



COVID 19: From the Perspectives of Children and Adolescents

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COVID 19 has undoubtedly been one of the biggest health challenges of present century for the whole mankind. Since almost an year whole world is desperately fighting the disease with all their available resources with limited success. Irrespective of the developmental status of a country, class or religion, whole mankind suffered huge loss in terms of human life, money, jobs and businesses and academics.

But amid the grim picture of the pandemic and rounds of negative discussions going around every corners of the world and scientific communities, one very important issue that needs to be seriously discussed is the child health perspectives of covid 19. The pandemic has immensely affected the various facets of child health in terms of socio-behavioural development, interpersonal aspect, and educational aspects. As per one of the estimates from the expert group on US children some 862 million children in USA alone got affected from the COVID menace due to closure of schools.

COVID and mental health

Many studies reported a significant adverse impact of the pandemic upon the psycho-social health of the children and adolescents. As per one of the studies one of the biggest concern of majority of the children during the active lockdown period was the health of their close ones. They reported imminent death of their close relatives as one of their biggest fear during the covid 19 period. A sudden surge in the childhood anxiety and depressive disorder had been recorded by many researchers since COVID 19 surfaced at the beginning of the year 2020.

Educational impact

The pandemic has worse affected the educational environment across the globe. For the sake of safety of children, all the educa-

tional Institutions had been completely shut down with the beginning of the lockdown majority of which is yet to open out despite of relative relaxations on the other aspects of day-to-day life. Paradoxically the proximity to the electronically gadgets have drastically increased primarily for the sake of online classes and secondary to partial ignorance of parents to curb their kid's online activities. This exposed the kids to the inherent issues related to excess screen exposure.

Physical health dimensions

Due to restricted outdoor activities and high screen exposure kids got exposed to multitude of health-related hazardous hazards. The eating habits also changed to great extent owing to continuous presence in the home environment. All these factors ultimately exposed the children to various health adversaries with possible long-term impacts.

Impact upon the interpersonal development

School environment is not only essential for the kids to nurture their academic needs but is also essential for their interpersonal development. Due to complete stoppage of outdoor activities including long time school closure except of virtual meeting with friends and teachers has largely affected the interpersonal development of the children. Losing to the early morning school schedules in practice at most of the places. They also got accustomed and trained to the habit of contributing to household works which ultimately helped in their overall holistic development to be a better human being.

Covid-19 and domestic violence

According to some recent reports, during the COVID-19 related lockdown period a significant rise in the domestic violence against children and women has been observed across the globe despite of the fact that in country like India most of the incidences remained unreported.

Underdeveloped support system

During the peak of the pandemic one factor that has been observed commonly was the issues related to kids living in the nuclear families where both parents became Covid positive and had been quarantined or got admitted to hospitals. The existing social structure didn't had the provisions for such crisis at any level. This made them more vulnerable and at risk for various factors. Furthermore, sudden unemployment of parents due to global economic crises produced significant impact upon their development and nurture.

Bombardment of information

Nubile minds are overly sensitive to new information. Kids have the habit of being curious and grab knowledge from any source at hand without analysing its reliability. During COVID pandemic the relative absence of first-hand knowledge about the virus has made whole world unduly sensitive towards the information and knowledge related to the disease. The poorly regulated social media and audio-visual media platforms have been among the important determinants for all such behavioural changes among adults. The children too were not spared of the effects. Added to it, the sensational news of escalating disease mortality and morbidity data coming from across the globe further aggravated the situation making most people in general and kids especially, vulnerable to various anxiety spectrum disorders. Various do's and don'ts pertaining to various aspects of prevention and treatment have further added a kind of confusion and fear among them.

Compromised essential care facilities

The pandemic has created an unprecedented crisis in field of health care across the globe irrespective of the financial status of the countries. Even the best Medicare infrastructure like that of Italy and other European countries got staggered when the pandemic hit the country. The worst affected were, again, the children who have been denied of even most essential care like immunization in the pretext of pre-occupation of all the health care workers and infrastructure in COVID-19 care. This seems to have long term impact upon the overall development and health status of the children in years to come.

In a nutshell, COVID 19 has been a biggest challenge to mankind but children across the globe were one of the worst sufferer of it. Despite the fact, there is other side of the coin too. COVID taught hygiene, affection, ways to deal with such calamity in unison and spare time to develop interpersonal relationship with our kids and surroundings. The kids got more share of time with their parents

and grandparents owing to the strict lock down measures, more time to catch up their sleep which they were losing owing to the uncomfortable school schedules at most of the places [1-8].

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