

COVID 19 - IMPACT ON PSYCHOLOGICAL AND EMOTIONAL WELL-BEING OF ADOLESCENTS

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ABSTRACT

The outbreak of Corona virus (Covid 19) in Wuhan, was later considered as a global pandemic. Each and every element of human life is affected by the Covid 19 epidemic. It has a very negative impact on not only the physical well-being of the population but also on social, economic, emotional, and psychological elements. Adolescents are among the population groups most susceptible to the effects of Covid-19 on their emotional and psychological health, which are thought to be considerable and may affect people of all ages. Covid-19 has caused social separation, which has a negative impact on teenagers' sociability abilities and caused loneliness, tension, fear, anxiety, and despair. It has also brought about drastic changes in daily routines, school from home, changes in sleeping pattern and appetite system of the adolescents. Most importantly, it has paved way for the adolescents to learn new skills, develop existing ones, and employ coping mechanisms in order to survive the Covid -19 era. The study is aimed to find out the impact of Covid -19 on emotional and psychological well-being of adolescents. Students from high schools and colleges with pre-university programmes in Mangalore participated in the study. Using simple random sampling, a type of probability sampling, 385 respondents between the ages of 11 and 19 were chosen. Self-prepared questionnaire was used to collect the required data through google form. In order to enjoy emotional and psychological well-being and cope with the significant changes brought on by COVID-19, it is crucial to encourage teenagers or young minds to express their emotions, assist them in engaging in healthy activities, and help them develop coping mechanisms.

Keywords: Adolescent, Emotional Wellbeing, Psychological Wellbeing, Covid -19, Coping Strategies, Socialization Skills.

I. INTRODUCTION

The 2019 Coronavirus pandemic is a global public health issue and has caused psychological versatility. Corona viruses are a big family of different virus. Covid-19 is a disease caused by a new strain of Coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. The World Health Organization (WHO) has declared the Coronavirus disease 2019 (COVID-19) a pandemic. A pandemic is defined as "occurring over a wide geographic area and affecting an exceptionally high proportion of the population.". In 1965, scientists discovered the first human Coronavirus. It resulted in a common cold. Later that decade, researchers discovered a group of human and animal viruses that they named after their resemblance to crowns. According to scientific investigations, the Corona virus is one of seven corona viruses that can infect people (covid-19).

In December 2019, COVID-19 made a covert appearance in Wuhan, a Chinese city in the Hubei province. Early in December 2019, Covid-19 cases first started to surface. However, the initial COVID-19 identification by the local health authority was inaccurate. The pandemic took more than a month to sweep throughout China. The Chinese government started classifying COVID-19 as a "Class B" contagious disease on January 20, 2020, and a "First-Level" public health emergency response was implemented. The Chinese government had, on the one hand, implemented strict non-medical measures. Preliminary epidemiological investigations were conducted by the Wuhan Center for Disease Control and Prevention, and it was discovered that patients were intimately connected to a seafood market. The Wuhan City Government made the decision to close this seafood market and put disinfection in place, but they were unable to identify and isolate the market's traders. Scientists' efforts led to the identification of a novel Coronavirus in virus samples taken from individuals who had unexplained pneumonia. The World Health Organization gave it the formal name 2019n-COV, often known as SARS-COV-2, on January 13, 2020. SARS-CoV-2 had undoubtedly started to covertly spread across Wuhan city

at that point. Community infection was the main way of spreading. Subsequent studies indicated that SARS-CoV-2 was mostly transmitted through droplets, and that both confirmed and suspected patients had significant viral concentrations.

Covid-19 outbreaks happened in several nations as Chinese citizens travelled abroad, and it eventually spread worldwide. India, the second-largest country in the world by population with over 1.34 billion people, had a difficult time preventing the spread of the severe acute respiratory illness Coronavirus 2 among its citizens. On January 30, 2020, Kerala, a state in India, reported the country's first SARS-CoV-2 positive case. The number of instances thereafter sharply increased. Individuals with COVID-19 started experiencing a wide range of symptoms, from minor discomfort to serious disease. 2 to 14 days after virus contact, symptoms started to show. The typical duration from exposure to COVID-19 and the onset of symptoms is 5–6 days, however this might vary from 1–14 days. In order to stop the virus from spreading, it is advised that persons who have been exposed to it stay at home and avoid contact with others for 14 days.

