



# The Role of Mental Toughness Between COVID-19 Related Anxiety and Thriving Quotient of College Students

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## BACKGROUND

The COVID-19 pandemic has created a **significant strain on students' lives**, posing psychological challenges and pressures.

The **sudden shift to online classes placed a unique and serious strain** on students.

**Psychological and Academic pressures** persist.

This study was anchored in the review of literature of COVID-19 Related Anxiety, Mental Toughness theory of Clough (2002) and Thriving Quotient theory of Schreiner (2010).

The purpose of this study was to determine the relationship among variables and highlight the mediating role of Mental Toughness.

## METHODOLOGY

**DESIGN:** Meditational Design

**SAMPLE POPULATION:** Using a random sampling method. 830 college students from higher educational institutions in the Philippines participated.

## RESEARCH INSTRUMENTS

**COVID-19 Related Anxiety Scale (CRAS-30)** ( $r=.76-.85$ ). A self-developed survey from review of literature, was used to assess students' level of concern about their experiences during the COVID-19 pandemic exploring 4 components (affective, behavioral, cognitive, physical).

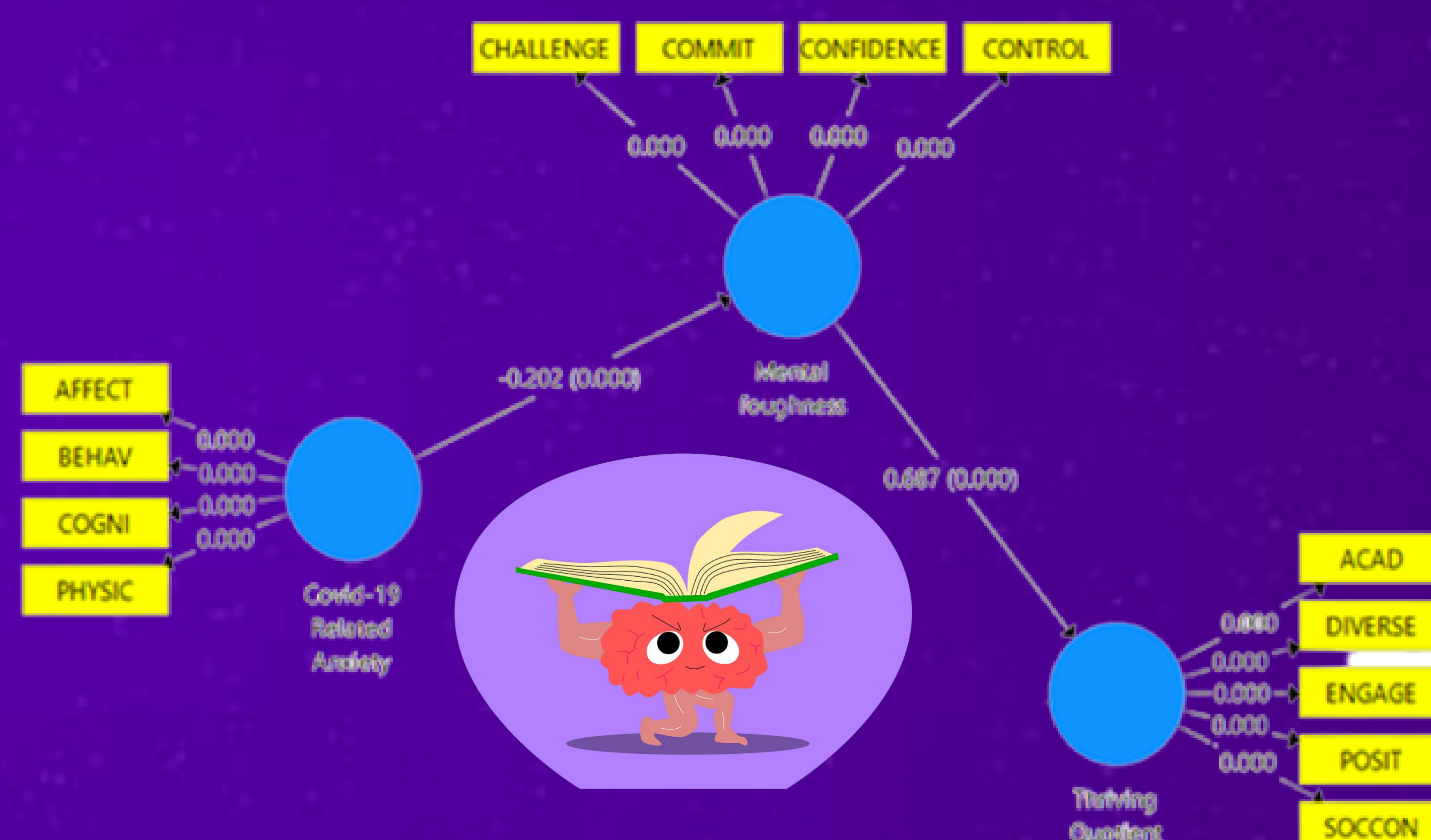
**Mental Toughness Questionnaire (MTQ-18)** ( $r=.71-.81$ ) was used to ascertain students' mental fortitude during the COVID-19 pandemic and it measures 4 components (challenge, commitment, confidence, control).

**Thriving Quotient (T.Q.)** ( $r=.76-.82$ ) was used to assess students' thriving dimensions such as academic determination, diverse citizenship, academic engagement, positive outlook, social connectedness.

## RESULTS

Exogenous (IV)	Endogenous (DV)	Correlation	Interpretation
COVID-19 Related Anxiety	Mental toughness	$\downarrow$ ( $r = -0.41^{**}$ )	<b>Moderate</b>
Exogenous (IV)	Endogenous (DV)	Correlation	Interpretation
COVID-19 Related Anxiety	Thriving Quotient	$\downarrow$ ( $r = -0.31^{**}$ )	<b>Moderate</b>
Exogenous (IV)	Endogenous (DV)	Correlation	Interpretation
Mental Toughness	Thriving Quotient	$\uparrow$ ( $r = 0.71^{**}$ )	<b>High</b>

Correlation is significant at the 0.01 level (2-tailed) Interpretation: + .29 and below = Low Degree,  $\pm 0.30$  and  $\pm 0.49$  = Moderate Degree,  $\pm 0.50$  and  $\pm 1$  = High Degree (Gay et al., 2006)



**RESULTS:** A significant correlation was found between the COVID-19 Related Anxiety, Mental Toughness, and Thriving Quotient, and Mental Toughness demonstrated a full mediation effect on COVID-19 Related Anxiety and Thriving Quotient ( $\beta = -0.139$ ,  $t = 0.025$ ,  $p = .000$ ).

## CONCLUSION

Building mental toughness among college students is crucial to overcoming pandemic-related concerns to progress towards their goals and thrive. Appropriate programs and activities should be provided to strengthen college students' mental toughness.

## IMPLICATION & RECOMMENDATION

This study highlights the crucial role played by appropriate authorities, such as parents, in fully supporting college students' mental toughness in the face of the COVID-19 pandemic, and educators, in designing appropriate programs for them. Even though this study has its own set of methodological limitations, it may serve as a springboard to inspire future researchers to delve deeper into and examine college students' daily experiences during the COVID-19 pandemic, in order to maintain their personal growth and development.