DEPRESSION STRIKES AMONG PUBLIC SCHOOL TEACHERS

by:
Maricel C. Lingad

Depression may be a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression, it affects how you are feeling, think and behave and may cause a spread of emotional and physical problems. Depression may be a major source of the burden of disease throughout the planet.

Everyone may feel depressed when facing certain situations. This is either positive like facing challenges as spices of life, or distress when negative that may result in low morale, job dissatisfaction, absenteeism, and lower productivity. Environmental stressors are perceived to be a threat to survival. It is innate in the human body to respond to the negative demands of the environment. The economy is recognized worldwide and developed countries are spending a serious part of their budget on education to combat elements that hinder processes of educational effectiveness.

Teachers hold an important position within the tutorial system of any country. Depress among them is a complex and multifarious phenomenon as they mold the most valued asset of the country. The success of educational institutions is that the backbone of the economy is usually hooked in to teachers. Leaders and managers of educational institutions should turn their critical and fundamental concerns on the performance of teachers. It is an embedded component in the lives of educators in the Philippines negatively affects their professional performance. This lowers individual and the institutional productivity will deeply affect institutions of learning. The need for educational leaders and managers to specialize in understanding work related problems of teachers is an emerging urgency.
Educational and civil society leaders must provide mutual support and work as a team to make sure sustainable growth of educational institutions for socio-economic development. The ability of teachers deliver knowledge and skills to the scholars is suffering from the training environment, assigned tasks, and financial security which further define their levels of professional performance. Teachers are valued assets of any society, they are doing not only teach in ways in which can satisfy the specified teaching tasks, but also must manage time, ethics, and discipline. Motivating students, ensuring interaction and maintaining links with the parents and administration while imparting knowledge and skills for the development of the economy (Hanif, 2010) is a delicate equilibrium that they must achieve.

Personal source of stress emanates primarily from lack of financial security. Teachers perceived their salaries to be insufficient for his or her needs, despite the claim from the gov’t. agency that salaries of teachers are above the poverty line consistent with the survey of the Philippine Economic Index. Current legislation, however, is working to address this problem. Teachers work longs hours during a relatively hot environment that eventually deprive them of quality time with their family. This is compounded once they are obligated to bring their work on home which eventually led to conflict with the working spouse. Unmarried teachers, however, seemed to be proud of the support from their family regarding their chosen careers despite bringing school-works reception. Some of them openly expressed their satisfaction being spared from household works by their parents and siblings. Work-related stress is correlated with job satisfaction and home-related stress is correlated with marital satisfaction.

Personal and social supports among family members, coworkers, and friends moderate the relationship between home-related stress; while marital satisfaction has direct relationships with life and job satisfaction. Teachers experienced moderate stress from emotional stressors. They sometimes felt being lethargic, anxious, worried, angry, annoyed and feeling emotionally drained at the end of the day. They experienced
emotional outburst and low energy that cause lack of sexual interest. This is triggered by overcrowded classrooms, less support from parents and overworked administrators. Younger teachers are scared of the longer term that sometimes make their minds seem to travel blank easily even at the workplace. They have strong abilities in letting go of certain things and develop a robust feeling that there are tons of important things during this world that has got to be dealt with focus and enthusiasm.

References:

https://www.psychiatry.org/patients-families/depression/what-is-depression