Emotional and psychological health are like two sides of the same coin. Being emotionally healthy does not necessarily entail constant joy. It denotes that a person is conscious of their feelings. No matter how they turn out, he or she is capable of handling them. Adolescents who are psychologically and emotionally sound still experience tension, rage, and melancholy. But they are skilled at controlling their negative emotions. They can tell when a problem is more than they can handle on their own. They also know when to seek help from professionals. Nonetheless, the impact of COVID19 on adolescents' psychological and emotional health was significant. Several adolescents experienced depression throughout this time, and some even entertained suicidal ideas. On the other hand, adolescents' mental health has been somewhat impacted by physical distance. Due to their extreme sensitivity to psychological and social change, this age group is particularly susceptible to developing unfavourable mental health impairment.

India is known as a diverse country; therefore, the impact of Covid-19 is diverse and countless. Yet, if we look at the other side of reality, Covid-19 has negatively damaged our society, had a significant impact on adolescents' careers, on relationships, and more.

II. REVIEW OF LITERATURE

Shah K, Mann S, Singh R, et al. (August 26, 2020) in his study on Impact of COVID19 on the Mental Health of Children and Adolescents says that adolescence is a period of vulnerability for the onset of mental health conditions. The unexpected imposed social isolation has caused enormous disruption of daily routines for the global community, especially children and adolescents. The transition away from physical classes has significantly disrupted the lives of students and their families, posing a potential risk to their mental well-being. An abrupt change in the learning environment and limited social interactions and activities posed an unusual situation for children's developing brains. It is essential and obligatory for the scientific community and healthcare workers to assess and analyse the psychological impact caused by the Coronavirus pandemic on children and adolescents, as several mental health disorders begin during childhood. He says further, Mental illness can affect children at any point during their childhood, but it most significantly affects them during adolescence. Among the several mental illnesses that can be prevalent in childhood, depression is one of the major leading causes of mental illness amongst children/ adolescents.

According to the study on the psychological impact of the COVID-19 epidemic on college students in China by **Wenjun Cao et al. Psychiatry Res. 2020 May**, the epidemic has brought not only the risk of death from infection but also unbearable psychological pressure. As per this study students were suffering from severe, moderate and mild anxiety and it is suggested that the mental health of students should be monitored during epidemics.

According to the study on COVID-19 pandemic impact on children and adolescents' mental health: Biological, environmental, and social factors, conducted by **de Figueiredo, C. S., Sandre, P.C. Portugal, L.C.L., Mazala-de-Oliveira, T. Chagas, L.D.S., Rainy, I., et al. (2021)** found out that children and adolescents were greatly impacted by the abrupt withdrawal from school, social life and outdoor activities. Some of them also experienced domestic violence growing. The stress they are subjected to directly impacts their mental health on account of increased anxiety, changes in their diets and in school dynamics, fear or even failing to scale the

problem. This study hopes that the damage to their mental health as a result of the side effect of this pandemic can be mitigated by adequate and timely intervention.

Shah K, Mann S, Singh R, et al. (August 26, 2020) in his study on ‘Impact of COVID19 on the Mental Health of Children and Adolescents’ also says that, during this pandemic, children and their families have been exposed to direct or indirect factors that could pose stress and emotional disturbance. This disease is installing fear in children because children are worried about not only getting infected but also having their parents staying at home and not leaving for work. As per this study Mental health involves the regulation of our emotions, psychological, and social well-being. Mental health affects how one thinks, feels, and acts. It also helps determine how we react to stress, correlate with others, and our decision-making.

Suravi Patra and Binod Kumar Patro, December 2020 in their study on ‘COVID-19 and adolescent mental health in India’ say that Coronavirus disease 2019 (COVID-19) might not be as lethal in children and adolescents as it is in adults, but it does cause a lot of psychological distress in this age group. Adolescents are experiencing acute and chronic stress because of parental anxiety, disruption of daily routines, increased family violence, and home confinement with little or no access to peers, teachers, or physical activity. School closure and home confinement can also have a beneficial effect on adolescent mental health. This study concludes that, during the pandemic, adolescents at high risk of psychological problems might fall through the safety net provided by a protective family life, peer support, and psychological support from teachers. It is time to address adolescent mental health in India systematically, to monitor the incidence of various psychiatric disorders.

