

TikTok: Undistressing Tool for Teachers

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Abstract: Due to covid 19 pandemic, stress becomes so alarming to people, especially public school teachers. In response to stress, teachers use the Tiktok application as their de-stressing break at work or home. The purpose of this study is to create TikTok Videos, determine the TikTok Videos' acceptability in terms of Organization, Accuracy of Information, Accuracy of language use, Appropriateness to the target audience, Originality, Content, and Technicalities; determine the teacher's stress level before and after using the TikTok application and significant difference in the stress level of teachers before and after the TikTok application and to identify a program to unstressed further the public school teachers This study employed a quantitative research design utilizing descriptive method developmental research design. Purposive sampling was used to determine the respondents of the survey. Findings revealed that the created TikTok videos have a very High level of acceptability with a Mean of 4.8412 and SD of 0.2573. The result shows a mean score of 2.9528 and a SD of .09974 which means that the teachers were moderately stressed before using the TikTok videos; in contrast, after using the TikTok videos, the result showed a Mean Score of 2.5583 and a SD of .20665 which means the teachers had a mildly stressed level. Moreover, the result showed a t-value of 10.374 and a P-value of .000 with a description of significant difference in the teachers' stress levels before and after using the developed TikTok videos. This study concluded that the created TikTok videos effectively cope with stress among secondary public school teachers.

Keywords: Acceptability, Secondary Teachers, TikTok Videos, Undistressing

Introduction

Stress is a universal human experience among people. It is an emotional and physical tension from any event or thought that makes us feel frustrated, angry, or nervous. In short bursts, stress can be positive, such as when it helps us avoid danger or meet a deadline. However, when stress lasts long, it may harm our Health (ADAM 2021). Stress symptoms may affect our health if left unchecked, resulting in high blood pressure, heart disease, obesity, and diabetes emphasized by Sandhya Pruthi, M.D. (2021). Moreover, stress is the most common problem among teachers because studies revealed that teaching is stressful (Amata, C.L., 2022. Stress must be coped with to keep teachers productive (Vetnayan, C.O.V., et al., 2021).

Bug-ang National High School has thirty-seven teachers and three non-teaching staff. During the transition from the pandemic to face-to-face modality, 35 teachers attested to feeling stressed out of thirty-seven teachers because of having hectic schedules to attend a virtual seminar, much paperwork to comply with, and preparation for classroom environment due to schedule Division and District monitoring. Also, there are many changes, specifically in classroom management, because most students do not have classroom experiences for two years because of the modular modality. For these reasons, teachers are exerting much effort, time, and preparation to meet the needs of the students inside and even outside the classroom. Regarding this, teachers are experiencing stress and anxiety, which results in some physical symptoms like irritation, headache, increased blood pressure, allergies, stomach problems, and eating and sleep disturbance. There is a need to help these teachers because problems may occur mentally or physically when stress is not managed. In this context, the proponent conducted this study.

Yoga, listening to music, and watching viral TikTok videos have helped teachers reduce stress at work. TikTok is also one of the most famous applications used for entertainment and learning purposes regardless of age (Mason, 2020). TikTok can ease stress, anxiety, and depression and put matters into perspective (Dr. Thomas 2021). Hence, creating TikTok videos to alleviate teachers' stress is a practical, feasible, viable, and valuable innovation. However, in Bug-ang National High School, no study was conducted to shed light on how TikTok can change the stress level among teachers as they face their daily routines. In this context, TikTok video was innovated as an undistressing tool for teachers.

Methods

Research Design: In this study, the researcher employed the Descriptive Developmental method and design of research. This method was appropriate because, according to Descriptive research design, it is a type of research design that aims to systematically obtain information to describe a phenomenon, situation, or population. More specifically, it helps answer the what, when, where, and how questions regarding the research problem, rather than the why.

It is a Material Development Design because a material was developed to know the affectivity of the developed material on the participants' stress level. The material was tested repetitively for data observations over a period of time. Its purpose is to assess changes over an extended period of time (Awoniyi2018). It is quantitative because it is expressed in numbers and graphs and used to test or confirm theories and assumptions according to Streefkerk.

