

Young Children Life Affected from COVID-19 in the Aspect of Psychological Perspective

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Abstract

Due to the global pandemic of the COVID-19 virus, schools have been shuttered and parents and guardians are now responsible for providing their children's education. Like in other ways, this is one way in which the crisis will disproportionately hurt young children lives. Not compromising with isolation has caused anxiety for both parents and the children. Children are affected by the COVID-19 Pandemic psychologically. They face stress, uncertainty, massive changes in their regular lifestyle, and feelings of separation from friends and family, and a significant amount of pressure on the parents. The pandemic also affected the socio-emotional, physical activity, and family constellation in young children's lives. They caused many psychological problems. It's understandable that parents would do anything they could to protect their children from distress and grief, including avoiding conversations about painful emotions and stressful situations. There were many different ways in which adolescents felt their relationships with family and friends had changed as a result of the COVID-19 restrictions. It has both positive and negative effects on physical and mental health for all people, especially young children. The lockdown has shut down many businesses and caused universities and schools to close or shift their method of teaching to an online platform. The COVID has restricted children to their homes, and this isolation has caused certain negative impacts on their mental health. We believe that improving mental health services, especially those for children and adolescents, should be a central part of any comprehensive, society strategy to the COVID-19 Pandemic.

Keyword: Covid-19, Socio-Emotional Skill, Physical Activity and Family Constellation

This widespread disease has been viewed as a worldwide epidemic emergency by international agencies. Each country's governments have taken certain actions that they see as necessary to stop the spread of the virus. Around 1.6 billion adolescents and young adults in 200 nations have had their educations disturbed by the global COVID-19 pandemic (UNESCO, 2020). Students all over the world are experiencing more stress, anxiety, and mental health problems as a result of school lockdowns, mobility restrictions, routine disruptions, isolation, less social interaction, and not being able to use traditional learning methods (UNESCO, 2020). These changes in society affect parents as well as young children. They associated social and emotional changes with depressive, anxious, and loneliness symptoms (Rogers, Ha, & Ockey, 2021). Children's physical and mental health are affected by a variety of considerations during a pandemic, including the pandemic itself, the shutdown of schools, reduced social and physical activities, habit changes, sleep issues, family conflicts, excessive television viewing, and unhealthy diet, among others (Wang et al., 2020).

Socio-Emotional Skill

A child's mental health, sense of wellbeing, and behaviour are all part of their socio-emotional skills. Students who have developed strong social and emotional competence may be better equipped to deal with the challenges of COVID-19, such as unexpected changes in their academic and social work schedule, and keep their motivation levels high without burning out. The development of adolescents' social and emotional skills is essential to their overall well-being and achievement (Schoon, 2021).

Children with existing mental health problems may worsen consequent upon the worldwide spread of the COVID-19 outbreak if their parents are under stress. It is important for the growth and development of children to acquire socio-emotional skills. These skills are important in building relationships with family members (parents, siblings, and other relatives). These abilities are effectively developed in school. From a developmental perspective, maintaining relationships also plays a role in cognitive and physical wellbeing. School engagement is important, and higher levels of school engagement are correlated with higher levels of students' social and emotional competence (Salmela-Aro & Upadyaya, 2014).

Having a good and balanced emotional development means that the child is able to regulate and recognise the emotions of others in their social environment. The word "emotional regulation" explains the way in which individuals manage the existence, strength, and expression of their emotions (Gross, 1998). It is important for a child to have both social and emotional skills. Together, they are known as socio-emotional skills and socio-emotional wellbeing.

For the growth and development of children, it is necessary to have positive social interactions that would also promote socio-economic wellbeing. These social interactions are not only needed for growth and development but also to understand the value of culture, social norms, and behaviours appropriate for society. Developing good socio-emotional skills during childhood establishes a foundation for adulthood.

Physical activity

An individual was affected psychologically in lockdown. The uncertainties regarding the personal and worldwide impact of COVID-19 are causing anxiety (Brooks et al., 2020). Physical activity is a very important factor in enhancing the power of the body and mind. Exercise has had several positive effects on health, including reducing body fat, increasing cardiorespiratory fitness and muscular strength, boosting bone health, and even improving mental focus and socialisation W.H.O. (2010). The World Health Organization (WHO) reported a global decrease in exercise as a consequence of modernization, urbanisation, and economic development. However, due to the pandemic, children are missing out on play with their peers, and they feel bored at home. Certain kinds of play with peers would teach children how to share ideas and their belongings; to negotiate while playing; figure out ways to work with others; be empathetic and fair towards others; etc.

Children learn a great number of social skills through play. The level of psychological disturbance is significantly correlated with the amount of time spent engaging in physical activity (Phillips et al., 2019). Active play not only improves the physical health of a child but also reduces any sort of anxiety. Not surprisingly, regular physical exercise during the quarantine period is associated with a reduced rate of depression and anxiety (Chen et al., 2020). Another type of play that children are deprived of during the pandemic lockdown is physical play. Since they are meant to be socially isolated, they do not get a chance to go out for physical activities. Many studies have found that physical activity has a beneficial impact on the mental well-being of children and adolescents who are experiencing psychological stress (Vandendriessche et al., 2019). Exercising in natural environments has been found to improve the mental health of stressed children and adolescents (Thompson et al., 2011).

Family Constellation

Young children might pick up on their parents' stress and may act out in ways that their caretakers may interpret as defiant or violent behaviour. Preschool children may be more aggressive, irritable, and competitive than usual, and they may have trouble focusing or becoming involved in play. Family constellations play a huge role in this. However, isolation is a big opportunity for parents to stay with their children closely, and there is a minimum chance of creating friction when they play together (Brooks et al., 2020).

Children may experience increased levels of stress and anxiety due to the school closing and separating from their friends (Dalton, Rapa, & Stein, 2020). Multiple studies have demonstrated the adverse effects of pandemic situations on children's mental health and well-being. Anxiety, sadness, symptoms include a decline in social interaction, disrupted sleep,

and a failure to maintain a better lifestyle are the most typical manifestations of this disorder, and they are also the most difficult to treat (Jiao et al., 2020).

Major Factor of Stress in Children Psychological prospective:

The psychodynamic perspective talks about how our childhood has an influence over adulthood. Events that occurred during our childhood could remain in our unconscious and come up as problems in our adulthood. Age 0 to 7 years is the most crucial age for development, and how we experience stress during this period plays a huge role in shaping our adulthood (Adler, 2014). Adler believed that being a part of society was critical for children's development. According to Adler, we have had feelings of inferiority since our birth. Society acts as a motivation for individuals because one strives for superiority. Social dynamics is the natural nature of human beings to be social. A study done in Spain about how children's social and emotional lives are affected by COVID found that the children knew that staying at home was the safest place for them and their families, but they also felt angry, frustrated, and lonely etc. During this time of isolation, they might experience the familiar surroundings of their house. This may help overcome negative effects on their social-emotional skills (Moroni, Nicoletti, & Tominey, 2020).

Young children's social and emotional development may have been inhibited due to a lack of positive peer interactions. The purpose of this research was to better understand the social and emotional challenges faced by young children during the pandemic. Four primary themes were identified from the thematic analysis: increased technology use, decreased socialization, parental anxiety, and boredom, and the desire for overstimulation. The results of this study should serve to encourage mothers and other people concerned to take extra steps to ensure the protection of children during the COVID-19 pandemic (Wijaya, Bunga, & Kiling, 2022).

Positive Outcomes of Lockdown

During the lockdown, all industrial activity is reduced to a bare minimum. Due to the lockdown period, it is difficult for people to travel in the sector or market. People are hesitant to travel because the illness has spread throughout the country. After many years, COVID-19 has improved air quality, and air travel has decreased by 96 per-cent the lowest in 75 years (CNN, 2020).

