PRIORITIZE MENTAL HEALTH

by:
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Students' mental health has been an increasing concern as they cope with learning requirements in this time of crisis which only exacerbate the learning situation. The COVID-19 pandemic situation has brought us into a new level of change.

Mental health initiatives are just as important as those for the widespread of COVID-19. It highly affects someone's performance, their concentration and motivation for everyday life.

As we notice students are all over in different platforms of social media expressing how they cope up with the new education system.

In the first few days of the beginning of the new normal way of learning, educational institutions nationwide have been constantly hounded by the pleas and criticisms of parents, students, and concerned organizations. Hashtags like #AcademicFreezeNOW and #LigtasNaBalikEskwela are always trending. Moreover, some students have turned to online debriefing and release for assistance, much like the #PisoParaSaLaptop campaign, which started a few months before the continuation of classes.

Until now, even the school year is close enough to end, students are still in the verge of difficulties. While these hashtags pleas has been thumbed down by education officials, many concerns were still not been addressed. This proves the shortcomings of the people responsible for education system to develop.

As it most likely, students attend online classes and answer their modules, not because they want to learn but because they need to comply or just for the sake of passing.
Sustaining students’ motivation to learn, emphasizing that how education is handled today will affect their eagerness to learn in the future. But what if the education structure possesses a kind of pressure for everyone without any room to breathe? Are they still willing to learn?

Also, every student has a different style or approach of learning. They have different ways of coping as they deal with multiple crises. Unlike in the traditional classroom, they are more likely focused on their studies. Now, they have to juggle every responsibilities - in home and in school.

The number of suicide cases related with COVID-19 and mental health issues is very alarming. It is a massive challenge for both of the students and educators to be mentally prepared in every thing as their environment is pressuring them. It brings so many restrictions and losses.

In addition to that, educators do their jobs, also, for the sake of completion mandated by their higher ups, leaving them with no choice.

According to a youth group - Samahan ng Progresibong Kabataan, the pandemic has worsened the quality of Philippine education system that was already problematic even before the global health crisis set in.

Education is also becoming a pandemic itself. It became restraining and depressing.

Mental health should be prioritized. The school and home have to be in one, in raising awareness and developing a dynamic understanding on mental health.

References:

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