

## TOWARDS MENTALLY HEALTHY CLASSROOM MANAGEMENT

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After more than a few years of hiatus due to the pandemic, schools are now reopening their gate for learners to experience the conventional face-to-face method. Due to fears the outbursts of crisis have caused, students suffered from anxiety and depression, studies say.

In a survey by Twenge and Campbell (2018), users of long screen exposures are more likely to need mental health professional assistance or consultation while requiring psychological medication. It might be a challenging truth to educators as this new normal is not what typical schooling may seem to others. The American Psychological Association (APA) suggested determining who among the learners might need help or assistance is the best way. It is the first step to formulate necessary measures which would be sensitive to the needs of the students and will serve as a guide on what approach shall be applied to them once they are already in the classroom. A brief questionnaire or surveying could be an excellent technique to assess who among the students is experiencing anxiety while inside the class or who feel socially isolated in any case. In such a way, the educator will be able to adjust and have a general approach to the style while ensuring that such learners with unusual conditions will never feel left alone. Due to prolonged exposure to online classes, students may have difficulty adjusting to conventional face-to-face interaction with their classmates.

A supplementary result published by Twenge and Campbell (2018) suggested that more exposure to digital screens is related to lower psychological well-being. It entails that the learners may experience more distractibility, disabling them from focusing on the lessons,

low self-control, and less emotional strength, among the necessary aspects for effective learning. In such a case, to strengthen their social relations and integrate skills, learners must be given lesser screen time in activities that might need gadgets or in a situation that uses hybrid learning. It exempts them from being addicted to digital devices and enables them to socialize instead of creating their lone worlds. Moreover, conducting physical activities could boost their mental health, according to various studies. Reed (2021) highlighted in his writings that engaging in physical activities could lessen the probability of developing depression among children and adults. It leads to the conclusion that an active body supports a healthy mind. According to a guideline by the Centers for Disease Control and Prevention (CDC), what makes a good classroom physical activity is through combining physical and mental health, academic performance, and social-emotional health. Adding music and digital platforms to the activities may improve the mood and the classroom vibe, enabling anyone to participate. After a long journey of shifting from one modality to another, the country is moving closer to what schooling used to be: engaging in classroom discussions and interactive activities.

Before everything becomes normal again, some measures are needed to adjust to what the students might need. Aside from the learning, knowledge, and skills, students require support to strengthen their emotional and mental strengths as they are too young to experience the wrath of this pandemic. This will be among the top concerns of educators.

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