

Research Abstract

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# Re-Establishment of Health for Professionals in Higher Education During the COVID-19 Pandemic: Using Professors in an HIS as an Example

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## Abstract

The purpose of this study is to investigate faculty health and well-being (H&W; SDG#3) in a Hispanic Serving Institution (HSI) and how these professionals seek to re-establish their health during the COVID-19 pandemic. Recent research has shown that H&W concerns from COVID-19 are much higher among Hispanics than Whites (Pew Research Center, 2020), and COVID-19 is affecting Hispanics at an alarming rate (CNN, 2020). Understanding how COVID-19 is affecting Hispanic faculty's H&W is paramount as literature has shown that faculty H&W are important to the success of their students, their profession, and their institutions of higher education. However, few studies have explored H&W for faculty in an HSI. The study explores how these professionals re-establish their H&W during the pandemic.

**Keywords:** Hispanic serving institution (HSI), covid-19, health and well-being

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## Methods

The study takes place in an HSI in South Texas. Survey method with convenience sampling ( $n = 50$ ), followed by one-on-one in-depth interviews with purposive sampling ( $n = 5$ ) are conducted. Based on the Hetler's H&W model and referenced to the Travis' and Ardell's models, all aspects of H&W are inquired (physical, emotional, social, spiritual, vocational, and intellectual health). Quantitative data are analyzed using statistical methods.

## Results & Conclusion

86% of participants reveal that this pandemic has decreased their H&W. 75% of participants indicate they thought about building or re-establishing their H&W. However, only 30% of participants reveal they actually implement their H&W plans. Qualitative data are analyzed using thematic analysis methods. Several themes emerge: (1) H&W challenges faculty face, such as increased stress from work, family, and children at home; (2) their awareness and attempts of re-establishment of H&W, such as needs to be more organized, eat better, and exercise more; (3)

recommendations from faculty that echo UN's H&W tips, such as of staying home more, keeping social distancing, enjoying things in life, sleeping, exercising, having balanced diet, and a positive mental attitude.



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