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# Exploring the Role of Mental Preparedness and Emotional Competence in Nurturing Academic Success among Students in the Post-Pandemic Instructional Landscape

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**ABSTRACT:** This study examines the relationship between students' mental preparedness, emotional competence, and their academic success in the context of the reintroduction of full in-person instructional setup after a hiatus of almost three years. Using a descriptive correlational research design, the study aimed to provide a comprehensive understanding of these variables. Grade 11 students from Langgal National High School were selected as the respondents. The findings highlight the significant influence of mental preparedness on students' performance in academic activities, underscoring the importance of being mentally prepared to address learning challenges, especially in the context of the pandemic. Additionally, the study reveals a moderate association between the level of emotional competence and academic success, emphasizing its role as a personal resource in adapting to the learning environment. Overall, the results suggest that students' mental preparedness and emotional competence during full in-person classes significantly contribute to their likelihood of achieving academic success.

**Keywords:** Mental Preparedness, Emotional Competence, Academic Success and Post-Pandemic Instructional Setup

## Background of the Study

The Philippines is now on its way to full recovery from the pandemic that caused the 2020 recession. One of those adversely affected by the pandemic was the learning opportunities of students. There were so many learning loses that caused some problems in the full implementation of the face-to-face classes. Department of Education (DepEd) Order No. 34, s. 2022 urged all public and private schools in the country to transition from limited face-to-face to five-day face-to-face classes on November 2, 2022. Lately, the DepEd launched the '*Matatag Agenda*' to establish a comprehensive roadmap that will anchor the national government's priority interventions in resolving basic education sector issues (Pineda, 2023). The pandemic has significantly impacted various aspects of students' life such as mental preparedness and emotional competence.

Hodgson (2016) stated that mental preparedness is the ability of an individual to perform their tasks at an optimal level from creating a balanced psychological state. He added that focus, confidence and planning comprise the mental preparedness students. In different manner, Igoe (2017) stressed that emotional competence is a skill that encompasses foundational, fundamental and responsive techniques that will help an individual to flourish in any circumstances. It is also regarded as resilience or enduring any hardships in order to obtain an expected positive outcome.

On the other hand, academic success is the representation of students' outcomes that indicate the extent to which they have accomplished specific goals that are considered the major focus of activities in all instructional environments, specifically in school, college, and university.

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