A. Development Phase

Development of TikTok Video Application

The researcher innovated five TikTok Videos in school as follows:

1. The first TikTok video includes breathing in and out. This is followed by stretching of both arms and bending of both knees. Breathing, stretching of the hand, and bending should be synchronized to ensure a relaxing pattern. The steps should be repeated three times to ensure effectiveness. Breathing in and out is essential in calming the soul and mind and helps with the contraction of muscles in the diaphragm.
2. The second TikTok video is about hip twisting followed by the swaying of both arms and head rotation with both hands at the shoulder blades. The hips and the upper body are the educators' most exhausted due to prolonged standing while having classes and sitting down when doing paperwork. Stretching, it will help reduce pain in the upper body and hips. It will be repeated in 2 counts three times.
3. The third TikTok video focused on lower back and shoulder pain. This is done by extending both hands while doing four forward walking and four walking backward. Then, both hands are put on the side of the hips while rotating both shoulders inward. These steps should be repeated five times.
4. The fourth TikTok Video is all about whole-body stretching. The users can do this by lying down to stretch specifically the back of the body and its upper and lower extremities. While stretching, breathing in and out should be observed to promote relaxation. It should be repeated eight times.
5. The fifth TikTok video is all about dancing. Since dancing is known to be a stress reliever for adults and kids, the researcher chose "dancing" as the content and concept of the fifth video. The dance steps are easy to follow and focused more on upper extremities and lower extremities movement and stretching.

B. Validation Phase

B.1 Expert Validation Phase of TikTok Videos

Nine video validators validated the five TikTok videos. The videos were watched and were validated through the following criteria:

- a. Organization- the presentation is easy to follow
- b. Accuracy of Information - all information presented in the video was clear, appropriate and thorough
- c. Accuracy of language use -the presenter communicated well using correct vocabulary and grammar
- d. Appropriateness to the target audience -It is suitable to the audiences.
- e. Originality - The work is original and not copied to any other TikTok videos.
- f. Content - Material is free of ideological, cultural, religious, racial and gender biases and prejudices.
- g. Technicalities
 - g.1 Lighting is creatively and appropriately used
 - g.2 Audio/Sound - the volume and quality of the sound is appropriate
 - g.3 Pacing - effective and appropriate to instructional purposes
 - g.4 Graphics and titles are used to enhance the topic or message.
- h. Presentation - it is engaging, interesting and understandable.

B.2 Expert Validation of Stress Instrument

Nine experts validated the research stress instrument. The nine experts were practitioners employed as a psychometrician, guidance counselors, and nurses who are experts in mental health and had a Doctorate degree.

They shared their comments and suggestions on making the instrument more suitable, realistic, and appropriate for the study. After validating and revising the instrument based on the experts' recommendations.

C. Implementation and Evaluation Phase:

C.1 Pre-evaluation of participants' stress level

The researcher conducted a pilot test on thirty Public School Teachers of Bato National High School. After the Pilot test, the researcher conducted the study on the thirty primary respondents. The researcher assessed their stress level using the validated stress instrument.

The research survey instrument has 20 indicators. The indicators were based on the stressors that public school teachers faced daily at work or home. Each indicator has corresponding scores with descriptions like very often, fairly often, sometimes, almost never, and never. The respondents will check the box corresponding to its number and description based on their stress experiences. The research stress instrument was presented below to show the indicators, scores, and descriptions for the readers to understand the instrument used fully.

