TEACHERS HAVE MENTAL HEALTH

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In this pandemic, a lot of things happened. Changes in education, economy, government, and most especially in mental health. When we say mental health, it talks about the condition of a person in which he or she can cope with the challenges and factors that can stress an individual’s life. It is also an ability to create an impact in his or her society and to recognize what needs to allow or disallow in his or her life. From this basis, different people such as students, office workers, working adults, and even teachers are experiencing a risk on their mental health.

Nowadays, we live in a world in which we are ought to adapt the changes that is being thrown at us, especially, when COVID19 pandemic hit us. They always tend to think that in these trying times in education, students are the only ones who are suffering from mental health issues such as meeting the deadlines, attending online classes, and most especially, complying requirements (modules). But there is always two sides for every situation, the other side is that we tend to forget to put in the picture the situation of every teacher wherein the fact that teachers are also battling in this new normal in education. Some schools have different learning modalities like online learning, modular learning or blended learning. Teachers in private schools are experiencing difficult tasks because they are the ones who are making their learning modules and distributing it to the students by transferring it to every barangays here in Mariveles, they are working on-screen which makes them suffer by exceeding the limited time of exposure in front of the screens of laptop or computer due to the online teaching, deadlines for the grades of students and school forms, making presentations for the next lessons or discussions, and even checking the modules, activities or videos (as their performance tasks) submitted by the students through online. Moreover, teachers in public schools are bombarded with
many workloads because they are the ones who are also photocopying, organizing and administering the distribution of modules to the parents or students. They are concerned about the learning acquisition and learning comprehension of the students if they understand the lessons on the modules or not. And particularly, most teachers have two roles, being a teacher and a parent which we all know how hard that part of their lives are.

As we are in a new normal education, allotment of time immersing on it may cause breakdown for the mental health of the teachers due to the said factors affecting it. Unlike before, online setup is way more exhausting to the part not only of the students but also of the teachers.

References:
Mental Health strengthening our response | WHO