks is the question “I am able to control many situations around me” with the mean of 2.77 and verbal interpretation of moderately like me.

The overall weighted mean of mental health status of Gabrieliens as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to personal and growth autonomy is 3.02 with verbal interpretation of moderately like me.

When such a platform allows users to experience competent, autonomy, and linked with others, motivated behavior (here utilizing TikTok) should be high. The platform’s design can help to trigger related psychological states (for example, push notifications can trigger fear of missing out, resulting in not being connected to significant others); however, individual differences clearly play a role, and this should be discussed as the next important area in this work *Brazil J Psychiatry*. (2020).

Table 2.6: Status of mental health of Gabrieliens as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic as to General Affect.

| INDICATORS | \bar{Wx} | Verbal Interpretation |
|------------------------------|-------------|---------------------------|
| 1. Calm | 3.18 | Moderately Like me |
| 2. Happy | 3.05 | Moderately Like me |
| 3. Peaceful | 2.97 | Moderately Like me |
| 4. Relaxed | 2.92 | Moderately Like me |
| 5. Enthusiastic | 2.98 | Moderately Like me |
| OVERALL WEIGHTED MEAN | 3.02 | Moderately Like me |

Legend: 1.00 – 1.75 not at all like me, 1.76 – 2.51 somewhat like me, 2.52 – 3.27 moderately like me, 3.28 – 4.00 very much like me

Table 2.6. shows the ranking on the result of the survey question, ranking the result of the survey the question “Calm” as rank 1 with the mean of 3.18 and a verbal interpretation of moderately like me, followed by the question “Happy” with the mean of 3.05 and a verbal interpretation moderately like me, Rank 3 questions is “Enthusiastic” with the mean of 2.98 and verbal interpretation of moderately like me, rank 4 question “Peaceful” with the mean of 2.97 and verbal interpretation of moderately like me, last in the rank is the question “Relaxed” with the mean of 2.92 and verbal interpretation of moderately like me.

The overall weighted mean of mental health status of Gabrieliens as exposure on motivational TikTok content in the midst of COVID-19 pandemic as to general affect is 3.02 with verbal interpretation of moderately like me.

Entertainment helps users to relax and have fun, which could produce positive emotions for users. Whilst, social contact allows users to share rich experiences, tell interesting life stories, help others solve difficulties and so on, which is very useful to foster positive relationships (Lu & Lu, 2019).

Table 3: Test of the significant relationship between the status of mental health of Gabrieliens as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic and their demographic profile.

| Variables | r_{xy} value | Strength of Association | Critical r Value | Decision | Verbal Interpretation |
|--|----------------|---------------------------------|------------------|----------------|-----------------------|
| Status of mental health and Program | .31 | Low positive correlation | .2732 | Ho is rejected | Significant |
| Status of mental health and Year Level | .45 | Low positive correlation | .2732 | Ho is rejected | Significant |
| Status of mental health and Gender | -.58 | Moderately positive correlation | .2732 | Ho is rejected | Significant |

Gleaned on table 3 was the significant relationship between the status of mental health of Gabrieliens as exposure on Motivational TikTok Content in the midst of COVID-19 Pandemic and their demographic profile. (1) In the status of mental health and program it shows that the computed r_{xy} value of .31 shows a low positive correlation strength of association. More so, in determining if there is a significant relationship on the posted low positive association, the r_{xy} computed value was compared to the r_{xy} critical value considering a 0.05 level of significance with a degree of freedom of .13. As observed on the values obtained, the computed r_{xy} value (.31) is greater than the critical r_{xy} value (.2732), the null hypothesis is rejected, and

therefore there is significant relationship between the status of mental health and program in the midst of Pandemic as exposure on motivational TikTok contents. (2) In the status of mental health and year level it shows that the computed r_{xy} value of .45 shows a low positive correlation strength of association. More so, in determining if there is a significant relationship on the posted low positive association, the r_{xy} computed value was compared to the r_{xy} critical value considering a 0.05 level of significance with a degree of freedom of 13. As observed on the values obtained, the computed r_{xy} value (.45) is greater than the critical r_{xy} value (.2732), the null hypothesis is rejected, thus there is significant relationship between the status of mental health and year level in the midst of Pandemic as exposure on motivational TikTok contents. (3) In the status of mental health and gender it shows that the computed r_{xy} value of .58 shows a moderately positive correlation strength of association.

More so, in determining if there is a significant relationship on the posted moderately positive association, the r_{xy} computed value was compared to the r_{xy} critical value considering a 0.05 level of significance with a degree of freedom of 13. As observed on the values obtained, the computed r_{xy} value (.58) is greater than the critical r_{xy} value (.2732), the null hypothesis is rejected, thus there is a significant relationship between the status of mental health and gender in the midst of Pandemic as exposure on motivational TikTok contents.

CONCLUSIONS

Based on the indicated findings, the following conclusions were drawn, The respondents to this study are the college students also known as Gabrielian at CDSGA, the respondents to this study have shown positive responses on motivational Tiktok Contents on their Meal health as shown in the results. Results shows that watching Motivational TikTok contents have a positive relationship with the mental health of the respondents in terms of their gender, course and year level. Thus, it concludes that respondents who watch Motivational TikTok contents have a high positive mental health compare to other contents in TikTok

RECOMMENDATION

Based on the findings of the study, the following recommendations are hereby given:

1. The findings, like any studies, presented some solutions to questions that needed to be examined. Qualitative and quantitative research, as well as other sorts of research approaches, are required. Using an alternative approach might lead to the discovery of new information regarding the existing study.
2. It is suggested that a comparable study be done with different research participants and in a different location to see whether the study's outcome would alter based on these circumstances. In order to acquire more reliable results, a larger sample of respondents is also advised for future research.

3. It is suggested for the future researchers to study other kinds of TikTok contents other than Motivational contents to know if the results will differ from this current study and further explain the impact of the TikTok itself on Mental health
4. To have a deeper understanding of motivational TikTok contents and Gabrielians Mental health, More research is needed to delve into aspects of these variables not covered in the study

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