Table 1 Stress Level Survey Instrument

Score	Description					
5	Very often (very stressed)					
4	Fairly often (moderately stressed)					
3	Sometimes (slightly stressed)					
2	Almost never (mildly stressed)					
1	Never (no stressed at all)					
Indicators		1	2	3	4	5
Lately, I have been wearied during classroom observation.						
I felt tired of maintaining cleanliness and order in my classroom.						
I have been drained in preparing my daily lesson plan.						
I have been stressed facilitating activity tasks in class.						
I have felt irritable in submitting reports for compliance.						
Recently, I have felt irritated with the tardiness and absences of my students.						
I have felt over-burdened in managing my class.						
I have felt tired in participating monitoring and evaluation in school.						
I have felt stressed doing instructional materials in school.						
I have felt short-tempered or angry whenever the classroom thermal or ventilation condition is hot.						
I have felt tired in doing paperwork such as recording and preparing reports.						
I have felt stressed with my Ancillary Work in school.						
I have felt tired to work with too heterogeneous classes (different cognitive levels)						
I felt tired attending seminar related to school work.						
I am stressed to work with papers or documents related to administrative activities.						
I have been stressed in class thinking about my financial status.						
I have been tired working overtime in school without pay.						
I have felt lack of focus in class with my Family conflict at home.						
I have been stressed preparing classroom beautification in school.						
I have felt irritable checking answer sheets of my students in school.						

C.2 Implementation of the Developed TikTok

After assessing and gathering the stress level data of the thirty (30) respondents, the researcher utilized the created TikTok Video. There were five TikTok videos with a total duration of 4 minutes. Each part of the TikTok video was performed twice by the respondents. The videos were played using the school's LED Television with the permission of the school Head. The videos had easy to follow instructions and the respondents followed each step. After that, the respondents answered the same stress survey instrument and gathered the data. The TikTok videos were performed by the respondents five times and gathered the pretest and post-test stress survey data.

C.3 Post Evaluation for stress level

The data were gathered and interpreted using Mean by the researcher. Statistician using the Mean.

Stress level	Mean
Pre-evaluation of stress	
Post-evaluation of stress	

Respondents of the Study: This study utilized two respondents to the study. The first respondents were the nine video validators, and the other set of respondents were the thirty (30) Secondary Public School Teachers in Brgy. Bug-ang, Toboso, Negros Occidental District of Toboso, Division of Negros. The expertise, educational background, degree citations, and ICT and Video enhancement knowledge determined the nine video validators. The thirty (30) secondary public school teachers in Bug-ang National High School, District of Toboso Division of Negros Occidental of Brgy. Bug-ang, Toboso, Negros Occidental were determined as actual respondents of the study using the purposive sampling.

Research Instruments

The study used two sets of questionnaires, one for the video experts and another for the teachers. The expert validation instrument of the TikTok Videos was based on the Department of Education Learning Resource Management and Development System. The ideas were borrowed from a standardized instrument and were modified to suit the objectives and context of the study. The undistressing Evaluation Instrument was based on the Teachers' Occupational Stress Questionnaire: Psychometric Properties by Daniela Munet. The ideas were borrowed from a standardized instrument. They were modified to suit the objectives and context of the study and to make it more appropriate on the experiences and day-to-day basis of being a Public School Teacher since the researcher was also a Public School Teacher. Then, after crafting the instrument the researcher validated it to the experts and incorporated their suggestions and recommendations to make it scholarly.

Validity and Reliability. The undistressing instrument was validated using Lawshe's item content validity ratio (I-CVR) appraisal method (Lawshe, 1975). The value of Validity was .88 with a description of High. The reliability of the research instrument was determined using Cronbach's Alpha scale. According to Jim Frost, 2022 Cronbach's alpha coefficient measures a set of internal consistency or reliability of survey items. The reliability value was .887, indicating a very high degree of reliability.

Data Gathering

In the study, the researcher sought permission from the Office of the Schools District Supervisor of Toboso, Division of Negros Occidental, and the office of the Bug-ang National High School principal to conduct the research instrument on the target participants. Also, the researcher sought letters from the video validators of the created TikTok videos according to the criteria stated on the Video Validating instrument. The researcher sent them a copy of the five created videos to validate thoroughly. After the approval letter, the researcher conducted the stress survey questionnaires to the 30 target participants to know their stress levels before using the created TikTok videos. After the pre-test, the researcher utilized the created video for the target participants. The target participants perform the TikTok videos using the school's LED television. After performing the five TikTok videos, the researcher will again conduct the stress survey instrument on the target participants. These procedures were done five times to determine the TikTok videos' Change or effectiveness. After acquiring the needed data, these were carefully tallied, tabulated, analyzed, and interpreted according to this study's specific problems and hypotheses. The purpose of the study was explained to the respondents, and they assured that their responses were kept confidential.

