

## Psychological Health Impacts During the Covid 19 Pandemic Outbreak among the Children and Youth: A Review

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**Abstract:** COVID -19 pandemic outbreaks has been posing a significant psychological health crisis among children and youths globally. This study aims to explore the impact of COVID-19 pandemic outbreaks on the psychological health threats of children and youths as they are the future generation. This review article has been conducted from a wide range of secondary sources including, published research articles, journals, worlds published scientific reports etc. Children and youths were in most vulnerable mental crisis as they had to stay the whole time at home. This review paper demonstrates a greater part of children and youth are suffering from psychological health disturbances globally during the period of lockdown where anxiety, depression, hypertension, less interest of doing anything, mental disorders were very common. For overcoming these threats, its urgently needed to implement the effective strategies like as to create scope for improving financial conditions in the household level, increased concern about the educating parents, proper nurturing children and enrich the take care facilities as well as to enrich their skills by motivations. Author of this review believes that these all would be beneficial for overcoming the threats with ensuring a better future for the child and youth and to achieve the Sustainable Development Goal (SDG) linked to health status all over the world.

**Key words:** COVID-19 • Psychological Health • Children • Youth • Global

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### INTRODUCTION

In the global development economy, mental health is just as important as physical health. According to Santomauro [1], the psychological health condition has been widespread throughout the world, particularly among children and young people, who have been disproportionately affected by the Covid-19 pandemic outbreaks. A major global health worry, the corona virus was first identified in the Chinese province of Wuhan at the end of December 2019 and has since spread to the majority of the world's nations [2].

It was referred to as the "new coronavirus disease" of 2019 and the World Health Organization later declared it an international public health emergency. More than 53 million people have died as a result of the Corona virus as of December 2021 [3]. Among all the category of people like, children, youth, middle and old aged people, children and youth were facing much more psychological health

threats as they were not given independently for going to school, colleges and they had to more dependent on their parents had a greater level of mental stress during the covid-19 pandemic outbreaks [4]. The caliber of a nation's human capital determines its degree of development. As the nation's future generation and the ones who will determine its level of development, children's health is given top priority in this respect [5]. An important factor in assuring community dynamism and effectiveness is mental health. Students' mental health is especially essential for learning and gaining scientific knowledge because they are talented and carefully chosen individuals who will create the future society [6].

Globally the coronavirus disease has not only psychological but also acquainted with a broad range of biological, cultural and socio-economic consequences [7, 8]. Several research study regarding psychological health found the prevalence of psychological health problems among the people at the child and young age

[9, 10]. This covid-19 pandemic makes the children and youth age more vulnerable [11]. However, some review regarding the mental health crisis among the adolescent's and youths found depressive symptoms, but not anxiety symptoms [12]. In Bangladesh, because of lockdown for the covid -19 pandemic outbreaks, most of the people were suffering from the fear of spreading the coronavirus disease, anxiety, mental stress, hypertension etc. [13]. Numerous studies have established and demonstrated the symptoms of internet addiction, which has been recognized as a new condition. People who are addicted to the Internet tend to be isolated, timid and depressed and this has been happened because of covid situation [14].

This pandemic situation was not trouble for the children and youths but also for the working category of people specially women [15]. There are many researchers who worked with category of people including their daily life, fear of infection, anxiety, depression, hypertension and inadequate supply food which had a severe effect at the individual, community, societal and the national level as whole [16, 17]. However, children and the youth were in most vulnerable situation faced mental threats who our asset as they will lead our country in future thus, it seemed the author to study this research as an important aspect so that the policy makers can implement some effective strategy for their proper nurturing with of lower cost, so that every family could educate and take care properly. Because at least a basic understanding of modern health, enhances the effectiveness of maternal behaviors involving the child's health and alters the role of a mother within a family to include greater attention to the use of modern health services and sanitation, maternal education has a strong positive impact on personal and child survival, especially during pregnancy and birth [18]. This global review evidence suggests to find out ongoing and future psychological health crises associated with this covid pandemic situation among the children and youth.

## MATERIALS AND METHODS

In this umbrella review, this study searched electronic child health records during the Covid-19 pandemic in Bangladesh for a comprehensive body of literature, which included 33 articles, one newspaper and four Statistics Bureau searches related to mental health conditions among children and youths. A variety of secondary sources, including national newspapers, published articles, published reports, the World Health

Organization (WHO), UNICEF and so forth, were examined for data. For ease of comprehension, all information was gathered manually and highlighted in a straightforward manner. The paper is based on a thorough analysis of published data and information about child health in Bangladesh during the Covid-19 pandemic.

