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## Impact of COVID-19 on children psychology and post change in behavior

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### Abstract

The aim of the present study is to examine the impact of COVID-19 on children's psychology and post change in behaviour. Child Psychology deals with Physical, mental, social and emotional developments of a child from the prenatal stage to the end of the teenage. To achieve the purpose of this study 120 students were taken as subjects. Their age ranged from 12 to 16 years. Subjects were selected randomly from different schools of Abohar city. Students filled up questionnaires in an online mode. Questionnaires were self-made by the investigator. Child psychology tells us about how a child interacts with their parents, themselves and the world. COVID-19 pandemic and lockdown have aroused a sense of fear and tension around the world. This pandemic has created a short-term as well as a long-term psychological mental health problem for children. The purpose of the study is to investigate the acceptance of children's psychological problems during the COVID-19. This study describes changes in physical, mental, and behavioural levels of children. It also tells us about students' interest towards outdoor activities.

**Keywords:** COVID-19, mental health, lockdown, children, physical activities

### Introduction

COVID-19 pandemic, one of the biggest challenges to the medical science & the humanity through all over the world. There are more than 2.2 billion children in the world who constitute approximately 28% of the world's population. Those aged between 10 to 19 years make up 16% of the world's population (UNICEF, 2019) [7]. This pandemic shows a vulnerable effect on the physical, mental, and social sphere of mankind. Due to severity in cases, the government throughout the world decided for the complete lockdown in nation, which shows a bad or negative effect on the mental or psychological health of children. When we talk about the age group, the pandemic & lockdown is having a profound effect on children's wellbeing. All children, of all ages, and in all countries, are being affected, in particular by the socio-economic impacts and especially by the mental & psychological problems. Due to lockdown, children are just limited to a given space with limited persons in homes, which affects their behaviour. The negative effects are, the parents who are busy in their online jobs; on the other hand, children are spending more time on their phones, laptops & gadgets. The age group of 2-8 years children with special needs (autism, cerebral palsy, learning disability and other behavioural & emotional difficulties) face challenges during lockdown. Those children, whose one or both parents get COVID-19 positive & they have to be isolated & quarantined are frequently inclined towards stress & depression & other psychological changes such as hallucination, delirium, anxiety, fear, and so on.

### Objective of the study

The present study has the following objectives.

- To find out the difficulty in concentrating among children.
- To find out the sense of loneliness during lockdown.
- To find out the boredom among students.
- To find out the level of distress during lockdown.
- To find out the level of irritability.
- To find the interest towards outdoor activities.

**Sample:** The sample of the study comprised of children aged from 12-16 years. The sample consists of 120 students from different schools of Abohar city. The study adopted a random sampling design.

**Methodology:** To solve the purpose of the study 120 students of different schools to fill the questionnaire through on line mode. Research used self-developed questionnaire. All questions focused on six variable:-concentration, sense of loneliness, boredom, distress, irritability, interest in sports. After collecting the data showing the percentage of above mention variable among children.

**Analysis of data:** Data was showing the difference of percentage among the student in different variable Of Abohar city.

- Difficulty concentrating-78.5%
- Boredom-55%
- Distress-74%
- Irritability-45%
- Sense of loneliness 35%
- Interest in outdoor activities-85%

### Conclusion

Psychological impact during COVID-19 seems to be partially driven by the fear related to COVID-19 and partially, the indirect effect of COVID-19, that is, the situations created in the environment due to lockdown, school closures, quarantine, etc. COVID-19 infection among children is low, anxiety; depression confronted by them poses their highly vulnerable. Many research & serve prove The nature and extent of impact on this age group depend on many vulnerability factors such as the developmental age, current educational status, having special needs, pre-existing mental health condition, being economically under privileged and child/ parent being quarantined due to infection or fear of infection. Physical activities can maintain and improve mental health and reduce the negative psychology effect on children during COVID-19. Physical activity should be promoted during lockdown to support good mental health and well-being. Through this time parents and children actual understand the value of physical activities/exercises in healthy and stress free life.

### Benefits of physical activity for children

**1. Improvement in physical and mental level:** If your child has stress or mentally imbalance, or just a physical activity may be the last thing on their mind. However, physical activity can help the maintaining mental wellness. Exercise releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch of society. Physical activity can also boost your self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, clinical depression etc. Part in physical activity improves the learning aptitude of the students. Improves cardiovascular endurance, muscular strength, flexibility, mobility, and body consumption. Improves power, agility, reaction, time, balance, speed and coordination by use of all senses. It develops the skills of the children.

**Improvement in emotional and social level:** Emotional and social level of learning enhances students' capacity to integrate skills, attitudes, and behaviour's to deal effectively

and ethically with daily tasks and challenges. A physical active environment is the ideal place to enhance these skills. A sport is important for all areas of development, including emotional and social development. Sports can help practise managing strong emotions like excitement, anger and frustration. Sports also helpful in developed feeling of brother-hood, co-operation and emotional balanced and strong.

### Reduced stress level

Children who experience heightened stress tend to focus on stress-inducing things, which in turn make them more tensions, so creating an endless loop. But, through physical activity, a stressed child can break the cycle by focusing on the demands of the physical activity, developing new skills and achieving a sense of success.

**Self-care and awareness:** Regular physical exercise is associated with lower rates of mental problems and stress across all age groups. It promotes positivity and personal attention on his/her health. Make a schedule for pranayama, meditation and yoga or simple exercises at home. Become self-aware, both physically and mentally. Notice if your way of talking is of speech or gesture hurts someone or if someone's words pinch you. Try to be aware of what is taking place in the situation directly enhances your mental health. Try to recognize your requirements and emotions. Allow yourself to feel a positive energy and good vibes.

### Positive change in society during COVID-19

- **Increases online exercise programs:** On line programs is becoming popular day by day. It has lot of benefits. Throw this type programme we can discuss our problem with experts. Online training is a new way of getting personal training. It gives the opportunity to train with fitness experts of your choice. Both people who either go to gym or workout at home can take the benefit of these services. Since one is not supposed to be physically present at ground or gym therefore it is easy to many.
- **Gardening:** On facing the reality of spending weeks or even months at home, many children's wants to increase self-sufficiency. Those families to have a garden, gardening are a great way to mental wellness, uncontaminated produce. It also offers plenty of freshness. Gardening can reduce negative thoughts and feelings and can make you feel better in the moment. Just spending time around plants eases stress for many people. Gardening Boosts self-esteem.
- **Family walks:** Going for a walk is a safe, as long as a person maintains a certain distance — at least 3feet but ideally more from others. To do this, it is important to avoid crowded areas or narrow hiking trails where contact with others is inevitable. It would also be better to plan a hike during the quiet hours of the morning or evening when fewer people are out. Walking not only keeps a person active but also offered fresh mood. This change can be a welcome boost to a person's mental health.
- **Cycling:** Getting on a bicycle and going for a leisurely ride is good for knees, cardiovascular system. Always preferred morning time when less number of vehicles on road. After COVID-19 people again moves towards walk and cycling ride.
- **Family entertainment party:** Some time exercise does not have to feel like as mentally relax activity. It is

possible to get a great cardiovascular workout and improve flexibility with daily family dance parties. Turn on some music, dance and jump until the body becomes tired. This is a great way to help kids burn off excess nervous energy.

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