

EDUCATION IN THE MIDST OF PANDEMIC

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With the advent of the pandemic and an unexpected antagonist not seeing the Corona virus or COVID-19, DepEd or the Department of Education has implemented an online class so that students can continue their education without being affected by the virus. or disease their health. The online class is a new system of learning (education) where students conduct their studies using only gadgets and the internet. They no longer have to go physically to school or classroom, instead they will just open and use their gadget and internet to study. Due to the change brought about by the online class, not only the place has changed but also the students and some of its developers and is also experiencing a big change. Physical health refers to the physical condition of our body how others see us using their naked eye while mental health refers to a person's thoughts, feelings, and actions. It cannot be directly observable as our physical conditions . It also includes our emotional and psychological capacity as a person. Due to the many and/or overlapping activities that some schools offer, it can be said that it has a great impact on the physical health not only of the student but also of the faculty and other constituents of the school. These include weight loss, lack of motivation, difficulty or not sleeping at the right time, and fatigue or eye strain due to focusing all day on gadgets used to study. Arguably, online class also affects mental health. Almost all of the students are said to be consuming energy, brain draining which results in a lack of appetite at sleep and lost of motivation to study and it can cause various mental illnesses especially, or more specifically, depression or anxiety.

References:

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