

## RAISING AGAINST THE ODDS

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It is amazing to look back how the world has shown its resilience in the past couple of years. From the outbreak of the Covid-19 pandemic at beginning of 2020 and all its variants that followed thereafter, the emergence of monkey pox and resurgence of other fatal viruses like Polio, and the breaking of war between Russia and Ukraine. It was absolute chaos.

But despite all the challenges that ravaged the globe, the people showed how well they adapted and how they have managed to survive. The idea of human resilience is becoming more and more well-known. Additionally, it has elevated to a top priority in sustainable development, health, and wellness initiatives. What, though, is resilience? Because of the increased attention, we must be clear about what it is. Psychology and psychiatry have focused on resilience. The idea was primarily conceptualized at the level of the individual, as a quality that allows some people to thrive and advance in the face of difficulty.

Since the dawn of humanity, a vast range of natural disasters, including famines, flooding, earthquakes, fires, strong winds, wars, and, last but by no means least, epidemics of potentially fatal infectious diseases, have had an emotional toll on humanity. We are most certainly not the only ones struggling to deal with the sadness, worry, and anxiety brought on by the biggest public health issue of our time: the coronavirus 2019 (COVID-19) pandemic.

The Philippines is one of the earliest countries that implemented the lockdown back in March of 2020, and is one of the longest it took to lift the aforementioned

lockdown. However, the country's overall response to the global pandemic has been smeared with doubt and rife with incompetence.

The establishment of the Enhanced Community Quarantine (ECQ) followed a period of acute ineffectiveness, during which the authorities both grossly underestimated the virus and neglected to keep up with the prevention methods of neighboring nations. What's more, it appears that the last-resort lockdown itself contributed to a myriad of issues rather than appropriately addressing the fundamental dilemma of safeguarding public health and safety, rather than lessening the entire load that the virus wreaked on the nation.

For one, the country is extremely unprepared for such a huge scale crisis that the covid-19 virus turned out to be. Although the coronavirus outbreak is primarily a public health concern, Philippine President Rodrigo Duterte has responded to it in a very militaristic way. He used the police and armed forces to implement very strict lockdowns around the whole archipelago.

It worked for the first months, however, as the resources and funds of LGU deplete, it became more apparent that the ECQ can no longer work, or else people will literally starve. The idea of facing famine in the immediate aftermath of the shutdown particularly distressed the poor Filipinos. Many homeless people and people living in slums experienced the brunt of the ECQ since they had no available sources of income and almost no savings.

It is the sad reality of it all. Lockdowns work in weening the spikes of covid-19 cases, but only if the people are subsidized and are supported by the government. Because if not, they will seek means outside their homes.

Thank fully, the vaccine rollout managed to lessen the severity of the symptoms of covid-19 and made it less deadly to healthy individuals. Unlike other countries, the

Philippine's acceptance of the vaccine was relatively positive. Although slow at first, it became more and more common as time went on.

Now, more than two years after the first lockdown, the Filipino people are starting to overcome the aftermath of the pandemic. The restoration of some kind of normalcy is eagerly anticipated by the entire country.

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