Data Analysis: Data were analyzed using the following: to determine the acceptability of Tiktok videos and to determine the stress level of the teachers before and after the utilization of TikTok Videos the researcher used Mean. For determining the significant difference of the stress level of teachers before and after using the TikTok Videos, the researching the t-test.

Ethical Considerations

In adherence to the ethical issues, the researcher observed important considerations and protocols: First, the researcher asked for consent from the office of the school's division superintendent and district supervisor regarding the conduct of the study.

Second, the participants of the study were in school, and the researcher observed the rights of the participants, such as the right to withdraw, the right not to participate, the right to anonymity, and the right to be treated with the highest degree of confidentiality in every data gathered from the respondents of the study. Lastly, the researcher ensured the confidentiality of the participants' real identities; their individual responses were protected and not revealed.

Results and Discussion

This section presents the results and discussion of the data collected and is presented using tabular presentation, which consists of the findings in the study such as the acceptability of TikTok Videos, Stress level

of teachers before and after using TikTok Videos, significant difference in the stress level of teachers before and after the TikTok application.

Table 1 The Acceptability of TikTok Videos

Criteria	Mean	Std. Dev.	Description
Organization	4.6667	.50000	Very High
Accuracy of Information	4.8889	.33333	Very High
Accuracy of language use	4.7778	.44096	Very High
Technical	4.5556	.52705	Very High
Appropriateness to target audience	5.0000	.00000	Very High
Originality	5.0000	.00000	Very High
Presentation	5.0000	.00000	Very High
Mean	4.8412	0.2573	Very High

Regarding organization, results showed an overall Mean Score of 4.6667 and a Standard Deviation of .50000 with the description of Very High. Regarding accuracy of Information, it gained a Mean score of 4.8889 and a Standard Deviation of .33333 with the description of Very High. Regarding Accuracy of language use, it gained a Mean score of 4.7778 and a Standard Deviation of .44096 with the description of Very High. Concerning the technical of the TikTok videos, the result showed a Mean score of 4.5556 and a Standard Deviation of .52705 with a Very High description. In the Appropriateness to the target audience, it gained a Mean Score of 5.0000 and a Standard Deviation of .00000 with a Very High description. Regarding originality, it garnered a Mean Score of 5.0000 with a Standard Deviation of .00000 with a Description of Very High. The video presentation showed a Mean result of 5.0000 with a Standard Deviation of .00000 with a Very High description. The total Mean Score of the following criteria in the Acceptability of TikTok Videos was 4.8412 with a Standard Deviation of 0.2573 with a description of Very High. The result means that the developed TikTok Videos were a good tool and followed criteria suitable to the users.

Table 2 Stress Level of Teachers Before and After Using TikTok Video.

Variables	Mean	Std. Dev.	Description
Pre-test	2.9528	.09974	Moderately Stressed
Post-test	2.5583	.20665	Mildly Stressed

Scale: 4.20-5.00 - very highly stressed; 3.40-4.19 –highly stressed; 2.60-3.39 – moderately stressed; 1.80-2.59 – mildly stressed; 1.00-1.79 – very mild or no stress at all

Table 2 shows the level of stress of the participants. The first row shows the results of the 30 participants who answered the stress survey instrument before applying the TikTok Video. It shows a mean of 2.9528 with a standard deviation of .09974 and a description of Moderately stressed. The next row shows the results of the stress level of teachers after using the TikTok video. It garnered a mean of 2.5583 with a Standard Deviation of .20665 with a description of Mildly Stressed.

