

A Study on Problems Faced by Adolescents During COVID–19 Lockdown

Rakhee Renapurkar^{1,*}, B. Medhini²

Abstract

WHO defines adolescents as individuals in 10–19 years of age group. It is a period of multiple transitions involving in many aspects from living circumstance which changes view, opinion, and perception among adolescents and ultimately effects their behaviour. They mostly have strong need for their privacy during stay-at-home orders or lockdown and parents should respect their space. Hangouts, sports, events may hit hard because interest of adolescents scattered in those. Social distancing and interruption of school/ college routines can be especially challenging for them. When parents impose too much stuff on them, they may experience some reluctance from adolescents. This is a situation where parents may not have control in many ways. Managing adolescents during such situation sometimes becomes a critical task for parents and equally difficult for the children to handle individually. Engaging them with some or the other activities can help them but these activities should be of their interest so that they try engaging themselves into such activities and keep themselves occupied from getting diverted. Situations of such kind are sometimes known but sometime unknown to both individual and parents of the individual. The study is concerned with the problems faced by adolescents during lockdown and to understand how lockdown is hard and necessary for adolescents.

Keywords: Lockdown, Adolescents, Parents, Development, Ability

INTRODUCTION

Generally adolescents are defined as a period of transitional stage where physical and psychological development takes place. A thorough thoughtful framework requires information from various perspectives including psychology, sociology and education [1]. Experts say that an adolescent is a period of multiple changes that occurs between childhood and adulthood. During lockdown, adolescents were forced to stay inside the four walls with parents and family. It seems difficult for adolescents given that they are following social distancing, no hangouts, uncertainty about schools and exam schedules. They must be refreshed to talk and open up with those, who they are closed to [2]. The members can be friends or family so that they can share their feelings, fear, anxieties, emotions etc,. Without proper clarity and workable guidance they may undergo physical aggression, use abusive language and/or break or throw things [3]. This leads to consequences like paying for damage or an apology.

*Author for Correspondence

Rakhee Renapurkar
E-mail: drakhee.renapurkar@gmail.com

¹Associate Professor, Department of Management, Badruka College of Commerce and Arts, Kachiguda, Hyderabad, Telangana, India

²Student, BBA, Badruka College of Commerce and Arts, Kachiguda, Hyderabad, Telangana, India

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In present situation, parents can take the opportunity to guide them during lockdown to encourage, motivate them to participate in productive things [4]. Share them the necessary stuff which makes them to do right things [5]. Let them have a wish list to do post lockdown. Make home a safe place to talk and express their thoughts & feelings with their parents in difficult situations in their life [6].

NEED OF THE STUDY

To understand difficulties of adolescents and their ability to coping up with COVID–19 lockdown.

SCOPE OF THE STUDY

The scope of the current study is restricted to Hyderabad district only.

OBJECTIVES OF THE STUDY

1. To identify whether the COVID–19 lockdown is difficult phase for adolescents
2. To understand the problems of adolescents during lockdown.
3. To observe their behavior during lockdown.

RESEARCH METHODOLOGY

Primary data: The data collected from students of age group 10–19 years.

Secondary data: Information is collected from websites provide base for the study.

Sample size: 152 Responses.

Research design: Exploratory research design.

Sampling method: Random sampling method.

Sampling technique: Purposive & Convenience sampling.

Analytical Tools: Chi-square analysis, ANOVA analysis and Graphical representation is used.

LIMITATIONS OF THE STUDY

- The true response of the respondents cannot be validated
- The study is done on the view point of COVID–19 lockdown.
- Since the sample size is comparatively less (152), the study may not reflect the true response of whole adolescent's population.