**Criteria for the Inclusion:** This global review focused on children and youths irrespective which has been adopted in systematic reviews from the secondary sources including published journals, articles, review articles, published reports etc. Selected mixed participants such as children and youth category as a vulnerable part of the population.

**Discussion of Children's and Youth's Psychological Health Impacts:** There is enormous research has been done based on the Covid -19 outbreaks on children and youth's mental threats and found heavy impacts like depression, anxiety, sleep disturbances and Suisidal case [19-21].

This Tabular review shows that all the above countries had the common psychological problems like depression anxiety which was highest and then other threats like sleep disturbance has been addressed globally.

**Depression and Anxiety:** Thirteen articles have been intensively reviewed for finding important factors are responsible for depression and anxiety including social isolation, limited recreation facilities, family financial difficulties, missed milestones and school disruptions are common among the children and youth globally.

Panchal *et al.* [34] in France, Italy, China and India, the prevalence of anxiety ranged from 1.85% to 49.5% in 2021. Wu *et al.* [21] in East Asia, North America, South Asia, Australia, West Asia, South America, Southeast Asia, Sub-Saharan Africa and North Africa, 2021 found an anxiety prevalence of between 8% and 74%. Anxiety disorders affect 3.6% of 10–14-year-olds and 4.6% of 15–19-year-olds, according to WHO 2020's selected sample. Similar investigations by Racine *et al.* [35] found that 20.5% of children in East Asia, Europe, North America, South America and the Middle East had anxiety disorders during the pandemic. Depression is thought to affect 1.1% of adolescents between the ages of 10 and 14 and 2.8% of those between the ages of 15 and 19. Oliveira [36], according to the findings from 2022, the prevalence of depression ranged from 2% to 4%, or 6.3% and 71.5%, respectively. Anxiety is linked to the risk factors [37],

Table 1: Global review of Children's and Youth's Psychological health during the Covid-Pandemic Outbreaks

Country Name	Mental health appearance	References
China	From the selected sample, During the COVID-19 outbreak, the prevalence of depressive symptoms, anxiety symptoms and a combination of depressive and anxiety symptoms among Chinese high school students was 31.3 percent, 43.7% and 37.4%, respectively.	Shuang-Jiang <i>et al.</i> [22]
The United States	From the selected sample, between April 2020 and March 2021, young people aged 18 to 29 years were more likely than the general population to report symptoms of anxiety and depression through the crisis, respectively. They averaged 11.5 percent and 12.3 percentage points.	U.S. Census Bureau [23]
Canada	From the selected sample, 27% of 15- to 24-year-olds exhibit moderate to severe anxiety symptoms, significantly higher than 19% of 25- to 64-year-olds.	Statistics Canada [24]
Japan	From the selected sample, Depression was felt by 31% of people between the ages of 20 and 29 compared to 18% of the general population.	Fukase, Y. <i>et al.</i> [25]
The United States	From the chosen sample, anxiety symptoms were reported by 3% of 18-29-year-olds, a significant increase from 10% of 18-34-year-olds in January to June 2019.	NCHS [26]
United Kingdom	From the chosen sample, between July 2019 and March 2020, 11% of 16- to 39-year-olds reported experiencing some form of depression, rising to 31% in June 2020.	ONS [27]
Bangladesh	The selected sample has the highest proportion of children with sub-threshold disturbance (43 percent), followed by children with mild disturbances (30.5%), moderate disturbances (19.3%) and severe disturbances (7.2%).	Sabina <i>et al.</i> [28]
Italy	From the chosen sample, 24% of 16- to 24-year-olds had depression symptoms, almost twice as many as adults over 25 (13%).	Delmastro, M. and G. Zamariola [29]
France	In the selected sample, anxiety and depression among 18- to 24-year-olds were 39% and 32%, respectively, the highest levels since the pandemic began, but were down to 31% and 26%, respectively, in March 2021.	Sciensano [30]
India	From the selected sample, 14% of Indian 15-24 year olds, or 1 in 7, said they often feel depressed or have little interest in doing things.	UNICEF [31]
Australia	Emotional symptoms, behavioral issues and hyperactivity were present in 30.5%, 26.3 percent and 9.5%, respectively, of the selected sample. Similarly, 20.2% and 20.4% of the sample's anxiety and depressive symptoms scores were within the clinical range.	Gemma Sicouri <i>et al.</i> [32]
Malaysia	Anxiety was mentioned by 28.5% of the sample, depression by 31.4 percent and stress by 13.3%.	Thasneem <i>et al.</i> [33]

such as parental illness, family conflict and financial instability, which are most common among children and adolescents during the COVID-19 pandemic outbreaks [38, 39].

