

HOBBIES DURING PANDEMIC: DOES IT REALLY HELP?

by:

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With the current pandemic times and complications, it brings to human being and to the teaching field, is there really such as thing as fun today? Thinking of this may increase not just the possibility of overthinking but also the ability to be inspired as this pandemic started to give everyone the dark side of humanity. How may one start to spark a light amid darkness even with the current depressive state of humanity with the never-ending transformation of virus, the never-ending battle of the teachers to achieve better quality of education and to increase the parental involvement with the new learning set up?

This may be changed if one's perspectives is changed, like having hobbies to cut the anxiety phase and to increase development among the physical and mental stress people are experiencing. What hobbies may be applicable now that people are limited to see each other?

Solitary hobbies may be beneficial such as walking, biking, making online illustrations, singing online, making videos and such. It may also be beneficial if one may start to browse different webinars to increase the development of mind and mental state. Hand Hobbies also may be beneficial like sewing and crochet. With all of these, it will always be based on whatever the strengths one wants to pursue, or whatever one wants to exercise and achieve during pandemic. One thing is essential and key to this, try to become as much as possible the best version of oneself.

The following may be applicable to teachers if given the chance and probability of time.

Remember that hobbies are used to intensify one's strength not to consume all the time given in a day.

Think of the hobbies as increasing one's strength to achieve the best version of the body and mind.

Choose hobbies which is appropriate for the age as well as the abilities and capabilities.

References:

Bu,F. et.al (2020). Time-use and mental health during the COVID-19 pandemic: a panel analysis of 55,204 adults followed across 11 weeks of lockdown in the UK.

<https://www.medrxiv.org/content/10.1101/2020.08.18.20177345v1.full.pdf>. Retrieved on February 2021.