

RESILIENCE IN MIDST OF NEW NORMAL

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The COVID-19 epidemic has brought about sudden and significant changes not only here in the Philippines but also to the whole world. In two years of hiatus due to the pandemic, students' learning was hindered and equity inequalities between students were expanded due to unequal access to and varying quality of remote and hybrid learning. Additionally, the pandemic has had a severe negative impact on the mental and physical health of parents, teachers, and specially to the students.

Our resilience will determine whether we survive this pandemic as a society and as individuals. A common definition of resilience is the capacity to bounce back from setbacks or change. Change and disaster are both frequent, which makes resilience – the capacity to deal with adversity and change – extremely crucial. This year is the year of uncertainty because of the changes that we are experiencing every day, but a big appreciation and acknowledgement to all the efforts of our teachers, administrators, parents, and most specially to our dear students.

Both personal and societal elements can influence resilience. According to Beltman and Mansfield (2018), some of these traits can be affected by our choices as individuals or as a society, while others cannot.

For instance, a person's ability to bounce back from mental or emotional losses may be partially influenced by their age. Our bodies may become more susceptible to illnesses like Covid-19 as we age. Age also gives experience, and some experiences strengthen our mental toughness, which can help us deal better with sickness and other challenges. Resilience can also be impacted by a wide range of other personal traits.

However, resilience is not merely a matter of personal traits. The qualities of the society in which a person lives have a significant impact on that person's capacity for resilience. These sociocultural traits cover both more general features of interpersonal relationships and particular public policy.

For instance, is it possible for someone to take time from work and receive medical attention when they fall ill? A person cannot become resilient if they are unable to take time off and receive care from society. Is there another job or a public safety net available to someone who loses their job because of economic changes? Otherwise, society is not supporting resilience. Regardless of a person's ethnicity, gender, sexual orientation, religion, or physical ability, is their life handled with the utmost respect and dignity? If not, then society is utterly unjust and weakens the fortitude of its citizens. Is society acting decisively when environmental changes threaten people's lives and livelihoods? If so, resilience is really declining rather than growing.

I encourage everyone to increase their personal resilience as well as that of their communities, and the world. Because life can be challenging and public service can also bring demanding obstacles in addition to its profound rewards, resilience will be crucial for you individually. Serving the public good demands, a dedication to helping others and a sense of urgency, but it also calls for endurance and patience.

In the public domain, there are numerous barriers to advancement, Herrman et. Al (2011). People that are self-centered, dishonest, or unfair in how they treat others can be hurdles. In those situations, rage may be a normal response, but it frequently doesn't lead to the necessary change on its own; rather, it requires the application of skills and knowledge as well, which takes time and involves setbacks. Furthermore, many barriers to advancement are caused by complexity, ambiguity, and scarcity rather than malicious intent. Even though despair may be understandable in those situations, it does not lead to change; instead, careful consideration, mental flexibility, and adaptive action must be applied - work that, once again, requires time and involves setbacks.

Being resilient will be crucial to living lives that advance the common good. People's lives can be improved when a society is able to bounce back from calamity or change and can adapt successfully. Additionally, we might expand the notion of "societal resilience" to encompass not only effective problem-solving but also proactive problem-prevention.

Numerous instances from the previous years highlight how crucial it is to increase societal resilience through improved public policies and by fostering stronger interpersonal relationships.

Making society more resilient can significantly improve people's lives, and improving the lives of others is our unwavering commitment. I say now, the world is waiting for us. Be resilient all the time.

References:

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