The similar findings have found between 22.6 and 43.7% of young people in 2020 suffered from depression and anxiety which recorded 18.9% and 37.4%, respectively. According to Elharake *et al.* [40], the prevalence of anxiety in 2021 was 49.5% and the prevalence of severe anxiety was 20.5 percent. Depression was 16% among adolescents. 2022 found that children-based samples had a prevalence of depression (11.78% - 22.6%), anxiety (18.9% - 24.9%), PTST (14%) and stress (15.2%). During the covid pandemic outbreaks in China, India, France, Jordan, Nigeria, Switzerland and the United States, 30.8% to 67.05% of the study samples had PTSD symptoms among young people. Among college students, 4.18% to 50.3% had depression, 7.7% to 79.66% had anxiety, 24.7% to 71% had stress and 30.8% to 67.05% had PTSD symptoms. Numerous negative outcomes, including insomnia, emotional changes and bedwetting such as anger or fear of being alone early in childhood, emerge later in life because of covid-19 [41].

**Sleep Disorders/Disturbances:** Sleep disturbances among children ages 10 to 17 were attributed during the covid pandemic situation all over the world because of lack of in-person social activities, cultural participation and others involvement for refreshment which is mandatory required for happiness. The threats to sleep brought on by Covid outbreaks have been treated with three different products. Panchal *et al.* [34] found that 20 percent of children and 55.9 percent of adolescents had sleep disorders. In the year 2021, found that 54% of people had sleep disorder. Numerous health risks, including elevated blood sugar, heart disease, brain loss and depression, are exacerbated by sleep disturbances in children and adolescents. In addition, 22%-62.2 percent of children and adolescents had an emotional reaction related to Covid-19 and 2.39-22% had somatic syndrome. 2021 found that 79.4% of children in the selected sample were in a psychological state as a result of the pandemic, while 22.5 percent, 35.2 percent and 21.3 percent experienced boredom, insomnia and fear of the COVID-19 infection, respectively. Anxiety, depression, irritability and inattention were found in 34.9 percent, 41.7 percent, 2.3 percent and 30.8 percent of children, respectively.

In a similar vein, caregivers from China, India, France and Italy accounted for 52.3% and 27.4% of caregivers, respectively, who suffered from anxiety or depression.

**Suicidal Case:** According to the Centers for Disease Control and Prevention, suicide is the third leading cause of death for individuals between the ages of 15 and 24 in the United States. According to the CDC, the number of teenage girls attempting suicide has increased by 50% since 2019 (CBC news, 2022). Viner and others, in 2021, 48% of reported suicide deaths occurred. The incidence of emotional difficulties (37 percent), suicidal ideation (conduct problems) (43 percent), hyperactivity/inattention (41 percent), low life satisfaction (18 percent of 2001) and low wellbeing (26.9 percent of 2001) decreased by 36 percent (156 per quarter in 2019 to 99 in 2020) and child protection referrals decreased by 56 to 39 percent (incidence rate ratio for 2020 compared to 2018/2019 was 0.61 from China, Italy and the UK, respectively). Because they are particularly affected by factors such as physical distance, barriers to mental health treatment regarding family health and economic issues that have been acute during the covid-19 outbreaks, children and adolescents may be particularly at risk for suicide.

**Conclusion and Significance of the Study:** In conclusion, Children and adolescents are most susceptible to the severe effects of the covid pandemic because they are compelled to stay at home and schools are closed, reducing their opportunities for physical activity and exploration and the COVID-19 pandemic may slightly worsen depression and attention issues in young people. According to Galvin [42], all of these factors have a negative impact on the mental health and welfare of children and adolescents, resulting in an increased prevalence of psychological health issues such as insomnia, anxiety, stress and depression. On the other hand, it is likely that psychological health symptoms were severe prior to the pandemic, but mental health symptoms improved during the crisis, when outbreaks have global long-term effects on individuals, society, culture and the economy. It will be very difficult for the developing country like Bangladesh. This global review showed a greater level prevalence of psychological problems among the children and youth category of people which has a negative consequence. Therefore, it is quintessential for the parents and the family members to spend the quality time with their children and youths and making them active with some indoor games, giving task for brain activity, create awareness for being strong in every critical situation like covid pandemic outbreaks. Moreover,

government must take the strategy to enrich resources, job security for their parents and provide educational accessibility.

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