

NAVIGATING THROUGH THE PANDEMIC IN THE EYES OF A TEACHER: IS IT OVER?

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The Philippines' response to the global health crisis brought by COVID-19 pandemic is not as admirable compared to other countries. Dealing with such inconvenience due to lockdowns and restrictions are frustrating. Most industries suffered from economic decline and immobility, as if the world is literally at pause. Our educational system was compromised due to the pandemic – teachers innovate their way to provide students the lessons that they need. Most often than not, our attention is focused on the learners – completely ignoring how exhausting it must have been for the teachers. Paying attention to the well-being of teachers whether their concern is about their health, their finances or their safety would help map out the psychological impact of the pandemic. In a nurse's point of view, we are dealing with an underlying health issue that might not be brought by the virus itself, but the anxiety that comes with the pandemic.

Inspecting the data on the second half of 2020 relating to the number of cases would show the exponential growth of people being infected. This was also the time when the Department of Education proceeded with the modular-learning system for the students due to the closure of different educational institutions. Teachers in different educational levels show adverse psychological symptoms as they adapt with limited and different teaching modalities. Teachers report levels of anxiety (17%), depression (19%), and stress (30%), more anxiety was reported in Asia compared to other continents (Ozamiz et al., 2021). These may vary in different countries with varying cultures.

In the Philippine setting, despite the threats brought by the pandemic, it may seem that teachers have found ways to cope with the situation. A moderate impact on their quality of living was noticed – suggesting that the resilience of Filipino teachers is still present (Rabacal., 2020). As we continue to navigate through this pandemic, data might soon present its way towards the end of the deadly and successful invasion of SARS-Cov 2 into our society. Questions will soon again rise as to how are we going to manage our way through the post-pandemic crisis. Nonetheless, attention to our teachers' well-being should be our top priority for their empowerment.

References:

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