

ABSTRACT

The study was conducted to find out the health habits of BSHM students of Capiz State University Sigma Satellite College in COVID-19 context. The respondents of the study were the 297 BSHM Student composed of first year to third year students of academic year 2020-2021. ANOVA and t-test was used to analyze the significant difference between the sex of the respondents and among its year level in particular. The study found that third year BSHM students got the highest number of respondents with 190 respondents that is equivalent to 64%. The data reveals that out of 297 respondents, Female Category got the highest respondents with 176 respondents that was equivalent to 59%. The level of the health habits of the Hospitality Management students in terms of Physical Health garnering a grand mean of 3.70 with a verbal interpretation of “Agree”. The top indicator has a mean score of 4.14 with a verbal interpretation of “Agree” indicating that due to COVID-19 pandemic, student’s alcohol intake was in moderate while in terms of mental health, the top indicator has a mean score of 4.06 with a verbal interpretation of “Agree” demonstrating that students practice self-care every day, followed by students take time to relax after doing their school-works with a mean score of 4.03. Controlling how much and what sorts of food you eat, as well as the beverages you consume, is part of healthy eating. Fruits, vegetables, whole grains, low-fat protein foods, and fat-free or low-fat dairy foods should be substituted for items heavy in sugar, salt, and unhealthy fats. There are numerous opportunities for further research and investigation connected to the findings of this study. The numerous variables associated with the health habits of the students suggest future studies aligned with the investigative focus of this study will facilitate efforts to ensure the healthy living or lifestyle of students especially to their physical and mental health.