III. METHODOLOGY

The nature of this study is descriptive and attempts to study the impact of Covid-19 on the psychological and emotional well-being of adolescents. The universe of study consists of adolescents (High school and Pre - University students) of different schools located in Mangalore. 385 respondents make up the sample size for the study, of whom 297 are female and 88 are male. The tool that has been used by the researcher for data collection is questionnaire. The aim of the study is to know the emotional, psychological and social consequences of the Covid-19 pandemic and how it influences the well-being of individuals in the formative phases of their life.

Objectives of the Study

1. To study the demographical profile of the respondents.
2. To understand the emotional well-being of the respondents.
3. To find the impact of Covid -19 on psychological well-being of the respondents.
4. To understand the coping skills of the respondents during pandemic.

Scope of the Study

1. The study's findings will show how COVID 19 affects adolescents' psychological and emotional health.
2. The expertise and experience of the researcher as well as those who are reading the paper will be improved by this study.
3. The researcher will be able to examine adolescents levels of psychological and emotional well-being and their coping mechanisms to face this pandemic in order to enhance their overall well-being.

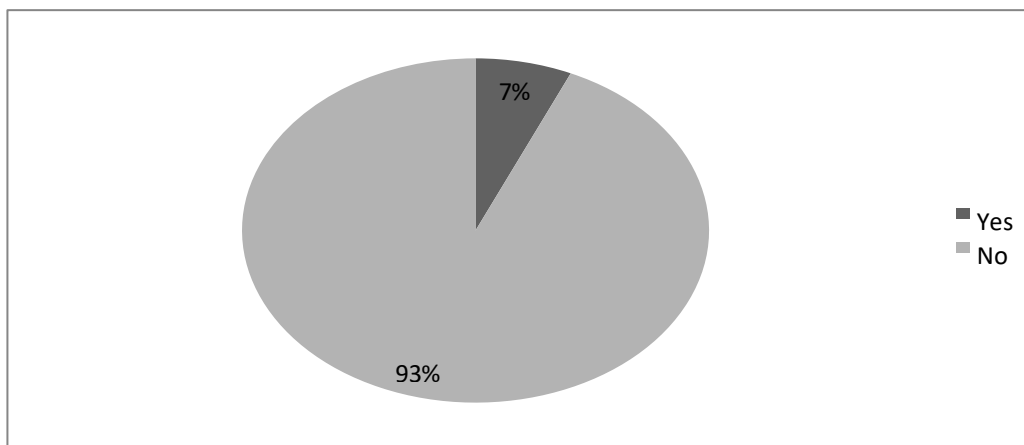
IV. ANALYSIS AND INTERPRETATION

THE NUMBER OF RESPONDENTS EXPERIENCING AN ATTACK OF FEAR, ANXIETY OR PANIC DURING COVID - 19

Particular	Have you ever experienced an attack of fear, anxiety or panic during the period of Covid - 19?			Total
	Yes	No	Sometimes	
Male	29	39	20	88
Gender				
Female	52	185	60	297
Total	81	224	80	385

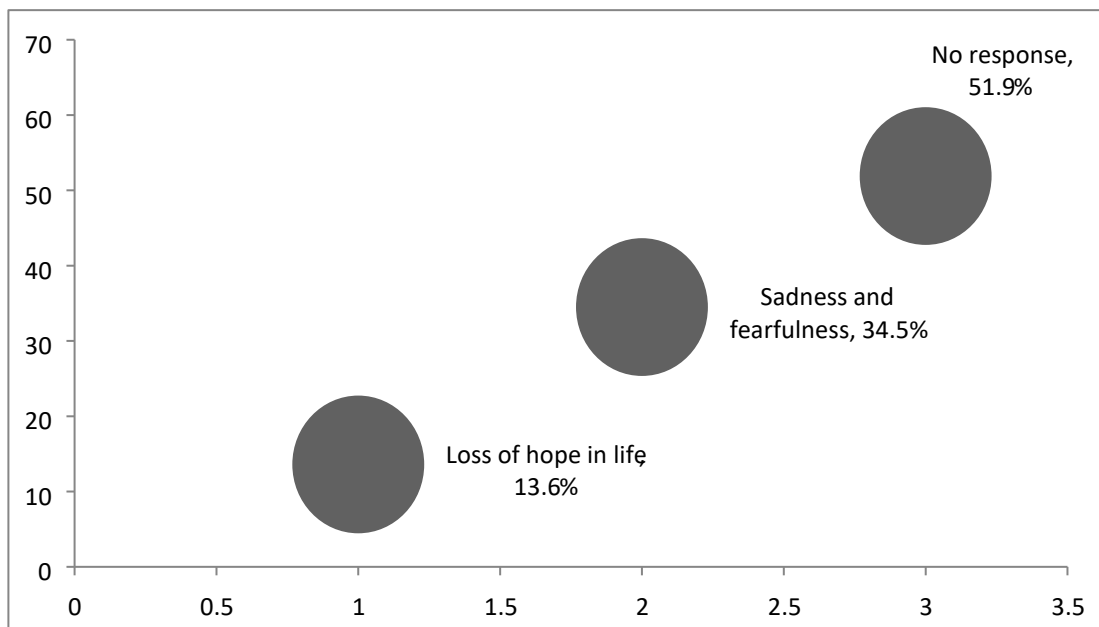
Fear and anxiety often occur together, but they aren't interchangeable. The above table shows that 52 female respondents have experienced the attack of fear or anxiety and 29 male respondents agree that they have experienced the same emotions. At the same time 185 female respondents and 39 male respondents strongly say that they have never experienced the emotions such as fear, anxiety and panic attack during Covid -19. Hence, it can be concluded that majority of female respondents experience the abovementioned emotions which shows that females are emotionally weak and less strong than men.

