



## Impact of Covid-19 on Child Psychology

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### ABSTRACT

The outbreak of COVID-19 led to a significant psychological impact on individuals, particularly those belonging to vulnerable groups. This study aimed to synthesize literature on the psychological impact of COVID-19 among children and adolescents. As COVID-19 dramatically changes human social life, restrictive lockdown periods to slow the spread of the virus have been suggested to particularly affect the psychological well-being of children and their families. To capture lockdown-related effects on a large scale, the present study used an online questionnaire completed by parents of 3-10-year-olds during the most restrictive lockdown period in Germany thus far ( $N = 2,672$ ). Parents reported their stress level, their child's well-being, and their child's problem behaviors among others. Results showed that most parents and children experienced lockdown-related stress. Concerning children, not being able to meet with friends and family members outside the household emerged as the primary challenge. Older children (7–10 years) evidenced more emotional symptoms as well as less conduct problems and hyperactivity than younger children (3–6 years). Children's own and their parents' stress level, the degree to which children missed other children, and children's age all showed to be negatively related to children's general life satisfaction. Single parenthood and being an only child were associated with higher levels of child problems. Taken together, these findings shed light on the psychological well-being of children and their families during governmental lockdown measures, as well as on relations between children's coping and demographic background. They have implications for possible avenues for interventions, inter alia by encouraging policies that facilitate the maintenance of social relationships and focus particularly on children from single parent families, on only children as well as on families in challenging housing situations.

Keywords: IMPACT OF COVID-19 ON CHILD PSYCHOLOGY.

### 1.Introduction

The coronavirus disorder 2019 (COVID-19) pandemic has affected the lives of humans throughout the globe. Children are much less bodily suffering from the disorder, however cannot be stated for his or her intellectual fitness. Those who've misplaced their mother and father to disorder and are staying in foster houses are liable to growing posttraumatic strain disorder. The tendency to argue, addiction, self-harming activities, or even suicidal dispositions can be visible to a severe in youngsters beneath Neath the age of 14.

The want of the instances is to listen, apprehend, reassure youngsters, and lead them to sense cherished and safe. Children have to be stored near their mother and father and own circle of relatives as plenty as feasible. The destiny of the sector relies upon on how robust and resilient we boost our subsequent technology to be. The yr. 2020 has been marked with the aid of using the emergence of coronavirus disorder 2019 (COVID-19).

This virus has reached many nations and has paralyzed the lives of many humans who've been compelled to live at domestic in confinement. There was many research which have sought to examine the effect of this pandemic from unique perspectives; however, this observe will take note of the way it has affected and the way it can have an effect on youngsters among zero and 12 years withinside the destiny after the closure of colleges for The Coronavirus Disease 2019 (COVID-19) pandemic has amazed fitness authorities.

The measures taken to cut back the unfold of the outbreak have generated troubles at some point of the population. It is essential to set up and discover the feasible threat elements associated with the psychosocial and psychophysiological pressure at some stage in the outbreak. The gift widespread literature overview assesses the social, mental, and physiological outcomes of COVID-19, reviewing the effect of quarantine measures, isolation, widespread human loss, social and monetary outcomes within side the own circle of relatives' economies, and its effect at the mental fitness of the population.

We additionally mentioned the impact of psychophysiological elements, thinking about the effect of bodily inactiveness and adjustments in dietary habits, at mental and physiological levels. The gift overview consists of an actualized to this point bibliography, articles for which had been methodologically analysed to confirm they met the requirements of best and medical accuracy. Authors apprehend the pandemic as a multifactorial

occasion for which simplest a profound. COVID-19 lockdowns have considerably disrupted the day by day lives of youngsters and teens, with accelerated time at domestic, on line studying and constrained bodily social interaction.

This file seeks to apprehend the instant consequences on their intellectual fitness. Covering greater than 130,000 youngsters and teens throughout 22 countries, the proof shows accelerated strain, tension and depressive symptoms, in addition to accelerated alcohol and substance use, and externalizing behavioural problems. Children and teens additionally reported fine coping strategies, resilience, social connectedness via virtual media, greater own circle of relative's time, and alleviation from educational strain. Factors inclusive of demographics, relationships and pre-present situations are critical.

