



The Impact of Covid 19 on Children's Health

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ABSTRACT

Children we mean those who are a young human being below the age of puberty or below the legal age of majority. According to Hurlock this stage is most important stage for physical and mental development. The stages Early Childhood (2-6) years and Late Childhood (7-12) years. Children become both stages curious, probing to ask questions and like to play in group. But in Covid period when all school set up, playing provision got disconnected they all fall in psychological stress, Grief, Fear, Uncertainty, Social isolation, increased screen time and also parental fatigue have negative impact on children's health. According to UNICEF during Covid 19 pandemic more than 330 million youngsters have been stuck at home till March 2021 which also affects their physical AND MENTAL development.

After a long lockdown period we are getting acquainted with new situations, in a new normal situation UNICEF emphasis on children's mental and physical health improvement through quality service and positive relationship. Children's are already acquainted with new online teaching methods; hybrid model for education. Totally new fields will take time to adapt to them.

Key Words: Children, Covid 19, Health.

INTRODUCTION

By the children's we mean a young human who is not yet an adult those most affected since the lockdown began in march 2020. In this time many people are infected and death rate increase more and more. As a result school closures and social isolation become most necessary on those situations but these biggest barriers got impact on children's mental and physical health. This situation increased stress and serious behavioural disorder among children. According to data from UNESCO over 286 million children up to grade 6 were out of school in India between 2020-2021.

OBJECTIVES

1. To find out problems faced by children during Covid 19
2. To find out new changeable situation how to effect children's health during Covid 19
3. To find out post Covid impact on children's physical and mental health.

METHODOLOGY

This study based on qualitative method and data are collected on the basis of few primary and secondary sources.

Problem faced by children during Covid 19

- Children's mental health— Covid 19 very well threaten children's growth and development. social restrictions, school closure make a great impact on children's mental health. Accute stress disorder, anxiety, depression, attention deficit, hyperactivity disorder, behaviour disorder increase among children. Due to Covid 19 parental fatigue affect badly on children's brain development. The scientific community and health care workers analyzed that psychological impact caused by corona virus pandemic on children very badly.
- Children's physical health – Covid 19's several factors influences also children's physical health. Schools are closed and there is no opportunity to play, children experiencing stress which they become inherent from Covid pandemic, such isolation reduce social life, physical activities, changes all routine increase sleep difficulties digestive problems, unhealthy diet, excessive screen use, disharmony at home, all of this effect badly on children's physical health during Covid 19.

CHILDREN'S MENTAL HEALTH FACTS



1 in 5 children suffer from a mental health or learning disorder



80% of chronic mental health disorders begin in childhood



anxiety disorders can make students **2x** as likely to drop out or fail a grade

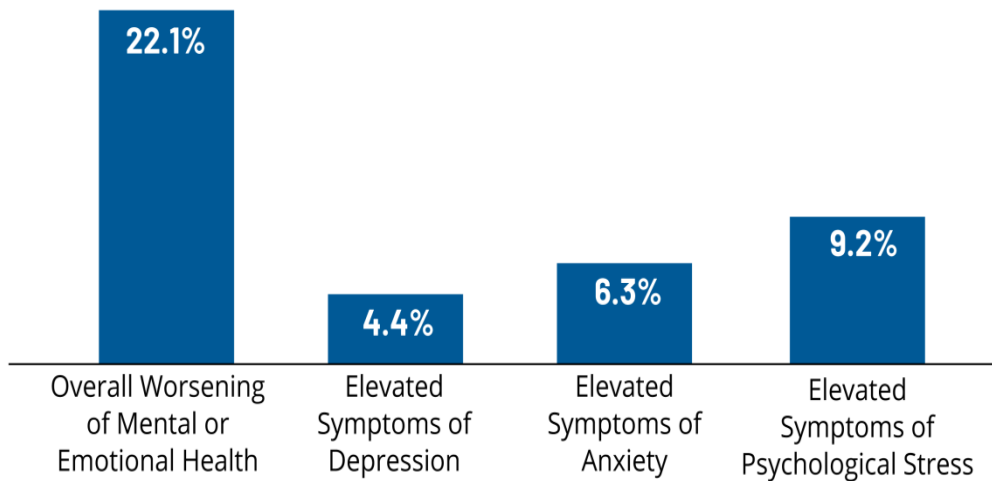


mental health problems in children ages 6 to 17 continue to rise

Sources
 Centers for Disease Control and Prevention
 Children's Mental Health Network
 Mental Health America

