

RIDING THE WAVES OF OUR STRUGGLES DURING PANDEMIC

by:

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Working alone on my table with my computer is the ordinary scene that you may see every day. However, as an administrative officer, we cannot isolate ourselves from others staff to do our own business. Our work does not end in our own corner. However, upon going out from our shells, different struggles arise and we must learn how to ride upon them in order for us to surpass these waves.

Not all staff appreciate our work. We may have experienced a little struggle in communicating with some of the staff. We need more patience because some of the staff we are dealing may have a little background of what tasks we are assigned to. Some of them may think that we can do extended works that are not defined in our job description.

This is one of the waves that we may face or have already experienced which need our upgraded patience.

When COVID-19 pandemic came in 2020, we were all caught in the middle. While many of the teachers were at home, we, AOs, were regularly doing our reports physical and online. Updating reports were one of our duties, however, some of the staff and school information we need were not readily available. Internet stability was one of the major struggles we have faced during pandemic. This caused delays of report submission and affects the efficiency of our works.

Pandemic caused mental health issues among employees, according to Tee et.al (2020) 13-28% of the respondents in their study rated psychological impact of the outbreak, depressive symptoms, anxiety levels and stress levels as moderate to severe. This study showed significant effect on mental health among working people during

pandemic. As we tried to cope up with work while avoiding to be contacted with the virus, stress and depression started to build up in our system. We may not know it but definitely it affects our behavior. Time management has been a great factor to cope up with this issue and positive outlook.

Learning to accept our workplace and at the same time knowing our co-workers will lessen the burden we feel. It will also loosen our worries and be a part of an organization where learners are the main priorities. Riding the waves of our struggles will help us understand our purpose as administrative officers in the school we serve. If we get along to our new environment and the people around it, a smooth sailing journey will be awaiting us.

References:

Tee, Michael L. (2020). Psychological impact of COVID-19 pandemic in the Philippines. *J Affect. Disord* ; 277: 379-391, 2020 12 01.