IMPACT OF ONLINE LEARNING TO STUDENT’S MENTAL HEALTH
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Due to the Covid-19 pandemic, the physical set up in the educational system has shifted online and poses a threat to societies' mental health. Meaning, instead of face-to-face classes where there is physical interaction, students have to adapt on new routines and learning environments. But observing how some students behave during the online class, mental health issues are being raised.

The World Health Organization already warned that mental health crisis can be the “next pandemic”. They also reported that approximately 3.3 million Filipinos suffer from depressive disorders, making it one of the highest rates in Southeast Asia. This is truly alarming most especially to students because it’s not just the academic standing that will get affected but also their emotional and physical being.

“Kaya mo yan” culture is one of the common norms that is being said to students while studying. But during the distance learning, this isn’t enough anymore due to time pressure, increased screen time, and less social interaction which triggers the anxiety of students. That being said, physical interaction is indeed effective for students to do their requirements on time and avoid lapses since they have their classmates and teachers that can cheer them up when something bothers them.

In order for the students to perform well during a national emergency and a set up like flexible learning, they should value self-care. Same goes with the teachers who are still the
providers of learning the students need. Good sleep, healthy lifestyle, and being able to enjoy the class are some of the things that fall under self-care. And to be able to do this, one must have a healthy mental being.

We must keep in mind that mental health is something that should be taken care of because health should always come first. This pandemic is just a challenge. The new normal too. But above all else, everything will fall into place as long as we desire to achieve the betterment of everyone and the rest of the globe.

References: