



Research Paper

## Psychosocial Problems among Adolescents during COVID 19 lockdown

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### Abstract

Psychosocial problems refer to the difficulties faced by adolescents in different areas of personal and social functioning. Adolescents are vulnerable to psychosocial problems because of physical and physiological changes that occur in their body during this developmental stage. Therefore, this study was conducted to identify psychosocial problems among school going adolescents in Cuddalore. A cross-sectional descriptive study was adopted. Nonprobability convenient sampling technique was used for selecting 210 adolescents. Ethical approval was taken from Educational department Council and self-administered structured questionnaire was used for data collection. Data collection was done in 2021. Descriptive statistics was used to analyze the data results. The findings of this study show that 20 percent of adolescents had psychosocial problems. While categorizing psychosocial problems, the adolescents had internalizing problems (52%), attention deficit hyperactive disorder (ADHD) (25.8%), and externalizing problems (4.2%). It is concluded that psychosocial problems (i.e., internalizing problems, ADHD, and externalizing problems) were prevalent among school adolescents. Adolescents' age group and parent's marital status are associated with psychosocial problems. This study recommended that school authority, health professionals, and other professional related to child health and mental health should play an important role for the prevention and earlier recognition of and intervention for psychosocial problems.

The study focuses on Middle and High level school children from the age group of 10- 16 years who are studying from 6 thstd to 12 th std. There are nearly 25-30 schools including Government and Private Institution. So, Through Random Sampling lottery method, the researcher chooses around 3 schools in one block of cuddalore which is a co-educational school to obtain the feasibility of the study.

So, out of 3 schools (School name not revealed for confidentiality purpose), nearly 1680 students are there. For Qualitative study, 10 respondents are chosen through purposive sampling method and for Quantitative study, 200 students are selected through cluster sampling method dividing them according to age and gender. The study is descriptive and exploratory in nature as it involves both Qualitative and Quantitative analysis. Hypothesis is not obtained as it is a new study implemented from a pandemic crisis. It gives rise to a new kind of study for further analysis in future. As there is no hypothesis, variables are not obtained. May be, Variables like Chikungunya kind of hypothesis can be considered but the severity of COVID 19 lockdown does not exist in those kinds of variables. So, considering variables and hypothesis is unrealistic.

The researcher has found that nearly 88% of the school children are dreaded by this harmful pandemic lockdown. Most of the students feel uncomfortable to be at home all the time as it restricts their ideas, feelings, thoughts and emotions. Nearly 96% of the children convey that the inability to move around, play, interact and learn in a free environment is restricted due to lockdown. Nearly 66% of the children dislike online classes because the actual class at school, the enjoyment between friends in school is absent. Above all, 85% of the students say that the method of teaching, classroom assignments, homework, summative assessments, Cultural programmes, Festive mood implementing through online becomes a burden and lacks interesting at the sight of technology.

**Keywords**

*Psychosocial, Pandemic, Adolescents, Impact, Crisis*

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## **I. INTRODUCTION**

Adolescence is the period of age ranging from 10 to 16 years, is one of the critical transitions in the lifespan that refers childhood and before adulthood, and is characterized by a tremendous pace in growth and change that is second only to that of infancy. According to census 2011, age group from 10 to 19 years constituted 24.19 percent of the total population where 3207821 (12.11%) were male and 3199583 (12.08%) were female [2]. Psychosocial problems, such as behavioural, emotional, and educational problems are highly prevalent among children and adolescents. Adolescents are vulnerable to psychosocial dysfunction when they suffer from physical injuries, psychological trauma, or major changes in their environments especially in the absent of strong support system. Adolescence period is critical times for developing good mental health. Mentally healthy adolescents enjoy a positive quality of life; are free of symptoms of psychopathology; and function well at home, in school, and in their communities . Lifetime psychiatric disorders usually have their first onset at a young age: half of them by 14 years and three quarters by 24 years. Psychosocial problems have emerged as a threat in their overall development of adolescents. This study at Cuddalore revealed that 17.03% of adolescents were suffering from psychosocial dysfunction. Adolescents have very special and distinct needs, which can no longer be overlooked. It is essential to invest in adolescent, as they are the future of the country. This study was expected to contribute to design preventive programs, primarily focusing on psychological intervention for improving mental health of the school adolescents.