REVIEW OF LITERATURE

Mrs. S. Rajeshwari and Dr. J.O. Jeryda Gnanajane Eljo in the paper “A study on problems of adolescent's students in school” aimed to analyze the problems of adolescent's students. The sample of 101 students studying 9th standard are considered for the study. The outcomes of the study revealed that significant relationship exist between the age and the level of adolescent's problem. The study also suggests life skills intervention such as group discussions, street play, debate, case studies has to be imparted for the adolescent's students to improve their abilities like interpersonal relationship skills, decision making and communication skills, self-awareness and problem solving skills to manage the problems in life and bring about holistic development of adolescent students [7].

Astha kakkad, Monika Trivedi, Gitika Trivedi, Abhishek Raichandani in the paper “Study for adolescent problem and psychology” aimed to study the prevalence of psychosocial, emotional, behavioral problems, drug abuse in adolescents and compare with college students. They distributed a questionnaire and collected the information from the students. They considered samples of 610 & 700 from school and college students. The study concludes that adolescents constitute 1/5th of our population and psychosocial problems along with drug abusive are increasing. With effective counseling by parents and teachers, can assure a better future and improved adolescents health [8].

Dr. R. Shankar, Mohammad Amin Wani, Indhumati.R in their paper “Mental health among adolescents” opined that an individual can adjust maximum with effectiveness, satisfaction, happiness and social behavior. The outcomes of the study shows that boys have high level of mental health than girls. It is also observed mental health gets affected both as per [9].

Waris Qidwal, Sidra Ishaque, Sabeen Shah, Maheen Raheems in their paper “Adolescent lifestyle and behavior: A survey from a developing country” focused to understand and identify the lifestyle and behavioral patterns among group of people & consequently came up with issues that need special attention. The survey was conducted in various schools of Karachi and samples of 401 students are considered for the study. The outcomes of research revealed that many adolescents suffered from lifestyle issues fell in age group 16–18 yrs. Inadequate sleep, despair and smoking were foremost

morbid behaviors among the adolescents. It is also observed that families can play a vital role in helping adolescents to overcome these issues [10].

Analysis 1: Correlation analysis of age and reading books outside curriculum during lockdown

H₀: Age of adolescents is not related with reading books outside curriculum during lockdown.

H₁: Age of adolescents is related with reading books outside curriculum during lockdown.

Table 1. Correlation analysis of age and reading books outside curriculum during lockdown

Q3 * Q4 Cross tabulation							
Count							
		Q4					Total
		1	2	3	4	5	
Q3	1	0	0	0	0	1	1
	2	2	6	5	4	1	18
	3	4	45	32	40	12	133
Total		6	51	37	44	14	152
Symmetric Measures							
		Value	Asymp. Std. Errora	Approx. Tb	Approx. Sig.		
Interval by Interval	Pearson's R	.020	.099	.250	.803		
Ordinal by Ordinal	Spearman Correlation	.051	.086	.625	.533		
N of Valid Cases		152					

Interpretation: From Table 1 we infer that the correlation value is 0.02 and the significant value is 0.803. As the significant value is > 0.05 , we accept null hypothesis and reject alternative hypothesis. Thus, the age of adolescent is not related with reading books outside curriculum during lockdown.

Analysis 2: Regression analysis of allowing to do things that adolescents want (Y) and following instructions from parents (X)

H₀: Allowing to do things that adolescents want is not dependent on following instructions from parents.

H₁: Allowing to do things that adolescents want is dependent on following instructions from parents.

Table 2. Regression analysis of allowing to do things that adolescents want (Y) and following instructions from parents (X)

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	5.276	1	5.276	4.857	.029
	Residual	162.934	150	1.086		
	Total	168.211	151			

Interpretation: From Table 2 we infer that the regression ss value is 5.276 and significant value is 0.029. As the significant value is < 0.05 we accept alternative hypothesis and reject null hypothesis. Thus, allowing to do things that adolescents want is dependent on following instructions from parents.

Analysis 3: Chi-Square analysis of gender and lack physical activities like outdoor games during lockdown

H₀: There is no significant difference with gender and lack of physical activities like outdoor games during lockdown.