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## Review Papers

Nazish Imran, Muhammad Zeshan, Zainab Pervai, Pakistan journal of medical sciences 36 (COVID19-S4), S67, 2020 Children aren't detached to the sizeable mental effect of the COVID-19 Pandemic. They revel in fears, uncertainties, huge modifications to their routines, bodily and social isolation along excessive stage of parental stress. Understanding their feelings and responses is vital to well cope with their wishes for the duration of this pandemic. In this article, we spotlight children's vulnerability, offer a top-level view of not unusual place signs of misery in one-of-a-kind age groups, and summarize the interventions and sources to be had to sell infant intellectual fitness and wellbeing for the duration of those tough times. We suggest that prioritizing intellectual fitness consisting of infant & adolescent intellectual fitness is a vital element of any universal, network led reaction to COVID-19 Pandemic.

Kumar Saurabh, Shilpi Ranjan, The Indian Journal of Paediatrics 87, 532-536, 2020 To look at a cohort of kids and kids quarantined at some stage in Coronavirus sickness 2019 outbreak in India and to explain their information of, compliance with and the mental effect of quarantine experience. The low compliance with quarantine necessities as visible on this examine increases a critical challenge approximately the effectiveness of quarantine as a safety measure of sickness transmission. Compliance and intellectual fitness issues may be advanced with the aid of using supplying good enough economic guide and more desirable information approximately pandemic planning.

Claudia Cappa, Isabel Jijon, Child Abuse & Neglect, 105053, 2021 Throughout the path of the COVID-19 pandemic, researchers throughout the globe have tried to apprehend how the fitness and socioeconomic disaster introduced approximately through the coronavirus is affecting kids' publicity to violence. Since containment measures have disrupted many records series and studies efforts, research have needed to depend upon current records or layout new tactics to collecting applicable information. This paper opinions the literature that has been produced on kids' publicity to violence in the course of the pandemic, to apprehend rising styles and seriously appraise methodologies to assist tell the layout of destiny research. The paper concludes with hints for destiny studies. This evaluation underscores the chronic demanding situations affecting the provision and pleasant of records on violence in opposition to kids, along with the absence of requirements for measuring this touchy difficulty in addition to the constrained availability of baseline records. Future studies on COVID-19 and violence in opposition to kids ought to cope with a number of the gaps recognized on this evaluation.

Jeason C Unni, Indian Journal of Practical Pediatrics 22 (2), 102-104, 2020 India has been in a country of lockdown for greater than months, with various levels of severity. COVID-19 has a wide-ranging effect on the kid population. It has induced harm in lots of regions of life, inclusive of economic, social, cultural, and behavioural aspects, further to disease-associated fitness issues. Children have additionally been suffering from the corona virus and the following lockdown. COVID-19 has jeopardised each life and livelihoods. Despite the truth that youngsters are much less bothered than adults in phrases of each wide variety and severity, they're especially uncovered to the pandemic's non-fitness effects. Children from low-earnings households confront a slew of concerns, starting from overlooked or behind schedule immunizations to greater extreme ones like baby abuse and meals instability. The social effect of the epidemic on youngsters is the difficulty of this essay.

Anders Nilsson; Ingvar Rosendahl; Nitya Jayaram-Lindström The COVID-19 pandemic has extensively modified existence situations for teens across the world. With colleges being close and regular sporting events being dropped, gaming and web-primarily based totally media use are sporting events that might gather in significance. There is of venture that those web-primarily based totally practices effect sly have an effect on different widespread sporting events, for example, being simply dynamic, dozing, and contemplating, in addition to extensive prosperity. The factor of this has a look at become to study the effects of the COVID-19 pandemic on gaming and on-line media use, and its results for the prosperity of youths.

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## Research Methodology

This section discusses the methodology chosen by the researcher for the purpose of the research. It depicts the research design, universe, sample, sampling, procedure, data collection tool, data collection reference, and study limitations. The study used a structured questionnaire as a tool of data collection. The questionnaire consisted of both the types of questionnaires i.e., open and close ended questions. Convenience sampling will be used to get data from various age groups of children. Sample size 52. The present scope of the study includes impact of covid-19 on child psychology of the study can be extended to the (entire city of Vadodara) as well as the Gujarat state and in addition the perspective of sellers can be included as a future scope of the study.