We can also see some positive outcomes of the lockdown based on the research conducted on children in COVID-19 Pandemic, children have also stated their feelings of happiness as they get to spend time with their families. Through play with parents and siblings, parents are trying to promote resilience among their children. A child's daily routines should be maintained as much as possible. Playing games or engaging in creative activities such as painting may help children cope in circumstances where they are

nervous or anxious (WHO, 2020a, WHO, 2020b). They are working to improve their children's mental health and its long-term consequences. Even when it comes to play, a research study showed how depressive symptoms in a child were reduced because of the mother's engaging in play with the child. During the lockdown, parents have spent time with their kids, which have helped their mental health in some ways.

By doing this, parents are also protecting their children from developing stress and anxiety, which will lead to a depletion of physical and mental health. These are establishing a strong parent-child relationship through positive interactions. Children's first playmates are their parents. It is through this interaction that children learn and understand social connections. Children feel loved and secure from the attention they receive when they play. By playing in different ways, they are able to gain confidence and they learn how to have fun. By providing children with a stable parent-child relationship, parents are trying to protect the growth and development of their children and are avoiding the early onset of stress and anxiety. Play does not only help children, but is also a fun activity for parents; it creates an open and positive environment, which is ideal for the child to grow.

Suggestion

Children's stress levels may rise as a result of coronavirus and school closures because of the disruptions to their routines and the separation from their classmates and family. Positive interactions between parents and children that are loving and supportive, especially during times of stress, can reduce the severity of mental health problems in children (Moroni et al., 2019). When parents are anxious about their children catching a cold or the flu, they might want to consider having them sit or sleep in the same room. Children may spend more time than usual in front of screens during this pandemic, but it's still important to provide them with a wide range of other opportunities to learn and grow each day. Activities such children reading stories, running about, hopping on a trampoline, making funny baby noises and faces, building railway tracks, and riding tricycles are great examples of active play.

Set up some reliable, on-going habits that will benefit everyone in the household. Psychologists and psychologists frequently talk about how important it is to establish regular habits like eating and sleeping times for children. However, adults and parents can also benefit from routines in this regard. When children are in a stressful situation, it's important for them to have a caring adult they can talk to about how they are feeling and ask those questions. Many parents have noted a much closer relationship with their children (Curtis, Miller, & Berry, 2000). Responsible media coverage and adherence to social distancing rules by the government are two ways in which society as a whole may help ensure that

vulnerable populations, including children, adolescents, and the elderly, are supported during this trying period. One last thing: parents and caregivers need to look after themselves. They may be better equipped to guide, educate, and protect their children if they themselves feel confident and comfortable.

Conclusion

The coronavirus outbreak causes fear and anxiety in society. The coronavirus became a pandemic and it negatively affected young children. It affects their mental and psychological well-being. Parents should make sure their children are getting plenty of physically activity. It is said that playing habits improve among children, which is very beneficial. It is believed that telling the child about the pandemic and talking to them about what to do in context of their developmental stage will be beneficial and the child will be able to recognize, regulate their own emotions and recognise the different emotions of others in their social environment. The impact of the COVID-19 pandemic has made changes to physical activity habits in children in quarantine periods. Maintaining a diet with a balanced nutritional intake and regular physical activity is important in an effort to maintain endurance in the midst of a pandemic. Overall, we can say that COVID-19 has had both adverse and beneficial effects on our lives. Institutions of higher learning should also think about whom among their students are most likely to experience anxiety, stress, and burnout (Hoyt et al., 2021). Children and adolescents need interventions that help them overcome adversity by addressing their worries and concerns through open dialogue, establishing regular routines and engaging in physical activities, and reducing feelings of isolation. To help their children and adolescents get through this challenging time, parents should take care of their own mental health, develop positive coping strategies, and show a positive psychological attitude.

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