H₁: There is significant difference with gender and lack of physical activities like outdoor games during lockdown.

Table 3. Chi-Square analysis of gender and lack physical activities like outdoor games during lockdown

Q2 * Q10 Cross tabulation							
Count							
		Q10					Total
		1	2	3	4	5	
Q2	1	13	9	3	8	4	37
	2	31	43	11	24	6	115
Total		44	52	14	32	10	152
Chi-Square Tests							
		Value	df	Asymp. Sig. (2-sided)			
Pearson Chi-Square		3.447	4	.486			
Likelihood Ratio		3.391	4	.495			
Linear-by-Linear Association		.127	1	.722			
N of Valid Cases		152					

Interpretation: From Table 3 we infer that the Chi-square value is 3.447 and significant value is 0.486. As the significant value is > 0.05 , we accept null hypothesis and reject alternative hypothesis. Thus, there is no significant change with gender and lack of physical activities like outdoor games during lockdown.

Analysis 4: Chi-Square analysis of gender and getting into fights/arguments at home with siblings or parents

H₀: There is no significant difference with gender and getting into fights/arguments at home with siblings or parents.

H₁: There is significant difference with gender and getting into fights/arguments at home with siblings or parents.

Table 4. Chi-Square analysis of gender and getting into fights/arguments at home with siblings or parents

Q2 * Q22 Cross tabulation							
Count							
		Q22					Total
		1	2	3	4	5	
Q2	1	5	16	1	12	3	37
	2	28	50	13	19	5	115
Total		33	66	14	31	8	152
Chi-Square Tests							
		Value	df	Asymp. Sig. (2-sided)			
Pearson Chi-Square		7.989	4	.092			
Likelihood Ratio		8.366	4	.079			
Linear-by-Linear Association		4.070	1	.044			
N of Valid Cases		152					

Interpretation: From Table 4 we infer that the chi-square value is 7.989 and significant value is 0.092. As the significant value is > 0.05 , we accept null hypothesis and reject alternative hypothesis. Thus, there is no significant difference with gender and getting into fights/arguments at home with siblings or parents.

Analysis 5: Bar graph analysis of various problems faced by adolescents

Interpretation: From Figure 1 it is observed that the majority of the responses feel that the long break from school/college is quite difficult. Due to this lockdown, they are not able to perform their regular physical activities such as outdoor games which keep the adolescents physically and mentally fit. Due to this situation, adolescents are feeling upset and mentally ill as they are lacking social interactions. Individual privacy, allowing things to do that they want and handling daily life are not considered as the problems for the respondents in the study.