RESPONDENTS AFFECTED WITH COVID - 19



The above chart shows that majority (93%) of the respondents are not affected with Covid -19 whereas 7% of the respondents are affected with Covid -19.

FEELINGS OF RESPONDENTS DURING THE OUTBREAK OF COVID - 19



Covid-19 pandemic has led to a dramatic loss of human life worldwide and it has instilled fear of different kinds among all population, especially adolescents. The above chart presents that 133 (34.5%) of the respondents experienced sadness and fearfulness and 52 (13.6%) of the respondents experienced loss of hope in life. This graph also shows that majority 200 (51.9%) of the respondents didn't mention about the feelings they went through due to the outbreak of Covid 19 pandemic. Hence, this study shows that most of the adolescents are not expressive enough to share their feelings.

LONELINESS EXPERIENCED BY THE RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	82	21.3	21.3	21.3
No	226	58.7	58.7	80.0
Sometimes	77	20.0	20.0	100.0
Total	385	100.0	100.0	

The shows that the large majority (58.7%) of the respondents have not experienced loneliness, whereas seven (20%) of the respondents have felt lonely sometimes and four (21.3%) of the respondents have experienced loneliness during the period of Covid -19. Loneliness is most prevalent during adolescence. So, loneliness may serve as an important, overlooked pre disease pathway for a psycho-emotional wellbeing of adolescents in future too.

FEAR BLOCKING THE THINKING CAPACITY OF THE RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	71	18.4	18.4	18.4
No	212	55.1	55.1	73.5
May be	102	26.5	26.5	100.0
Total	385	100.0	100.0	

According to the findings shown in the above table nearly 55.1% of the respondents say that fear has never blocked their thinking capacity, and 18.4% of the respondents feel that fear caused by Covid-19 has blocked their thinking capacity. There are 26.5% of the respondents who feel that fear might have blocked their thinking capacity. Adolescents are not indifferent to the significant psychological impact of the Covid-19 pandemic. They experience fears and uncertainties. Understanding their emotions and responses is essential to properly address their needs during the pandemic. Otherwise fear or uncertainties they feel, can affect their thinking capacity. Hence, this study indicates that the adolescents are strong enough and has never allowed fear to block their thinking capacity.

DEPRESSIVE THOUGHTS ENTERTAINED BY THE RESPONDENTS OF DIFFERENT AGE GROUPS

Particular	Which category below includes your age?				Total
	11 to 13 years old	13 to 14 years old	15 to 16 years old	17 to 19 years old	
Depressive thoughts	0	15	63	31	109
Being at home	9	10	26	111	156
	0	31	18	71	120
Total	9	56	107	213	385

The above table unfolds the age group of adolescents who have entertained depressive thoughts being at home for a longer time. It shows that the 63 respondents between the age group 15 to 16 years, 31 respondents belonging to the age group of 17 to 19 years and 15 respondents of age group 13 to 14 years have agreed that they have entertained depressive thoughts. Whereas, 26 respondents of age group 15 to 16 years, 10 respondents of age group 13 to 15 years, 111 respondents belonging to the age group of 17 to 19 years and

nine respondents belonging to the age group of 11 to 13 years strongly agree that they have not entertained such depressive thoughts. There are 31 respondents of age group 13 to 14 years, 18 respondents of 15 to 16 years and 71 respondents of age group 17 to 19 years have entertained depressive thoughts sometimes.