## **STATEMENT OF THE PROBLEM**

Covid-19 not only suspended normal childhood activities such as attending school, interacting with extended family and friends, playing outdoors, and exploring nature but also disrupted the consequent socio-emotional benefits that accrue from children's engagement in these experiences.

It is evident that the COVID 19 Pandemic has brought about a great devastation in Cuddalore with special focus on children from the age group of 10-16 years in Middle and High level classes in schools. The study illustrates an indepth analysis of the behavioural and socio-economic conditions of the children and its impact on their educational system. The study discuss about the problems faced by the school children during Lockdown in terms of psychological, behavioural and developmental aspects.

## **BASIC ASSUMPTIONS**

The researcher assumes that here is a social, psychological and emotional disturbance among the children due to lockdown COVID 19 situation. . It creates mental stress when they are unable to move around and interact. The family of the children are most distressful due to the economic conditions they survive. Above all, the health condition of the children at home is a main concern to be noted when they normally fall sick due to common cold. .

All these information is collected through direct interaction, internet and so on. The researcher interacted with social workers who are involved in the research field of COVID 19. The researcher also came to know that no one has undertaken any project in that area and related to the COVID virus in Cuddalore earlier. Therefore, the researcher assumes that there is a need for study on the psychosocial aspects of school children.

## **RESEARCH DESIGN**

The Researcher try to adopt Descriptive and Exploratory design for the study because this is a need type of study and needs for indepth analysis. The researcher was unable to get hypothesis in areas related to psychosocial conditions since no one had undertaken any research before. The study is descriptive because of the summary of the case studies for her Qualitative analysis.

## **METHOD OF SAMPLING**

The study focuses on Middle and High level school children from the age group of 10- 16 years who are studying from 6 thstd to 12 th std. There are nearly 25-30 schools including Government and Private Institutions out of which private schools are around 15. So, Through Random Sampling lottery method, the researcher chooses around 2 schools of Private institutions in one block of cuddalore which is a co-educational school to obtain the feasibility of the study.

So, out of 2 schools (School name not revealed for confidentiality purpose), nearly 1680 students are there. For Qualitative study, 10 respondents are chosen through purposive sampling method and for Quantitative study, 200 students are selected through cluster sampling method dividing them according to age and gender. The study is descriptive and exploratory in nature as it involves both Qualitative and Quantitative analysis. Hypothesis is not obtained as it is a new study implemented from a pandemic crisis. It gives rise to a new kind of study for further analysis in future. As there is no hypothesis, variables are not obtained. May be, Variables like Chikungunya kind of hypothesis can be considered but the severity of COVID 19 lockdown does not exist in those kinds of variables. So, considering variables and hypothesis is unrealistic.

To collect the Qualitative, the researcher used purposive sampling method to select 10 respondents for the case studies. The data were collected through in-depth interviews and focussed group discussions. Based on the triangulation of data, various themes emerged as key findings. The data was analyzed on the basis of their economic conditions, social life, cultural aspects, family background, health condition and human rights point of view.

## **TOOLS OF DATA COLLECTION**

- Pilot Visit
- Observational study
- Interview schedule
- Indepth interview guide
- Questionnaire