Table 1: Age

Sr.no	Catagory	Frequency	Percentage
1	5-8	16	30.7%
2	9-11	15	28.9%
3	12-14	14	26.9%
4	15-18	7	13.4%
Total		52	100%

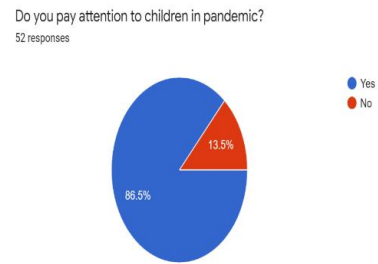


Table 2: Most prevalent psychological and behavioral issue among children

Sr.no	Category	Frequency	Percentage
1	Yes	38	73.1%
2	No	14	26.9%
Total		52	100%

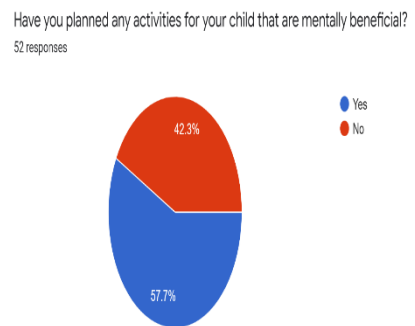


Table 3: attention to children in pandemic

Sr. no	Category	Frequency	Percentage
1	Yes	45	85.5%
2	No	7	13.5%
Total		52	100%

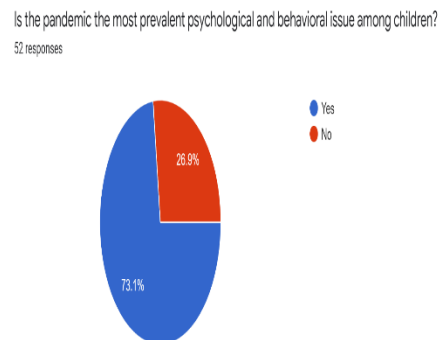


Table 4: activities for your child that are mentally beneficial

Sr. no.	Category	Frequency	Percentage
1	Yes	30	57.7%
2	No	22	42.3%
Total		52	100%

Did your child have a behavioral issue?  
52 responses

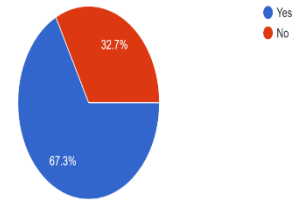


Table 5: child overusing new technology

Sr.no	Category	Frequency	Percentage
1	Yes	46	88.5%
2	No	6	11.5%
Total		52	100%

Your child overusing new technology?  
52 responses

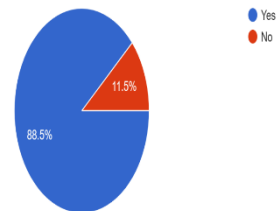


Table 6: child having any physical issues

Sr.no	Category	Frequency	Percentage
1	Yes	38	73.1%
2	No	14	26.9%
Total		52	100%

Did your child have any physical issues?  
52 responses

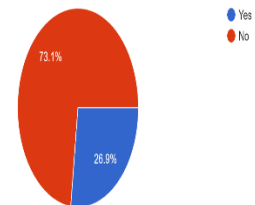


Table 7: child have a behavioral issue

Sr.no	Category	Frequency	Percentage
1	Yes	34	67.3%
2	No	18	32.7%
Total		52	100%

What was the atmosphere like at home during the pandemic?  
52 responses

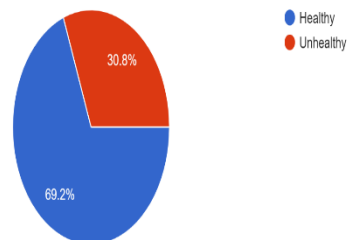


Table 8: child's emotional troubles changed

Sr. no	Category	Frequency	Percentage
1	Yes	34	65.4%
2	No	18	34.6%
Total		52	100%

Have your child's emotional troubles changed?  
52 responses

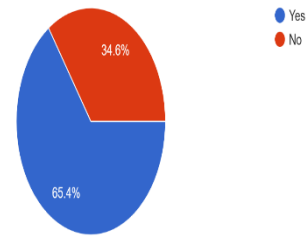


Table 9: child's stress been linked to disrespectful behavior and difficulty expressing boundaries and discipline