FEELING OF IRRITATION THAN USUAL BY RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	170	44.2	44.2	44.2
No	108	28.1	28.1	72.3
Sometimes	107	27.7	27.7	100.0
Total	385	100.0	100.0	

Irritability is a common emotion seen among adolescents. The above table shows the number of respondents who have experienced irritation than usual during lockdown. The table presents that 28.1% of the respondents have never experienced unusual irritation and 44.2% of the respondents have experienced irritation whereas, 27.7% of the respondents have been experiencing unusual irritation sometimes. It shows that if an adolescent experiences irritation than usual it can affect psychological wellbeing of adolescents.

CHANGE IN SLEEPING PATTERN OF THE RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	245	63.6	63.6	63.6
No	88	22.9	22.9	86.5
Sometimes	52	13.5	13.5	100.0
Total	385	100.0	100.0	

According to the findings shown in the table, nearly 63.6% of the respondents' sleeping pattern has changed during lockdown or after the outbreak of Covid-19. The table also shows that 22.9% of the respondents' sleeping pattern has not changed and 13.5% of the respondents feel that sometimes their sleeping pattern changes. Sleep is important to our health as eating, drinking and breathing. Sudden and continuous changes in sleeping pattern during adolescence shouldn't be encouraged, as it can have psychological effects such as depression and anxiety.

CHANGE IN APPETITE SYSTEM OF RESPONDENTS

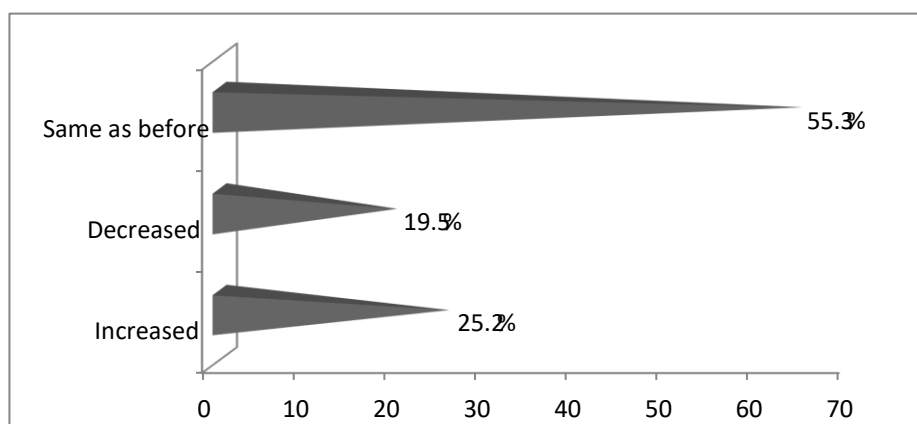


Chart shows that the majority (55.3%) of the respondents' appetite has neither increased nor decreased; rather it is normal as before, whereas 25.2% of the respondents say that their appetite has increased and 19.5% respondents agree that their appetite has decreased during the time of Covid-19 or lockdown.

closely related to psychological wellbeing. There are various psychological causes for a decreased appetite. The appetite may tend to decrease or increase when a person is sad, depressed, stressed and anxious. In order to maintain psychological wellbeing, it is very much required to maintain good diet and appetite.

