

# Monitoring and Analysis of Psychological Impact of Covid 19 Pandemic on Adolescents

<sup>1</sup>Dr. Bhavna Joshi, <sup>2</sup>Dr. Isha Varshney

<sup>1,2</sup>Assistant Professor, Jagannath Institute of Education, Jims Engineering Management Technical Campus, Greater Noida

## Abstract

The lockdown during the COVID-19 pandemic has developed a sense of fear in human beings over the world. During the development of this study, it has been observed that the fear of lockdown has led to short and long-term psychosocial, psychological, and behavioural implications for children. The magnitude or intensity of the impact of covid 19 on minors and adults are determined by many factors like age, education level, mental health, economic status, etc. The main aim of this study is to analyse the impact of covid 19 and lockdown on children and adolescents.

To study the impact of covid 19 and lockdown on children, a survey has been conducted to collect the data based on a questionnaire covering different aspects related to their social well-being mental and psychological health, etc. We also refer to some selected articles related to the present study.

**Keywords:** COVID-19, Lockdown, Mental health, Stress, Anxiety, Adolescents.

## INTRODUCTION

According to UNICEF, 2019 children constitute the major percentage of the world population which is approximately 28% of the world's population. Out of which 16% of the children are of 10 to 19 years. (UNICEF, 2019). The COVID-19 has impacted almost all age groups of people around the world. The children and adolescents are in an unprecedented manner and severely affected. Social distancing, self-isolation, fear of survival, and risk of infection also impacted a lot. (Shen et al., 2020). Based on the rate and exponential growth of covid 19 affected cases, since January 2020, most of the countries have started implementing containment measures or lockdowns on the local and national levels. The government started the closure of schools, educational institutes, universities, commercial areas, malls, parks, swimming pools, and public gathering activities like celebrations, social gatherings, banquet halls, etc. These ruthless circumstances which are far beyond

the normal experience, lead to anxiety, stress, and a feeling of helplessness among people over the world. It has been noticed that compared to young and adults, this situation of pandemic and lockdown may continue to have a long-term adverse impact on children and adolescents (Shen et al., 2020). The nature and extent of the impact on children and adolescents depend on many factors such as the mental condition, age of development, educational status, and fear of survival in the pandemic.

## Material & Methods

For the development of this research, paper authors have designed a questionnaire that was based on fear of survival, Anxiety, frustration and boredom, loneliness, mental health, stress, and anger to identify and analyse the psychological issue in the adolescent. The authors also referred to online literature

available on Google Scholar, Science-Direct, etc. For the development of this study, an extensive online, manual surveys and interviews of the adolescent were conducted. The psychological, emotional, and behavioural changes in the adolescent during Covid 19 Lockdown are multifactorial. It relies not only on internal and external components but on personal and since birth as well. Though, the reaction to the present circumstances seems to have predominant elements not only in the adolescent but also in the overall population. Significant growth in feelings of anger, frustration, boredom, stigma, and fear of survival has been observed (Ahmadi and Ramezani, 2020; Brooks et al., 2020; Pfefferbaum and North, 2020; Restubog et al., 2020; Sher, 2020; Teufel et al., 2020). In this paper, we have tried to discuss the issues in psychological changes in the adolescents during Covid19 lockdown.

#### Fear of Survival

To protect the entire population from the risk of infection, the necessary restrictions have been imposed which have created an unparalleled scenario, dominated by fear and uncertainty. Even though fear is an essential adaptive mechanism that humans and other species have developed to cope with different kinds of threats especially the threat of survival in the system. In some cases, if someone found himself unable to deal with such risks then the fear can trigger defence responses (Bavel et al., 2020). So, in a state of crisis, when the fear is not only of death but also of the results in innumerable of different spheres, including loved ones, friends, organization, closure of schools and colleges, isolation, the uncertainty of job and economic status, close attention must be paid to the mental health of the everyone (Ornell et al., 2020). There are numerous reports of suicidal behaviour due to fear- of being infected (Dsouza et al., 2020, (Mamun and Griffiths, 2020), fear of being quarantined (Dsouza et al., 2020).

#### Anxiety

Children learn so many things about their fears and anxieties from what they hear from their

family and friends and also what they see. During the study what we got, the main reason behind their fear is media. there are so many reports which not even scared them but also developed suicidal tendencies in the adolescents. The parents must be so careful and should talk to their children about their fear and anxiety, as they are apt to learn from whatever happening around them.

#### Frustration and Boredom

Being imprisoned in the house, all adolescents are associated with uncertainty and anxiety which is the cause of disruption in their education, physical activities, and opportunities (Jiao et al., 2020). There is no structured system in the present scenario for the education system for a long duration result in disruption in routine, boredom, and lack of innovative ideas for engaging in various academic and extracurricular activities. There is another category of the students who are either not affected as they do not participate in any of the school activities like playing and cultural activities. (Lee, 2020; Zhai and Du, 2020).

#### Loneliness

Human beings are social creatures, when any individual achieves any fall in their contact or social status below their expected level, they begin to feel lonely, and loneliness and stress. The stress developed due to loneliness degrades physical and mental health. It affects the immune system, causes cardiovascular disorder, high blood pressure. through disruption of recuperative behaviours. This pandemic also affected the sleeping pattern leads to the problem of anxiety, depression, and suicidal behaviour in adolescents. (Sher, 2020). (Islam et al., 2020).

#### Stress and Anger

Anger is an expression of feeling or an emotion, and a psychophysiological response against any pain, threat, fear, suffering, and threat. A threat may be self-imagined, verbal, or maybe real. Anger may respond to the threat may due to humiliation, injustice, negligence, or sometimes due to irritation, etc. Anger may be of two types active or passive. In case, of

active anger, the person shouts verbally at others or may hit physically and when this anger is in the passive form, it is often characterized by sobbing silently, passive aggression leads to the problem of stress or tension.

