

Lived Experiences of Teachers Amidst Covid-19 Pandemic: Basis for Mental Health Responsive Program

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Abstract

Teachers' Mental health has become crucial as the Covid 19 Pandemic invaded the world, in which various enigmatic situations have been taken place to the lives of teachers, especially to those who are assigned in the elementary level. The main goal of this study is to gather and analyze the lived experiences of the elementary school teachers in Esperanza District II amidst Covid 19 Pandemic that will serve as a basis in in crafting responsive program for mental health development. This study was qualitative in nature, specifically a phenomenological research design in which teachers' lived experiences amid the spread of Covid 19 Pandemic shall be analyzed and interpreted. This design was patterned after different theories on Mental Health Condition. The participants of this study were the selected 15 Elementary School teachers at DepEd Esperanza District II amidst the new normal education who were chosen using a purposive sampling. These participants underwent a virtual in-depth interview and Focus Group Discussion (FGD) to avoid follow proper health protocols. Further, Purposive Sampling, specifically a convenience method was employed in the selection of the participants. Purposive-Convenience Sampling was used to ensure that the participants have experienced the said phenomena to gather reliable data. Result reveals that Teachers' most cause of problems is the availability of ICT Resources such as computer, printer, and internet connection during work from home and physical reporting. Further, most teachers need to restore their Physiological Needs, such as proper sleep, eating health foods, and having a peaceful mind without any signs of anxieties. Furthermore, it is concluded there is a problem on the time management of teachers in dealing both school-related tasks and household chores. Lastly, most of the teachers encountered stress amidst the pandemic due to bombarded paper works, coping with deadlines, and meeting family needs.

Keywords: Lived-Experiences, Work from home, Physical Reporting, Pandemic