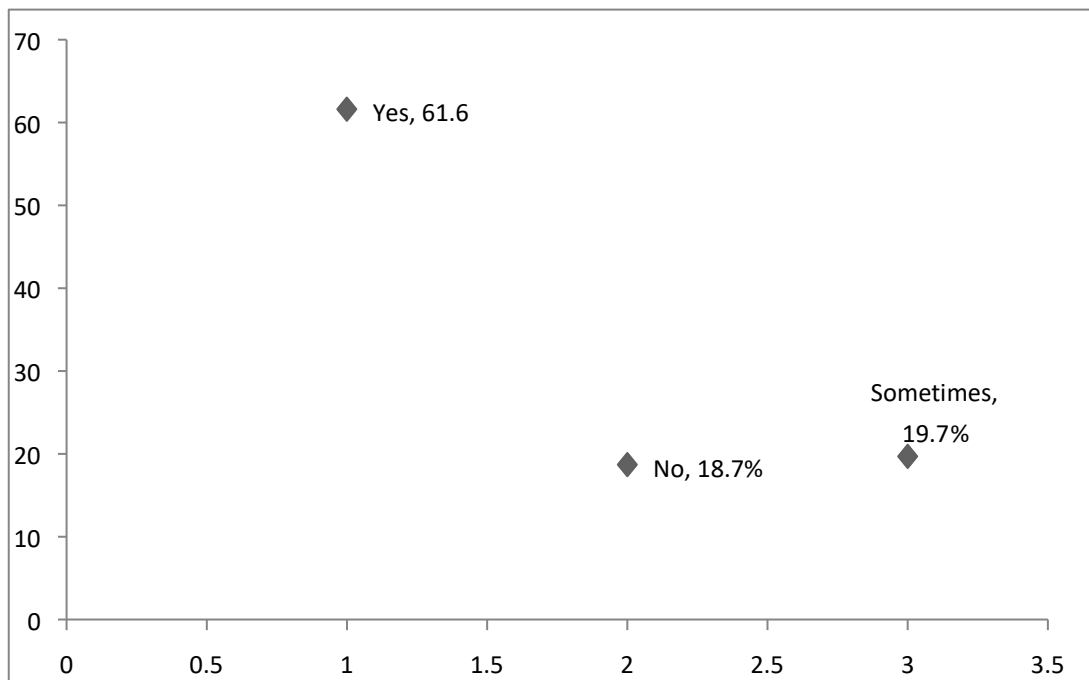
IMPACT OF COVID -19 ON SOCIALIZATION SKILLS OF RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes, to great extent	103	26.8	26.8	26.8
Yes, to some extent	202	52.4	52.4	79.2
Not at all	80	20.8	20.8	100.0
Total	385	100.0	100.0	

Children and adolescents with well-developed social skills are likely to gain confidence in their abilities to approach situations and complete tasks more successfully

The above table shows that majority 26.8% of the respondents feel that their socialization skills have been affected to a great extent and 52.4% of the respondents' socialization skills have been affected to some extent due to Covid -19. 20.8% of the respondents feel that their socialization skills have been not affected due to Covid -19. This study shows that being socially connected is very important for the psychological development of adolescents.

PERSONAL AND MUTUAL CONVERSATION WITH FAMILY AND FRIENDS BY RESPONDENTS



In the above chart majority 237 (61.6%) of the respondents agree that they do enjoy personal and mutual conversation with their family members and friends. Only 18.7% of the respondents say that they do not enjoy personal and mutual conversations with their family members and 19.7% of the respondents enjoy personal and mutual conversations with their family members and friends sometimes. Hence, the study shows that majority of the respondents enjoy having mutual conversations with their family members and friends.

HAPPIEST MOMENTS EXPERIENCED BY THE RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	182	47.3	47.3	47.3
No	92	23.9	23.9	71.2
Rarely	111	28.8	28.8	100.0
Total	385	100.0	100.0	

The above table shows that majority (47.3%) of the respondents have experienced happy moments and 28.8% of the respondents have rarely experienced happiest moments during the period of Covid -19. At the same time this study shows that 23.9% of the respondents have not experienced happiest moments during the period of Covid-19. Most of the adolescents have mentioned that spending time with their family and neighbourhood is the happiest moment they experienced during the period of Covid -19.

PROFESSIONAL HELP RECEIVED BY THE RESPONDENTS

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	38	9.9	9.9	9.9
No	347	90.1	90.1	100.0
Total	385	100.0	100.0	

The table above shows that only 38 (9.9%) of the respondents have received professional help from different people such as from school and college teachers and from an institution. 347 (90.1%) of the respondents have not sought any professional help. Some of the respondents didn't seek professional help though they wanted it at any cost. Such respondents hid all the problems to themselves without ventilating to anyone. Hence, this study shows that respondents couldn't receive professional help though they were in need of it. Out of seventy-six respondents only thirty-eight respondents received professional help and got benefited from it.