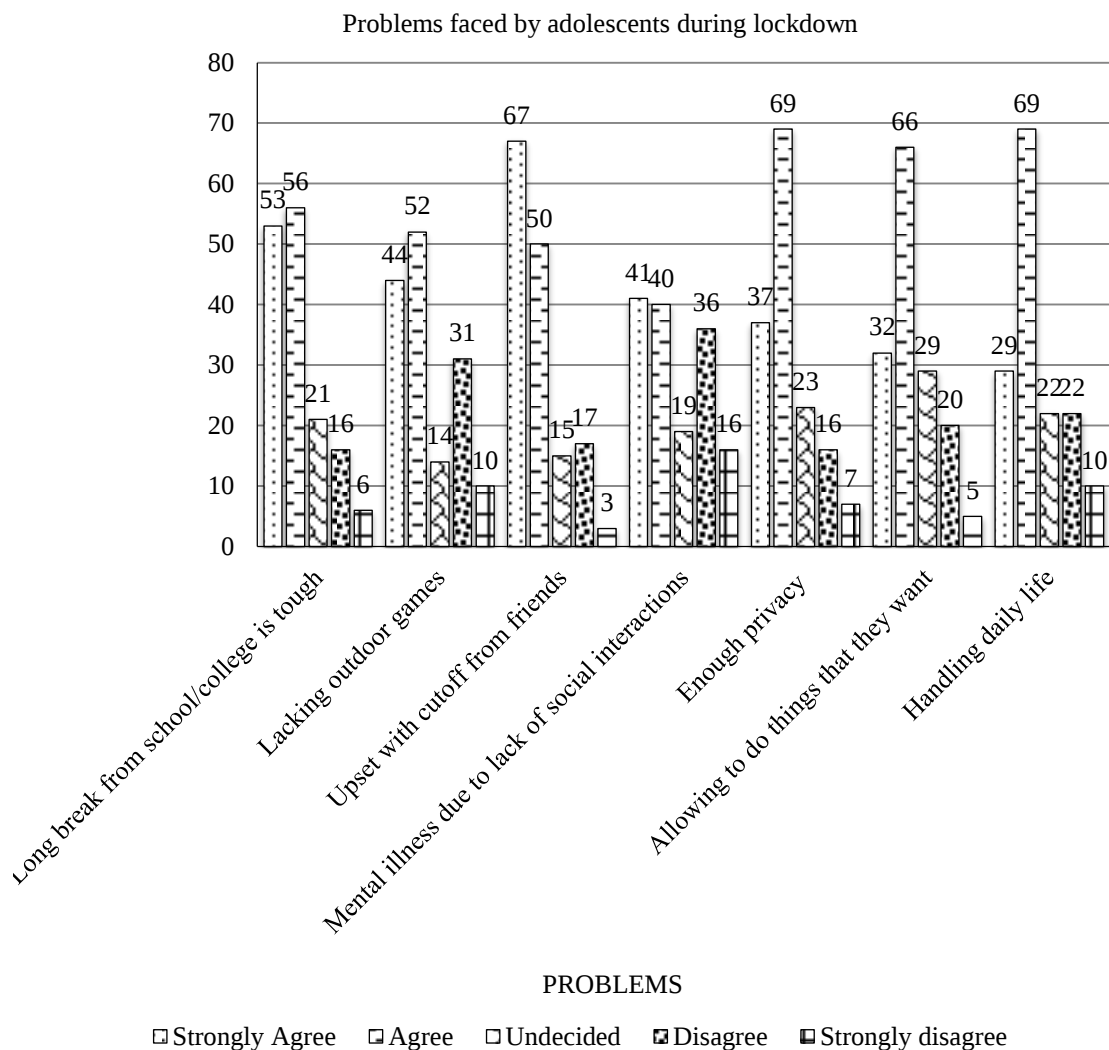


Figure 1. Bar graph analysis of various problems faced by adolescents.

Findings

- It is found that the age of adolescents is not related with reading books outside curriculum.
- It is observed that, if adolescents follow the instructions from their parents then only they are allowed to do things that they want.
- Most of the adolescents are lacking physical activities like outdoor games during lockdown.
- Irrespective of gender, most of the respondents feel that they are getting into fights/arguments at home with siblings or parents.
- Most of the adolescents feel difficult to have long break from school/colleges.
- Adolescents lack physical activities like outdoor games which keep them physically and mentally fit.
- They are upset and feeling mentally ill as they are lacking social interactions.

- Individual privacy, allowing things to do that they want and handling daily life are not considered as the problems for the respondents in the study.
- Many adolescents feel comfortable to share their problems and feelings with their friends.
- Most of the adolescents respect their elder's decision at home.

CONCLUSION

The study is conducted to find the problems faced by adolescents during lockdown. After conducting a proper and purposive research on adolescents, it is concluded that the adolescents truly feel social distancing and long break from school/college is challenging. Respondents feel upset and mentally ill with absence of social interactions and distance from friends. During lockdown they started doing exercise at home which improves their health but they haven't habituated with reading books outside curriculum and they are able to get enough sleeping hours. Though many of the respondents get into fights/arguments with their siblings or parents, they give respect to the decisions made by their elders. It is understood that the adolescents are able to handle daily life during lockdown.

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