Mano Po: The Experiences of Senior Citizens During COVID-19 Quarantine

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Practical Research 2 and Research Project

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May 27, 2022

In the Philippines, older Filipinos who are 60 years old and above, are referred to as Senior Citizens. As soon as the COVID-19 virus hits our country, data shows how senior citizens are significantly at higher risk of developing the virus. Thus, causing suffering, extreme fear, and hopelessness for senior citizens. The participants of this research study are the senior citizens who have caught COVID 19 with symptoms, without symptoms, and those who have comorbidities, notably those who were quarantined in a hospital facility. This study aims to determine the senior citizen’s feelings, challenges, and coping mechanisms during their quarantine period in a hospital facility. Furthermore, the researchers utilized descriptive qualitative research which methods are used to answer questions about the experiences of senior citizens. After gathering our data, the researchers used thematization as the analysis of data, and it revealed that despite being in a difficult situation, many senior citizens did not lose any hope. Inevitably, they also faced a lot of challenges as well, mostly regarding their mental and emotional health. In a positive light, our participants also showed their determination and willingness to live as they thought and made their own coping mechanisms.

Keywords: Senior Citizens, Quarantine, Pandemic, Experiences, COVID-19