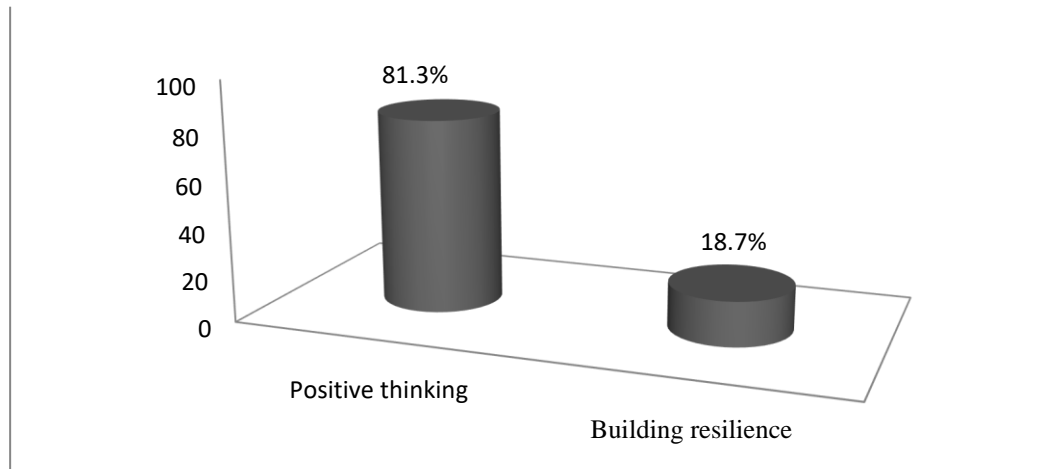
LEARNING TO BE CONFIDENT AND POSITIVE ABOUT THEMSELVES

Particular	Frequency	Percent	Valid Percent	Cumulative Percent
Yes, to the great extent	144	37.4	37.4	37.4
Yes, to some extent	190	49.4	49.4	86.8
Not at all	51	13.2	13.2	100.0
Total	385	100.0	100.0	

The table above shows to what extent the respondents have learnt to be confident and positive about themselves in the period of Covid -19. The table shows that majority 49.4% of the respondents have learnt to be confident to some extent whereas 37.4% of the respondents have learnt to be confident and positive to a great extent in this period of Covid -19. The table also shows that 13.2% of the respondents have never learnt to be confident and positive about themselves in this period of Covid - 19.

Confidence gives positive outlook on life and increases mental and emotional well-being of adolescents. Hence, this study shows that majority of the adolescents are positive and confident enough to face this period of Covid -19 and go forward in life.

PROTECTIVE FACTORS USED BY THE RESPONDENTS TO DEAL WITH STRESS AND FEAR



The above chart shows the protective factors opted by the respondents to deal with the stress and fear caused due to the emergence of Covid -19. The study unfolds that majority 81.3% of the respondents have practiced positive thinking and 18.7% of the respondents have opted resilience as a protective factor to deal with the stress and fear caused due to the emergence of Covid -19. As per the study most of the adolescents have taken up positive thinking as protective therapy to help themselves to come out of fear and stress.

V. DISCUSSION

The research study on Covid-19 and its impact on Psychological and Emotional Wellbeing of adolescents was administered to 385 adolescents aged 11 to 19 years. Majority 77.1% of the respondents are female and very few that is 22.9% of the respondents are male. Age is an important factor to analyse psycho emotional well-being of adolescents. The study revealed that majority 55.3% of the respondents belong to the age group of 17 to 19 years. Education is the process of facilitating learning. The study found that majority 65.5% of the respondents are studying in PUC which is considered as the gateway to follow their passion that will lead them to their purpose.

The impact of Covid -19 on psychological and emotional well-being was assessed for adolescents. Out of three eighty-five respondents, nearly 60 (15.6%) of the respondents agree that they have been feeling unhappy when someone relates to them and 44.4% of the respondents have mixed feelings. The attack of fear, anxiety, or panic during the period of Covid -19 was assessed for adolescents of both the gender. Majority 185 female respondents and 39 male respondents agree that they have never experienced such emotions whereas, 52 female respondents and 29 male respondents have experienced emotions such as fear, anxiety and panic during Covid -19. Majority 64 % of the respondents are fearful of their future and career and 27% of the respondents are anxious of being victims of Covid-19 and few respondents are fearful of their family being affected with Covid-19. The study shows that adolescents have one or the other kind of fear in them which is impacting their psycho emotional well-being. This study shows that majority of the adolescents have positive outlook towards their life. Majority 44.2% of the respondents agree that they have felt irritated than usual during the period of Covid - 19. Out of 385 respondents, majority 63 adolescents between the age group of 15 to 16 years have entertained depressive thoughts. Majority 51. 9% of the respondents didn't express their feelings whereas the other 34.5 % of the respondents were sad and fearful due to the outbreak of Covid -19. The study shows that adolescents are not expressive enough to share their feelings.

Happiness is an emotional state. Majority 47.3% of the respondents have experienced happy moments even during the difficult time of Covid-19. The study reveals that spending time with the family is the happiest moment for majority of the respondents. Majority 55.8% of the respondents have been feeling relaxed and useful rarely and 30.4% of the respondents have been feeling relaxed and useful often. 29.9% of the respondents have not lost interest in school and majority 29.4% of the respondents have no trouble in focussing on their studies. The study showed that majority 70.6% of the respondents have trouble in focussing in their studies due to lack of interest in studies, absence of face-to-face interaction between teachers and

students and inability to understand the classes through online platform. Anger is a powerful emotion. Majority 80.3% of the respondents have experienced anger being at home for a longer period of time. Sleep is vital for adolescents' health. Majority 63.6% of the respondents agree that their sleeping pattern has changed after the outbreak of Covid -19 and majority 55.3% of the respondents' appetite has neither increased nor decreased; it is normal as before. The study reveals that Covid -19 has impacted sleeping pattern of adolescents but not the appetite system of adolescents. Majority 73.3% of the respondents feel overwhelmed by online studies and the reason is drastic shift from offline to online classes. 61.6% of the respondents enjoy personal and mutual conversation with their family and friends. As a result, 45.5% of the respondents do not find it difficult and frustrated to maintain close relationships with their dear ones. Majority 86.8% of the respondents have learnt to be confident and positive during this period of Covid-19. Confidence gives positive outlook on life and increases mental and emotional well-being of adolescents.

Majority 55.3% of the respondents have not felt low within them and had never felt the need to receive professional help. Therefore, majority 90.1% of the respondents have not received any professional help, except for 9.9% of the respondents. Among 38 (9.9%) of the respondent's majority 35 (9.1%) of the respondents have benefited from the help provided to them to a great extent. The professional help was received from school teachers and from an institution. This shows that some adolescents are not aware of the help services available for them. Majority 92.5% of the respondents enjoy making plans for future and working to make them a reality. This shows that adolescents are aware of their goal and purpose in life. Majority 79.2% of the respondents feel that their socialization skills have been affected by Covid -19 to some extent. Majority 81.3% of the respondents have used positive thinking as a protective factor to deal with the stress and fear caused due to the emergence of Covid-19 and at the same time some 18.7% of the respondents have used resilience as a protective factor. This study revealed that where there is positiveness, there is happiness which leads to psychological and emotional well-being of adolescence.

VI. SUGGESTIONS

- Adolescents should be encouraged to create a routine which can help them make a new normal by implementing some structure into each day, by integrating old and new enjoyable habits into their new daily routine.
- Adolescents as well as their parents should recognise and address fear and stress in their children. As adolescence is a time of big changes, they can be particularly overwhelmed when stress is related to a traumatic event, expressed as excessive worry or sadness, unhealthy eating or sleeping habits and difficulty with attention and concentration. So, parents should help their teens by listening to them, and provide support to help them cope, as well as facilitate access to professional help.
- The adolescents can engage themselves in healthy activities. Parents can encourage their children to stay physically active daily by motivating them to take care of their body – mentally and physically, to have well balanced diet and eight hours of restful sleep at night, as a well-rested mind is a calm mind.
- The parents should spend quality time with their teen children and encourage them to talk about issues that are hindering their psychological and emotional well-being and redirect them to seek professional help if required.
- We as humans thrive on social interactions and connectedness, therefore, adolescents need to be encouraged to reach out to their friends and family via, phone, video chats and other relevant social media.

VII. CONCLUSION

Adolescence is crucial time when many changes occur, and the Covid -19 pandemic has brought about numerous alterations. This study demonstrates how crucial psychological and emotional well-being are to overall health. Teenagers with healthy emotional development have control over their ideas, feelings, and actions. They feel good about themselves and have healthy connections with those close to them. They are able to handle the trials of life. This study demonstrates how adolescents respond differently to various situations while they are going through a difficult moment. If teenagers do not take care of themselves during this pandemic, many unforgettable feelings, including grief, anger, frustration, and hopelessness, may surface.

Unresolved emotional issues can have harmful effects. Thus, it's crucial for one's emotional and psychological well-being to schedule time to take care of themselves during this uncertain period.

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