COPING STRATEGIES FROM BOREDOM DURING THE COVID-19 PANDEMIC

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Coronavirus disease, also known as COVID-19, has posed a significant threat to people around the world. According to the World Health Organization, COVID-19 is an infectious disease caused by a newly discovered coronavirus (WHO). The majority of those infected with the virus will have mild to severe respiratory symptoms and will recover without the need for medicine due to the infection's intensity. However, people's daily lives becoming even more difficult as a result of the virus's devastation, practically every government has enforced a quarantine to safeguard everyone's safety. In some cases, some people infected with the SARS-CoV-2 coronavirus do not show any symptoms and are referred to as asymptomatic individuals. As a result, self-quarantine should last for 14 days to allow time to determine, without testing, that a person does not have it or is not capable of spreading it to others. The duration of the stated quarantine for every individual in the Philippines has been extended for at least a month or more, according to higher authorities in the Philippines. This creates an opportunity for everyone to stay at home as much as possible in order to limit the number of instances of coronavirus. Many people, particularly students and teenagers, feel bored with the limited activities accessible within a house since they are limited in comparison to those available outdoors. Georgi (2020) defines boredom as characterized by a sense of emptiness or being alone in life, as well as frustration with the present situations that one experienced. A person's attention span is shortened when they are bored, and they lose interest in what is going on around them. Feelings of apathy, fatigue, anxiousness, or jitteriness are common (Georgi, 2020). There are a variety of jobs or activities that can help people cope with boredom and stress as a result of the coronavirus outbreak. These
activities will pass the time unnoticed, thus everyone should be encouraged to engage in some pleasurable hobbies to avoid boredom. Doing some exercise or any other type of workout is one of the examples. Exercise has been shown to aid people who are experiencing anxiety symptoms. It can also help individuals become more aware of their mental state and practice distracting themselves from their worries. Semeco, Semeco, Semeco, Semeco (2020). A good workout is good not only for one's physical health but also for one's mental health. The second is using social media to socialize within the home. One of the biggest advantages of social media, according to Broomfield School, is the amount of information that is disseminated to the public. Trusted public health institutions, and other government offices such as the World Health Organization (WHO), use social media to distribute verified resources to the public in times of calamity, and during the pandemic COVID-19. The habit of playing online games is the next one. Online games allow people to immerse themselves in a new world where they can accomplish things they couldn't do in real life, which is very important at this time of the pandemic. With this, the confidence of each player boosted and the amount anxiety attacks were reduced. The fourth step is to create artwork. When someone creates artwork during a pandemic, it is a terrific hobby since it relieves stress, anxiety, and boredom for everyone involved. Finally, academic-related activities are an activity that demonstrates an individual's mental capacity. Even though the days have been difficult, education must continue in order to provide a secure future. These activities are examples of ways to alleviate boredom and use one's free time so that one does not feel empty in time of community quarantine.
References:
