YOUNG MINDS AND THEIR UNFAMILIAR STRUGGLES

by:
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Children face different struggles every day and we must admit it that the challenges they go through might be affecting them negatively. Today, millions of children are going through a challenge they are not well-versed about. Some are still smiling; some are no longer taking the situation lightly. I can still remember a teacher telling me that her academically excellent pupil just lost his interest in studying and he does not comply with the requirements anymore, including the workbooks and modules issued by the school. Sadly, some learners are struggling but bear no one to talk to especially that most of the parents today are more concerned about the meals they have to provide, than the “unknown” mental state of their children.

Despite the pandemic, the role of the teachers as guidance counselors does not change at all; they still have to provide moral and mental support to their every learner. However, due also to this prevailing crisis, educators are having narrow path to reach out to those students who are in need of help in terms of motivation and encouragements in reaching for their aspirations and dreams in life. This could lead to serious mental health issues if not addressed immediately. According to a data released by the Center for Disease Control and Prevention, a number of children visiting hospital emergency rooms belong to those who are having mental struggles (St. George & Strauss, 2021). Due to the fact that they miss school, the games and everything, children are developing the thinking that they are being deprived of their liberty and right to play outside.

The number will eventually grow considering that cases are also swelling as well and restrictions are back again whilst going with natural calamities brought by Taal
Volcano, for example. With such a pile of problems, children would likely be more concerned of their health and safety rather than educator which will eventually impact their academic performance and the school performance as a whole. The Alberta Teachers' Association (ATA) recently published an article about the factors affecting the mental health of the children how individuals must adjust to adapt them or change them. They cited that longing for development of self-esteem, family loss, longing for love, and abuse are among the common contributors of the worsening conditions of children's mental health.

Ironically, these are very simple things to solve but efforts may be required. Educators and school administrators may opt to promoting mental health awareness among learners through webinars which subjected attendees are parents and the students themselves. If the educator and the child are not very distant from one another, the teacher may roll out the guidance support face to face but with strict implementation of health protocols. Mobile campaign prior to a short talk about the struggles of the children may also be a big change. We should not let these learners just waste all the efforts they have to propel their dreams. A simple anxiety must not stop them from learning to build a bridge from their ordinary situation into a successful and way more chromatic one. Lastly, mental health of the learners must not serve as the prize for the virus after it has multiplied in numbers. Mental health is vital and that more than academics, such will bring out the biggest impact to the lives of the students in the near future.

References:
