DEPRESSION AND ANXIETY AMONG TEACHERS

by:

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Depression causes people to feel ill, to be exhausted and to lack drive to work. There are a lot of factors that contributes to this widespread cause. If we would correlate job satisfaction and happiness, it is obvious that well compensated workers are more productive for they could sustain the needs of their family much better. Sufficiency of funds and high support from the government could surely motivate the professionals to do the stressful workloads, because at some point teaching is one of the underrated professions that needs more concern in terms of additional support. Connecting the environmental factors to the stressful situation of the job could fix the root cause. Family problems that goes together while on the work, financial crisis, tons of deadlines to be met, preparing presentation and doing lesson plans. These are just the examples of the everyday work routine a teacher is taking.

Conditions involving depression among teachers are underrated. For the stigmas tied on this issue is still unrecognized even on this modern times. Educators are the ladders to professionalism, starting from the lowest level of education up to the state of success. There are no professions in terms of depression and anxieties. Everyone is capable of feeling the sadness within.

Depression and anxiety among teachers affects the job performance. Motivation fuels the drive and drive manipulates the brain to perform better and generate better ideas. Ideas create a concept of knowledge that is to be shared to the students especially to the younger generation. This is an issue that is out of concern. The school system should
adapt more mental specialist to perform counseling among the students and as well as to the school workforce. Modern times should offer modern ways to prevent the problem. Educators should undergo a regular motivation seminars and related courses to enhance their skills and be confident about them selves for confidence kills anxiety and prevents depression. It all starts with small actions that are passed to everyone. Everyone is interconnected so the stigmas about isolation caused by the depression maybe is hard to prevent but as we evolve and become more developed and progressive, this modern world has a lot of means to fix it. Motivated teachers motivate their students and they both are given the huge possibility to become better.

References:

Teacher Depression & Anxiety Are SO Common. Here’s How to Cope.
https://www.weareteachers.com/teacher-depression-anxiety/

What It Really Means to Be a Teacher With Depression