

COPING UP WITH THE PANDEMIC

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“Strength does not come from physical capacity; it comes from an indomitable will”

-Mahatma Gandhi

The words of Gandhi, an Indian lawyer who is well known as one of the 20th century greatest political and spiritual leaders, reflects that strong people are not powerfully built nor muscular, but a person with an endless hope.

I feared the uncertainties, but I feared more about not facing them. When the world seemed to stop, isolation became the answer to flatten the pandemic curve and people were forced to leave their social routines. As a worker and breadwinner, the loss of control over my job, lack of means to sustain necessities, getting infected, and economic and social instability made me anxious about the present and the future. Fear was dominant. However, confronting the situation seemed to be the only escape. Maintaining a routine, connecting with people through technology, work-life balance, and finding meaningful hobbies helped me cope with the pandemic and find a way out from these fears. Coping was not an easy process but developing personalized mechanisms is vital to acceptance and survival.

The world has been drastically changing and will continue to change. For the past two years, the world has struck by the COVID-19 pandemic which greatly affects the daily life of people. Education is placed in the most challenging situation. Students may choose whether they learn from online, modular or blended learning. At this kind of

learning, students face challenges such as they loss their sense of responsibility from waking up early in the morning to sleeping at night. Another one is having an unstable internet connection which results to not receiving clear instructions from our educators. Using smartphones, computer and laptops also makes the learners distracted from their learning specially the games and other applications that caught their interest in the time of the lesson. Lastly, the mental health of the learner. Some learner chose to drop out to school due to lacking of resources in learning online and mostly, financial problems due to their parents lost their job.

Not everyone in this ocean is on the same boat. People have different kind of struggles and fighting each day for their lives.

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