

PYSCHOSOCIAL WELL-BEING AND HOW IT IS ACHIEVED

by:

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The Department of Education (DepEd) through the School Disaster Risk Reduction Management just recently launched the advocacy that cares for the psycho-social skill and well-being of the students in the school. Psychosocial well-being may pertain to the distinct emotional, social, and physical aspects of every learner that help him face the challenges in school and in life with a stable state or condition.

More than its meaning psychosocial well-being has a big impact on every Filipino learner because this will present a broader sense of his life and it is good to know how it is attained.

First and foremost, psychosocial well-being may be evident in how the learner perceives oneself. An individual should realize that he must be strong and brave enough to accept his strengths and weaknesses. Further, the application of psychosocial skills to understand oneself and be happy for who and what you are may led to one's well-being.

The family is a very important unit that contributes much to the psychosocial well-being of a certain individual. Psychosocial well-being may be attained if that learner feels that he is being cared for and being loved by the members of the family. The love and security attained in the family leads to one's psychosocial security.

The community where a person continues to grow and mingle is a contributing factor to one's development of psychosocial well-being. The acceptance coming from the people around may greatly contribute to one's psychosocial well-being. An individual needs to feel that he belongs to the group and is one of its members.

School has a vital role to perform in honing the psychosocial well-being of every kid. The teachers do not only impart certain knowledge and particular competencies, but they also motivate and inspire the schoolchildren to achieve their psychosocial welfare. It is in school where the best experiences are encountered, and these will contribute to one's well-being.

Dreams and aspirations affect the way a person perceives life. These stimulate the person to be at his best. When a person can accomplish the things that he wanted, then it adds more confidence and pride to his state of well-being.

Coping with life challenges is evident in reality. The learners in school must be able to accept the problems that come along their way. These problems or trials make them stronger and better and may contribute to one's psychosocial well-being because the person will be able to survive the difficult points in his life.

The achievement of psychosocial well-being is not that easy but once it is attained it is truly great, rewarding and fulfilling.

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