

MENTAL HEALTH OF LEARNERS DURING PANDEMIC

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The COVID-19 pandemic affects people both physically and mentally the virus is known to attack the human body a person who is infected may experience visible symptoms like cough, shortness of breath, fatigue, headaches, etc. The pandemic was the biggest downfall globally, people suffer from dying, unemployment, crime, and also the rate of suicidal attempts. Anxiety, stress, and depression are psychological phenomena that each of us has dealing every day. Many people have expressed psychological suffering as well as the sign of post-traumatic stress, anxiety, and depression.

However, there have been alarming indications of a wider prevalence of suicide ideas and actions, not just in education and even in the healthcare industry. Certain people groups have been impacted significantly more than others. Everyone can experience mental health issues due to these stressors, and those who may already be dealing with such issues may experience acute symptoms as a result. Before the pandemic, there are 15 to 20% of students might be expected to be recognized as needing support through screening (Dowdy et., 2015) this percentage probably be greater given the possible emotional consequences of the pandemic. The negative effect plays a big role in our society, and the transition of face-to-face classes into online setting make difference.

Learners had difficulty shifting their way of studying, they are more distracted from many things like social media since it also serves as a medium of learning communication. People had difficulty with a slow internet connection or worse no access at all which make them late for class discussions. Despite many challenges Filipino

learners always prove that education is the hope of our future trying to fit in a setting where everyone is unfamiliar, giving their best, and striving hard to achieve success.

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