

ADDRESSING THE TEACHER'S MENTAL HEALTH DURING THE PANDEMIC

by:
Cyrene N. Soterio
LPT

On the onslaught of the CoVid-19, changing schools from a physical place to a virtual space highlighted complexities in the education system. The school community was not prepared for the new way of teaching. While working from home, the teachers suddenly found themselves having to learn very quickly how to use digital tools they were barely familiar with, often encountering various types of problems and difficulty guaranteeing access and the necessary resources. This method also meant having an appropriate space to work and some devices available to family members who may need them at the same time. These challenges in establishing distance learning became the reason of stress for many educators.

The Official Website of DepED Division of Bataan

Before the pandemic, teaching was already known as an occupation with various sources of difficulties and stress spectrum from classroom management to policy changes which affect teaching methods, the content of the school curriculum and assessment procedures, and to workload, which can affect family dynamics, especially when there is pressure to re-distribute work and family time and if there are family problems.

However, during the health pandemic period, difficulties seemed to have come together all at once, along with the stress caused by teachers' need to suddenly change their method and move toward online teaching while lacking the necessary training. The state must consider the teachers' physical, mental, social, and psychological well-being. In addition, education officials must ensure that they have the necessary knowledge, cognitive perspective, skills enhancement, and technical competence to serve learners

with different needs at the frontlines of the education system. The teachers' mental understanding should be sound, and their level of stress must be tolerable.

Teachers are at the frontlines of the Department of Education (DepEd) in delivering its curriculum, services, and skills mastery to the learners. Although schools are not yet ready to implement distance learning, the delivery of learning must go on. For them to become equipped for school-related and to become prepared in teaching they attend training, and workshops, and undergo technical assistance from mentors and experts. This professional and personal context of teachers makes up for their innate qualities in 21st-century teaching.

References:

<https://www.deped.gov.ph/2020/08/11/official-statement-on-school-uniform/>

<https://www.gmanetwork.com/news/topstories/nation/838539/sara-duterte-uniforms-in-public-schools-not-required/story/>