Table 3 Significant Difference between Pre-test and Post-test Stress Level

Variables	Mean	SD	t	p	Interpretation
Pre-test	2.9528	.09974	10.374	.000	significant
Post-test	2.5583	.20665			

Table 3 shows the result between the Pre-test and post-test variables of the respondents' stress levels before and after applying TikTok Video. The pre-test has a mean of 2.9528 with a standard Deviation of .09974, while the post-test has a mean of 2.5583 with a standard deviation of .20665. It has a T value of 10.374 and a P value of .000 with an Interpretation of Significant. There is a significant decrease in the stress level of teachers after exposure to TikTok Videos. It means that the developed TikTok videos were effective in the reduction of the stress level. Exposure to the developed TikTok Videos decreases the stress level of teachers from Moderately stressed to Mildly stressed. The findings of this study were further supported by Tegero's study from 2022, "TikTok As An Avenue into Teachers Coping Mechanisms Amidst Covide -19 Pandemic", which found that most teachers engaged in using the TikTok application as a stress reliever for boredom and workload

pressure. This study recommends further investigation into teachers' usage of the TikTok app as a stress reliever, entertaining activity, and beneficial physical activity.

Additionally, according to psychologist Dr. Joanna Dodd Massey (2021), social media is not necessarily harmful. Instead, they may become a source of joy and connection when utilized in healthy ways. Dr. Massey says, "Apps like TikTok can entertain us, they can help us form new connections, they can offer us a feeling of community with like-minded individuals, and they can help us keep in touch with old friends. "Everything on this list is positive. Like anything else, social media may improve our lives when utilized responsibly.

Furthermore, to support the research results of this study, Alron Godrian E. Gajo stated in his study entitled "Sustaining Students' Mental Health Through The Use of TikTok Application (2023)" that using the TikTok application can help implement early interventions and prevention for the symptoms of any mental health issues associated with the identified common factors, such as academic stress, and raise awareness about the importance of using the said application with moderation.

Conclusions and Recommendations

Based on the results of the study, it is concluded that the five created TikTok Videos used in the study has a Very High Level of Acceptability in-terms of Organization, Accuracy of Information, Accuracy of language use, Appropriateness to the target audience, Originality, Content, Technicalities, Presentation thus, is appropriate to the users and suitable to serve as a tool for undistressing the participants according to the results of the study. The TikTok videos decrease significantly the stress levels of the secondary public-school teachers of Bug-ang National High School from Moderately stressed to Mildly stressed teachers. The result of the study proves the statement from Kerri-Ann Jennings, a dietitian "Dance can increase serotonin levels and help reduce stress. Thus, using TikTok videos is good for alleviating stress. For the program that will be formulated to further undistressed the teachers, a proposed action plan was created to be approved by the school head and followed by the teachers. The proposed action plan contains orientation of stress and TikTok video as a tool for undistressing teachers, people involved in the program, schedule, personnel, and the needed Means of verification. The proposed program is a Wellness program for teaching and non-teaching personnel. Based on the findings and conclusions presented in this study, the following are the recommendations: First, teachers in public school stress levels are recommended to be assessed every quarter in order to know the stress level of the teachers. Recently, many reports have been about teachers committing suicide due to work stress and pressure. In doing so, there will be baseline data about teachers' stress levels, and knowing it will be the basis for creating a program for managing stress in the future. Second, School Nurse, Health Coordinator, or Disaster Risk Reduction Management Coordinator is recommended to create a stress management program for teachers and non-teaching personnel, which can be incorporated during the In-Service Training program and Learning Action Cell session. Doing so, will allow teachers to learn different ways to manage stress at work or home. Third, MAPEH (Music Arts, Physical Education and Health) Coordinator or Sports Coordinator is recommended to create or search for TikTok Video that includes the element of relaxation, stretching, and dancing for the teachers to follow during the Wellness Program or every morning session during the flag ceremony. TikTok Videos are easy to follow, easy to memorized and accessible since it is short and exciting. The videos should meet the Level of Acceptability of Videos to ensure their Appropriateness to the users and acceptability. Dancing using TikTok videos triggers the release of cortisol or happy hormone, thus relieving the stress level of human body, according to Leah Groth. Fourth, the adviser, School Head, is recommended to let the students use this video as a de-stressing tool. Teachers are not the only ones experiencing stress but are also very significant to the students because they are also doing tasks that makes them fell stressed.. There are incidents that students are committing suicide because of mental disturbances maybe coming school or even at home. Incorporating this video may also help students refocus their minds on positivity instead of negativity since it calms the mind; furthermore, it will help them socialize with other people. They will also realize that learning is indeed fun if the socialize.

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