



MENTAL HEALTH AWARENESS & WELLNESS

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ABSTRACT:

Education is seeing a change in the behavior of every learner, from not knowing how things are done to doing the things done in proper ways. Writing one's name, counting numbers, using basic operations, learning how to give the sounds of every letter until reading words and texts are a few examples that transfer of learning is evident. The researchers are in the academe, where holistic development is the primary focus for every learner. However, being stricken by this pandemic, the educational system has experienced daily routine change. Along with it, teachers had to huddle from learning new online applications to doing modules while monitoring learners' progress and a lot more. Those tasks mentioned are new to the teachers, but there is no excuse from doing them because everyone has to cope with the new normal set-up. With that, the Department of Education, Lapu-Lapu City Division, initiated a program to check on the teachers' well-being and status of health in physical and mental aspects.

This research paper contains definitions of Mental Health taken from different online sources and articles. Furthermore, Mental Health Awareness and its importance is presented, and an analysis based on the data gathered from the respondents is shown. The researchers would seek to know the response of their co-teachers on the agency's advocacy, which is to check on their mental health. In addition, this research paper may be used as the basis for the evaluation and feedback on the conduct of virtual orientation and the Psychological Assessment taken by teachers. The data was gathered through a questionnaire crafted by the researchers.

KEYWORDS:

I. INTRODUCTION:

"Mankind generally pays more attention in keeping their physical body healthy." taken from an essay on mental health from www.vedantu.com/english. It also stated that people mostly ignore the state of their mind. Human superiority over other creatures is in his superior mind. Man can control life due to his highly developed brain and senses. So, it becomes vital for a man to keep his body and mind fit and healthy. Both physical and mental health is equally essential for better performance and results.

Many health experts stated that mental, social, and emotional wellness is integral to total wellness. Physical health and fitness combine physical, emotional, and mental fitness. Emotional fitness has been associated with the state in which the mind can stay away from negative thoughts and focus on positive ideas.

The word mental health had never been a common term before the world was stricken by Covid 19 virus. Today, on different platforms, one of the many issues that the world is facing, second to whether or not vaccination is made compulsory, is the mental health of many people: professional or not; old or young; rich or poor.

Google defines mental as "relating to the mind." According to MentalHealth.gov, it includes our emotional, psychological, and social well-being. It affects how one thinks, feels, and acts. It also determines how one handles stress and pressures, relates to others, and makes choices. Mental health means keeping our minds healthy. According to WHO, the term 'mental health' is also used to refer to the absence of mental disease.

Mental health and mental illness are inextricably related. Individuals with good mental health may have a developmental disease, while those without mental disorders may have poor mental health. A mental problem does not imply that the person is insane. Our society's judgment of mental disease or condition must change. Mental health cannot be alienated from physical health. They both are equally crucial for a person.

In an article written by Jean Holthaus, LISW LMSW entitled: The Importance of Mental Health Awareness, about 19% of mental illness affects adults, 46% teenagers, and 13% are children. She added that only half of those affected received treatment because of the stigma attached to mental health. People have to remove the shame attached to mental health problems and educate themselves on dealing with them. Only about 20% of

teenagers and children with diagnosable mental health issues receive the therapy they need.

Many of us are unaware of the red flags brought by mental health issues. We either deny it to ourselves or disregard it, and the worst is to pass the blame to someone else. We always have reasons to justify how we respond, behave, or think about our situations at the moment. Our society needs to change its perception and judgment of mental illness or disorder.

One of the crucial roles of school and education is to protect the learners' mental health as teenagers are most likely at a high risk of mental health problems. But, believing by the saying "we cannot give what we do not have," to ensure that teachers can protect the mental health of the pupils and students, they should have their mental health protected first. Thus, the Department of Education (DepEd), the agency which handles shaping young minds, sees it befitting to look into the health status of teachers and non-teaching staff amidst this pandemic whereby mental health and awareness is taken great importance. Mental health is an essential part of the life of a person. A healthy mental state promotes effectiveness and productivity in activities that include work, academics, and interpersonal relationships. A person who has a sound mind can adapt itself to the changes in life. His mind can withstand stress and does not go off the balance. His mental strength keeps him solid and unshaken amidst adversities and challenges in life. Mental health also plays an essential role in maintaining the health of your relationships.