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 ROSEMAN UNIVERSITY OF HEALTH SCIENCES

Share of Parents Reporting Worsening Mental Health For Their Children Ages 5-12, October - November 2020

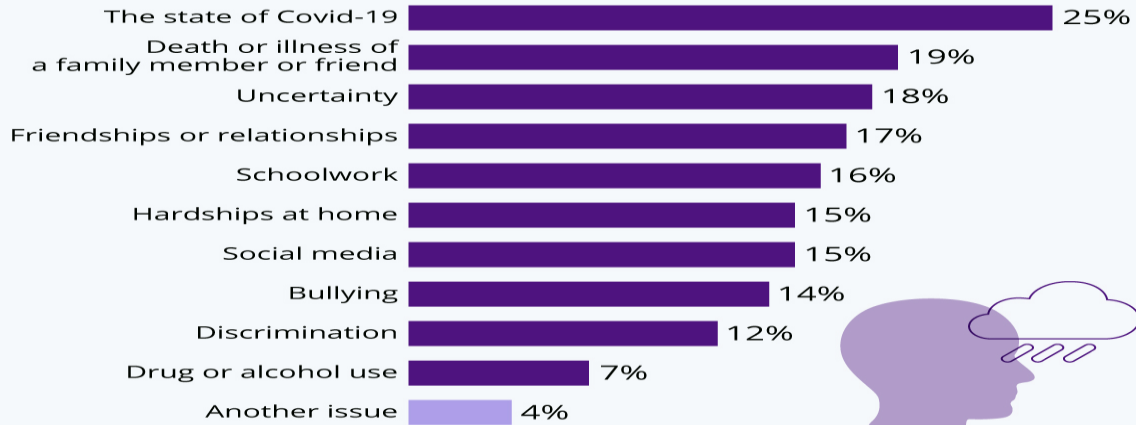


NEW CHANGEABLE SITUATION EFFECT CHILDREN'S HEALTH DURING COVID 19

To control the spreading of virus it is highly necessary to shut down schools and need social isolation but we know children spend most of their time at school which helps in their development. We know that children have access to extracurricular activities, socialization activities, free food program or meal day meal, sports in their school. Just when the lockdown started children's spend whole day at home which increased their lonely period, teaching is entirely dependent on online. The opportunity to socialize is completely cut off which increased serious behavioural problem, development disorder, speech delay, decrease concentration level, increase depression level. Worldwide pandemic situation affected 1,184,126,508 learners for closing schools and educational facilities.

Parents See Covid as Major Threat to Kids' Mental Health

Share of parents saying the following had a major negative impact on their kids' mental health over the past year*



* Based on a survey of 426 U.S. parents of school-aged children conducted on April 6-10, 2022.
 Source: Morning Consult



statista

POST COVID IMPACT ON CHILDREN'S HEALTH

Children have been overwhelmingly affected by negative feelings, stress and anxiety due to long lockdown and social isolation. Trying to figure out how to become normal in new normal environment. A new normal was established, involving a hybrid life style that combined face to face with virtual activity. Free counselling, quality service, positive relationship, adjustment with new normal situations gradually normalized eating jetlag, decrease stress level and other health related variables. Several Covid19 vaccines are undergoing trials on younger age groups (including as young age as 6 months of age) but results have not yet been published. Hopefully this new normal situations and new hybrid model and vaccination program give us to live in a new way.

CONCLUSION

we have been seen that Covid 19 pandemic had a great impact on children's mental and physical health. Covid 19 situations and post Covid situations have taught children a lot. But this impact and uncertainty still we carrying don't know when we will come out of these situations but we hope we shall overcome and we will surely back to the main stream in new ways through new adaptations.

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