#### Mental health

The adolescence stage of human life is a very important period for development. In this stage of life adolescents maintaining social and emotional habits and relationships which are very important for their mental well-being. These may include regular exercise, sleeping patterns, development of good social circle, developing skills to cope-up the issues, and interpersonal skills. The supportive environments and spending time in the family, with the school friends, and with the society are also important. According to an estimate approximately 15-20% of adolescents globally experiencing mental health issues during the pandemic and lock-down.

Table 1: Representation of survey data

S. No.	Parameter	Students Affected (%)	Remarks
1	Fear of Survival	73	High
2	Anxiety	87	Very High
3	Frustration and Boredom	56	Moderate
4	Loneliness	49	Moderate
5	Stress and Anger	64	High
6	Mental health	62	High

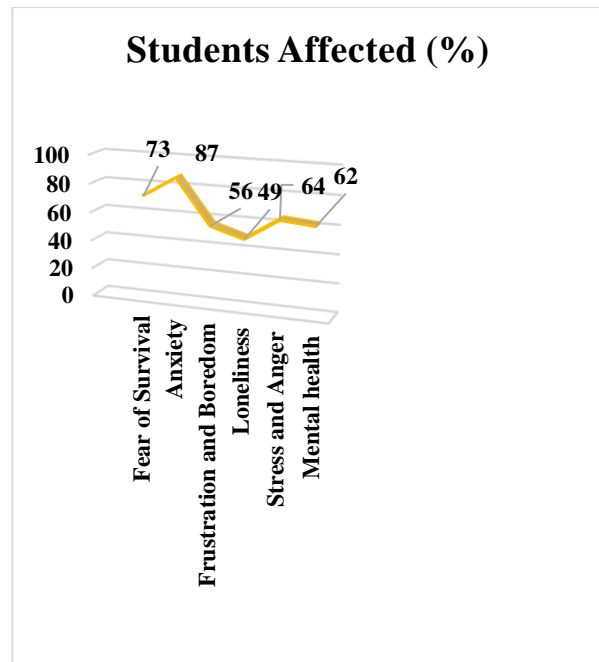


Figure 1: Graphical Representation of Students sufferings during Pandemic

#### Impact on Students of School and College

The Analysis of data shows that 73% of the adolescent have fear of survival. Due to lockdown, social distancing, and quarantine period, the school and college-going adolescents have fear of death and felt isolated. It has been seen that social distancing measures, quarantine, closing of educational institutions, and self-isolation have a deep impact on adolescent's psychology. This is due to increased loneliness, distrust, and reduced social interaction.

The analysis of data shows that 87% of the adolescent have high anxiety and 64% of them experienced deep stress and high anger. This is supported by various researches done on the student population. It has been seen that the nationwide closures of schools and colleges had negative impact on over 91% of the world's student population (Lee, 2020). The home confinement of children and adolescents is associated with uncertainty, anger, and anxiety which disrupts their education, physical activities, and opportunities for socialization (Jiao et al., 2020).

The analysis of data reflects that 56% of the adolescent felt frustrated and bored and 49% experienced loneliness during the Pandemic.

Due to online classes, the students experienced exposure to long screen hours. With no extra-curricular activities, not being able to meet their friends and play outdoor, adolescents experienced boredom, frustration, and loneliness.

The Mental health of adolescents has been affected adversely during this period. It has been seen that 62% of the sampled adolescents were impacted due to Pandemic lockdown. The data interpretation showed that stress related to COVID-19 is associated with more loneliness and higher symptoms of mental health disorders (e.g., depression) in those who were quarantined and were away from their family. Whereas, the adolescent students who spent more time with their family and friends were more focused in their schoolwork and had fewer mental health symptoms reported.

### Suggestions

We all know how adversely Covid 19 Pandemic had affected the lives of people. In our research, it has been seen that the adolescent stage, which is already called a stage of stress and Ström, had a huge impact on the students.

Online education is the New Normal these days. Parents and teachers should motivate these students to join hobby classes or do something which makes them happy. In this era of social distancing, encourage students to be in touch with their friends and family through social media and Phone. Spending time with near and dear ones will make them happy and they will not feel lonely and frustrated.

Regular yoga and meditation can help in increasing concentration and reducing anger and stress. Online classes have increased the screen time of students, which has resulted in affecting their health adversely. Guide them to give priority to their mental and physical health. A balanced healthy diet and proper sound sleep are important.

Guide students that it's normal to feel insecure and they are not alone in feeling the same. Every person is going through the same feeling.

Encourage them to share their feelings with other grownups, and if they cannot share then ask them to write what they feel. This will help to reduce their anxiety. Motivate them to be Positive! Schools should organize counselling sessions for adolescent students and their parents. The counsellor can talk to them and can show a positive way out.

### Conclusion

In this study, it has been come out that no one was ready to take up the stress developed by this pandemic. The stage of the adolescent is very crucial and vulnerable to understand things because this stage is considered as the transformation stage when adolescents are more focused on their career, studies, socialization, family, friends, etc. So, during this pandemic, the adolescents were affected more mentally and psychologically. They were stuck in a situation where they did not get any way out. Now, this is the time we should take some corrective measures to get rid of the stress of pandemic by organizing some counselling sessions to make them understand that how to deal with such kinds of situations. Parents and teachers should also try to interact with the adolescents and understand their needs and their concern so that the effect of such situations can be minimized.

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