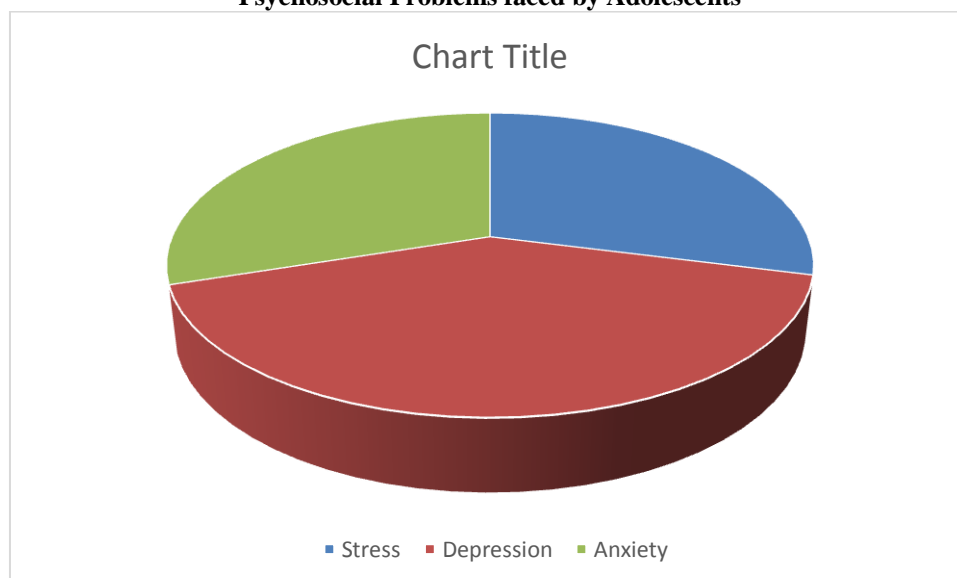
## **SOURCES OF DATA**

Data are the collection of related information obtained for the study from the various resources. The primary source of information was the respondents. The methods that were involved are

- Personal Observation and investigation
- Group Discussions
- Indepth Interview Guide
- Interview schedule

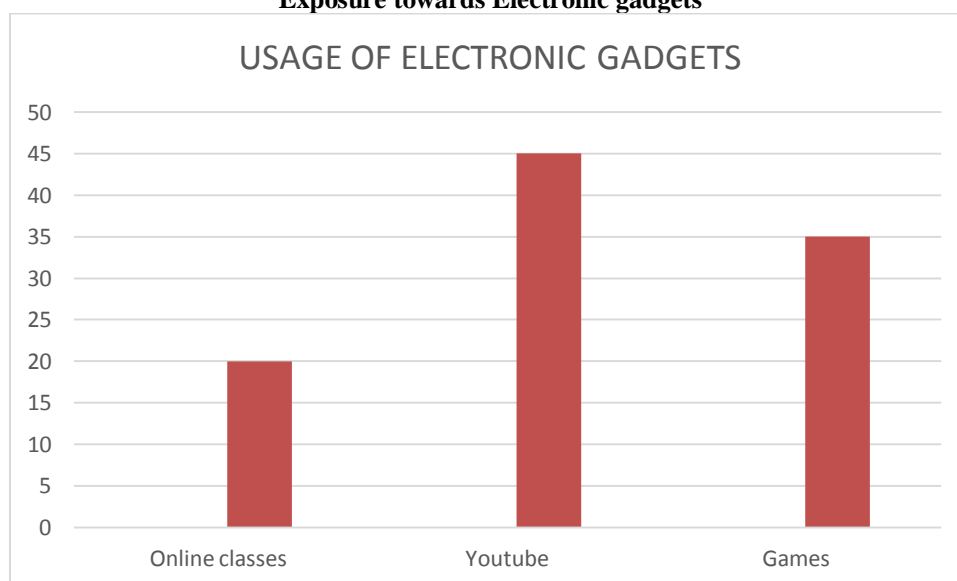
The secondary source of information was obtained from books, journals, Internet. The information was also obtained from BLESS NGO Reports, Field staff and supervisors.

**FIGURES- 1**  
**Psychosocial Problems faced by Adolescents**



It shows that nearly 41% of the respondents have depression due to inability to move around, communicate freely, loss of daily routine life, online education stress exist.

**Figure – 2**  
**Exposure towards Electronic gadgets**



On the whole, The psychosocial aspects of the children have been affected to a great extent. The attitude and behaviour of the students normal life is disrupted.

## II. CONCLUSIONS:

The present study showed that 12.9 percent of respondents had psychosocial problems. A cross sectional study shows that 134 (17.03%) were suffering from psychosocial problem . Another descriptive comparative study revealed that school children of nonworking mothers 11.7% had slightly more psychosocial problems than working mothers 8.3% . Therefore, proper action should be taken for addressing these issues. The current study showed the internalizing problems (44.6%), ADHD (25.8%), and externalizing problems (4.2%) among respondents. Externalizing problems were found slightly higher in the respondents of nonworking mothers (8.3%) than children of working mothers (5.0%).So, considerably such prevalence of psychosocial problems among adolescents suggests the vulnerability of school going adolescents. Therefore, these findings indicate a need for national survey and launch awareness programme for preventing psychosocial problems.

## III. SUGGESTIONS

- It is the duty and responsibility of the parents to understand their children and shower love and respect on them
- Parents must handle the situation consciously with regard to their education and behaviour
- Parents and teachers , both are responsible to check the periodicity of online classes and make sure that their children understand the covid lockdown situation
- It is highly important to instill a sense of confidence that things will come back to normalcy and can get back to school and normal livelihood

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