

Lived Experiences of Physical Education Teachers in the New Normal: A Consensual Qualitative Research

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Abstract : Due to the quick transmission and public health risk of coronavirus disease, schools and universities have shifted to distant learning. Teachers everywhere were forced to shift gears instantly in order to react to the needs of students and families using synchronous and asynchronous virtual teaching. This study aims to explore the lived experiences of physical education teachers who are currently experiencing remote learning in teaching during the time of the COVID-19 pandemic. Specifically, the challenges that the physical education teachers encounter during remote learning and teaching. The participants include 12 physical education teachers who have taught in higher education institutions for at least five years. The researcher utilized qualitative research; specifically, the researcher used Consensual Qualitative Research (CQR). The results of this study showed that there are five categories for the Lived Experiences of Physical Education Teachers with thirty-one subcategories. This study revealed that physical education teachers experienced very challenging situations during the time of the pandemic. It also found that students had challenges in the abrupt transition from traditional to virtual learning classes, but it also showed that students are tenacious and willing to face any adversity. The researcher also finds that teachers are mentally drained during this time. Furthermore, one of the main focuses for the teachers should be on improving their well-being. And lastly, to cope with the challenges, teachers employ socializing to relieve tension and anxiety.

Keywords : lived experiences, consensual qualitative research, pandemic, education

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