II. METHODOLOGY:

As advocacy, the Department of Education, Lapu-Lapu City Division partnered with Intelliprime Educational Consultancy and Development Centre and scheduled a Virtual Orientation on the Conduct of Psychological Testing to Assess the Mental Health Wellness of Teachers and Non-Teaching Personnel by District. After the virtual orientation, the attendees were given a link to take the Assessment known as Psychological Test through the individual email address provided. They had to take the test 24 hours after the attendees received the link. It was further explained that the Assessment would be used to evaluate the abilities, behaviours, and personal qualities of the respondents and at the same time measure the individual differences. Intelliprime emailed the result of the Assessment personally to each teacher. The district conducted another Mental Health Seminar.

Teachers who have already received the result of the Psychological Assessment Test were told to keep the impact to themselves with secrecy and privacy. The researchers find it timely to conduct this survey to know whether teachers are happy with their results and if they find the result a reflection of their personality. Thus, the researchers prepared a letter addressed to the School Principal, Dr. Susana C. Amora, to conduct the survey. The researchers were grateful to Dr. Amora for permitting them to perform the study.

DATA GATHERING:

A questionnaire is crafted by the researchers and be answered by the respondents. Respondents are Bagong Silang Elementary School teachers, one in District 4, Division of Lapu-Lapu City.

(Please see Annex 1 attachment for the sample questionnaire)

The school has 40 teachers with one school principal; 5 teachers are on leave status; thus, 35 teachers were expected to attend the orientation and take the Assessment. From the 35 teachers, only 33 accepted the questionnaire (it was not made compulsory to accept and answer the questionnaire).

DATA PRESENTATION:

Only 32 out of 33 respondents have attended the virtual orientation.

Twenty-eight respondents have taken the Assessment within the 24 hours allocated after receiving the link; 4 were delayed in taking the Assessment due to personal reasons and internet problems.

Out of the 32 respondents, only 25 said that they were happy with the result of the Assessment, eight respondents were not satisfied with the result.

Out of the 32 respondents, only 25 were satisfied with the result, seven were not satisfied, and one did not mind the outcome at all.

Twenty-four respondents believed that the result tells about their personality, while eight claimed otherwise.

Of the eight respondents who thought that the result did not fit their personality, 6 of them wished to contest the Assessment result had there been time for them to do so.

Out of 32 respondents, 8 received a schedule for small group counselling, and three have not received their results.

All eight respondents are willing to take the counselling schedule.

DATA ANALYSIS:

From the data gathered, and from the interaction with the respondents during the data gathering, the respondents find the orientation and awareness helpful to teachers as this has given them time to see and examine their 'self' and analyze how their behavior changes to adapt to the new normal way of living. The daily routine and challenges that each one faces have somehow made them neglect their inner self because they were busy trying to live everyday life in the new normal way. Thus, during the orientation, taking the Assessment gave them an avenue to think of themselves and focus on their personality. Mental health is a personal matter. What affects us may or may not affect another person.

III. CONCLUSION:

Our mind is one of the most powerful organs in our body. It regulates the functions of all other organs. When our

reason is not stable, it affects the whole functioning of our body.

In trying to live every day, challenges come and go. But the Filipino spirit of being resilient lightens up any challenge that life brings. However, no one was ever made ready for the pandemic. It came as a surprise, without warning, and everything changed. Everyday life began to shift to new normal, and everyone needed to adapt.

The advocacy of making us aware and seeing how well is our mental state very commendable. In trying to live every day, our mental state is bombarded with "how-tos," "what ifs," and "if only ." The struggle is that almost all in our surroundings have the same apprehensions; most people feel sad, anxious, and depressed. So, this program comes so timely to the need and conforms with what each person needs.

Good mental health equips people to deal with stress and maintain stability in relationships effectively. Students with healthy minds can efficiently cope with academic pressure. Their sense is strong and capable enough to face fierce competition and succeed in realizing their goals.

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