Sr. no	Category	Frequency	Percentage
1	Yes	37	71.2%
2	No	15	28.8%
Total		52	100%

Has your child's stress been linked to disrespectful behavior and difficulty expressing boundaries and discipline?  
52 responses

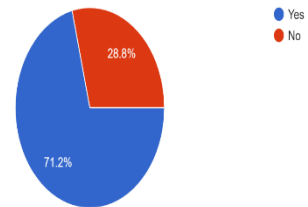


Table 10: Child are losing their school interest in pandemic

Sr. no	Category	Frequency	Percentage
1	Yes	37	71.2%
2	No	15	28.8%
Total		52	100%

Do you believe they are losing school interest in pandemic?  
52 responses

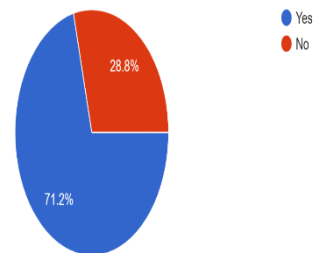


Table 11: The atmosphere like at home during the pandemic

Sr. no	Category	Frequency	Percentage
1	Healthy	36	69.2%
2	Unhealthy	16	30.8%
Total		52	100%

Table 12: worry about the memory power of their child

Sr. no	Category	Frequency	Percentage
1	Yes	40	76.9%
2	No	12	23.1%
Total		52	100%

Did you worry about the memory power of your child?

52 responses

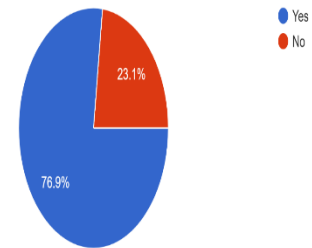
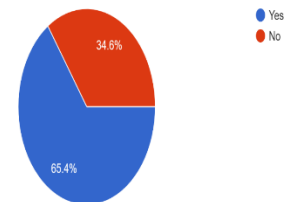


Table 13: concerned about your child's physical activity

Sr. no	Category	Frequency	Percentage
1	Yes	34	65.4%
2	No	18	34.6%
Total		52	100%

Were you concerned about your child's physical activity?

52 responses



## Results and Conclusion

### Results:

- Parents report to be more stressed than usual due to the current situation. 31% of the parents fully agreed with all three items that stated that the current situation is more challenging and stressful than usual.
- The correlational results specified a negative and significant relationship between mental health, illness perception, anxiety and depression symptoms.
- Most child having behavioral issues.
- parents are worry about the memory power of their child.
- These results highlight the impending importance of devising strategies to treat mental health problems.

### Conclusion:

The quarantine has an impact on both the child and the parent. There are some limitations to the current study. Although a multi-informant approach would have been preferable, self-reports were insufficient for the youngest children. Because the primary goal of this study was to assess emotional and behavioral changes in children before and during confinement, assessing whether they manifested each symptom more or less frequently was deemed insufficient for children. Furthermore, because behavioral symptoms (such as arguing with the rest of the family, restlessness, or irritability) were included in the survey, it was determined that parents were better informants than children. Despite this limitation, this is the first study to provide information on the psychological effects of the COVID-19 quarantine on children. Despite the fact that only a few participants had personal experience with or knew someone who had been infected with COVID-19, all of our participants reported a significant impact of the pandemic on various aspects of their lives, which was linked to higher negative affectivity. With some gender differences, adolescents expressed concerns about their studies, physical health and safety, as well as social and recreational activities. While our findings do not show a link between the impact of these COVID-19-related changes and worries, negative affect, and anhedonia, they do highlight the urgent need for government policymakers to take concrete steps to mitigate the pandemic's

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potential negative effects on the mental health of Indian adolescents.

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