

“THE LEARNERS’ MENTAL HEALTH AMID GLOBAL PANDEMIC: A FIERY CORE FOR A STURDY

by:

Gemi D. Nuque

Teacher I, Orani National High School Parang-Parang

The most important part of a planet is its core. It has a gravitational force to pull all the planet’s assets to become its whole. But although it is glamorous now, it is not what it appeared before. You see, the core needs its procedure to become a flamboyant place where the atmosphere is livable. Like everyone’s mental health, it is as valuable as a planet’s core. In the context of education, students have been taught to face and overcome wide-ranging challenges. Yet, every human being – experienced or not – has not become prepared for a big doom. The rise of a perilous crisis called the global pandemic is not only ending lives but also killing dreams and crushing souls. Hence, all lines and dots that affect their lives mold them. Educators are candles enlightening the minds of learners. Leaving this mantra, “a strong crust does not defy you, your personality does.”

The mental health of a person defines who and what they are. It is the state of our well-being where it affects how we think, act, and feel. For instance, a bad experience of a person can bend their mindset and hit the spot of how they truly feel. These bad memories could persuade them into doing something horrible, like for example, bullying, cheating, doing crimes, taking drugs, or worse, ending their lives. So basically, what can happen to a person could lead to a bad path? Unfortunately, all the natural trials have worsened due to an unexpected crisis. According to National Alliance on Mental Illness (NAMI), all the pillars of an institution have faced numerous challenges as a result of the COVID-19 pandemic. Students who are already dealing with mental health issues have been highly susceptible to the transition, and we are now facing huge effects on students

as a result of school closures, physical distancing protocols and detachment, and other abrupt alterations in their worlds.

The Philippines has suffered when the national health has been compromised by the killer virus. Certain actions had to be done to prevent the unfortunate widespread of the virus which also shifted the lives of Filipino students in a way none of us saw coming. The system of education changed overnight. The once hands-on teaching was prohibited so as not to jeopardize the health of the students and the school staff. Many learners also writhed from the harsh reality that poverty exposed. Those who cannot afford the means of the new online setup had to put their studies to a halt.

As per the recent report of the Philippine Daily Inquirer, The Department of Education (DepEd) lowered its target enrollment for schools from 27.7 million to 22.2 million, leading the organization to reach the conclusion that it had "surpassed" its objective. As of January 15, a total of 26.6 million students had enrolled for the current school year, still falling short of the target of 27.7 million set for 2019. Students, teachers, and parents claimed that the distance learning program was flawed by the DepEd's absence of sufficient preparation. Furthermore, student lethargy rapidly is now a serious concern: parents were worried to see their children crying, skipping meals, and undergoing mental breakdowns while trying to meet deadlines.

Despite this chaos, they are built stronger and bigger than this. They might get relentlessly slammed by these crises, but they are still surviving--standing firmly and fighting the waves brought by the global pandemic. It is like how many times meteorites or asteroids have been striking the surface of the earth. Our planet is still resilient to different attacks because of its atmosphere. Hence, we also have our strongest defense – God.

While it is still uncertain whether we are near to achieving a world that is normal amidst the epidemic or not, it helps one to overcome the life that they envision with a proper

mindset. History has shown us that it is possible to have a breakthrough from these unfortunate events if we know how to turn on the light.

In the eyes of students, their poor behavior can be because of stressful homework, a scolding from parents, or even bad memories that always hit them while they are down. That is why self-control matters, to prevent a horrendous situation from happening. Our body can be our temple; it is sacred in and out. So, we must have a good foundation and a bold persona.

In ourselves, we must be a good tire. Yes, life could be somewhat uncanny and awful but we must keep going. It might be all downhill from here if you keep letting yourself down. Do not let the negative aura stick through you, be bold and courageous. Therefore, you must trust yourself and keep going on the right path and the right mindset.

In this world, it might be horrendous because of dreadful situations or people around you, but will you let them bury you six feet under? Of course not. Your mind is everything to keep you around. The struggles due to the epidemic could be a curse or a blessing. It depends on how we perceive it. Be as strong as our mantle and as solid or liquid as our core.

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