PLANTITOS & PLANTITA: PSYCHOLOGICAL BENEFITS OF PLANTS AND GARDENING

by:
Deo Derro L. Ducot
Teacher III, Mariveles NHS-Cabcaben

Coronaviruses are major pathogens for humans and livestock. In Wuhan, a city in the Hubei Province of China, a novel coronavirus was identified as the cause of a cluster of cases of pneumonia at the end of 2019. This spread exponentially, resulting in an outbreak across China, followed by a global pandemic. The World Health Organization named COVID-19 disease in February 2020, which stands for coronavirus disease 2019. Extreme acute respiratory syndrome is the virus that causes COVID-19.

The epidemiological and psychological epidemic is a coronavirus pandemic. The enormity of living in isolation, changes in our everyday lives, loss of jobs, financial distress, and sorrow over the death of loved ones has the potential to influence many people's mental health and well-being. Even in this period of physical distance, finding social support and communication with others is important. Knowing the symptoms of anxiety, panic attacks, depression and suicide is also vital, because you can quickly recognize them, not only for your family, friends, and neighbors, but for yourself.

COVID-19 has taken its toll, from lost jobs and shortages of food and cleaning materials, to civil instability and fear of the unknown. However, it is at the most stressful times that individuals come together as a society, working for shared objectives, and seeking ways to take care of themselves and others. With fresh and evolving challenges needing creative and forward-thinking solutions, we live in unprecedented times. Our very way of life has been re-shaped by the advent and rapid dissemination of COVID-19 across the world, influencing virtually every aspect of daily living. This phase of pandemic occurs with “Plantitos and Plantitas.”
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Planting is a fun and satisfying activity for both children and adults to take part in. Those who grow gardens tend to take pride in their plants, from the seed to the kitchen table, planting and caring for them. It also strengthens relationships with your family, helps maintain a healthy body shape and immune system, and helps to find a sense of self, in addition to reducing stress induced by the pandemic. With food supply concerns, COVID exposure, and increased awareness of the need to eat healthily, more people are turning to planting. No matter your experience level, all that is needed to take part in this growing trend is a little research, planning, and dedication. You too can feel the excitement, pride, and health benefits of growing your own food, whether you have an entire plot of land or just a few window boxes. And you are probably going to feel better too.

References:
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