

Post Covid Mental Health Problems among Youth: A Comprehensive Analysis

Ashwin Mathew¹

Abstract

The COVID-19 pandemic has had a significant impact on the mental health of youth around the world. A study by the World Health Organization found that the prevalence of anxiety and depression among adolescents increased by 25% during the pandemic. Other studies have found that youth are also experiencing more stress, loneliness, and social isolation.

Several factors have contributed to the decline in mental health among youth during the pandemic. These include:

- **Social isolation:** *The pandemic has forced many youths to stay home from school, work, and social activities. This has led to increased feelings of isolation and loneliness.*
- **Financial hardship:** *Many families have experienced financial hardship during the pandemic. This has added to stress and anxiety levels among youth.*
- **Educational disruption:** *The shift to online learning has been challenging for many youth. This has led to increased anxiety about schoolwork and academic performance.*
- **Uncertainty about the future:** *The pandemic has created a great deal of uncertainty about the future. This has made it difficult for youth to plan for their future and has contributed to feelings of anxiety and stress. (Hwang et al., 2020)*

The impact of the COVID-19 pandemic on the mental health of youth is likely to be long-lasting. It is important to identify and address the mental health needs of youth in order to prevent long-term problems. Here are some ways to help improve the mental health of youth:

- **Provide access to mental health services:** *Youth need access to mental health services, such as therapy and counselling. These services can help youth cope with the challenges they are facing and improve their mental health.*

¹ Assistant professor, School of Social Work, De Paul Institute of Science & Technology (DiST), Angamaly, Kerala, India.
Email: ashwinmathew@depaul.edu.in

- **Promote social connection:** Youth need opportunities to connect with others. This can be done through in-person activities, such as sports or clubs, or online activities, such as social media groups.
- **Create a supportive environment:** Parents, teachers, and other adults can create a supportive environment for youth by being understanding and encouraging. They can also help youth to develop healthy coping mechanisms.
- **Educate youth about mental health:** Youth need to be educated about mental health. This will help them to understand their own mental health and to know where to get help if they need it. (Jurewicz, 2015)

The COVID-19 pandemic has had a significant impact on the mental health of youth. It is important to take steps to address the mental health needs of youth in order to prevent long-term problems.

Keywords: Post-Covid Mental health problems, psychosocial stress, depression & wellbeing

1. Introduction

The COVID-19 pandemic has had far-reaching effects on various aspects of individuals' lives, including their mental health. This unprecedented global crisis has brought about significant challenges, especially for youth. With rates of anxiety, depression, and suicidality doubling among youth, there has been a growing concern about the mental well-being of young individuals in the post-Covid era.

According to the American Academy of Paediatrics, the American Academy of Child and Adolescent Psychiatry, the Children's Hospital Association, and the US Surgeon General, this alarming rise in mental health issues among youth has led to the declaration of a national state of emergency in child and adolescent mental health. Source 1 highlights the devastating impact of the COVID-19 pandemic on youth mental health concerns.

The challenges imposed by the COVID-19 crisis on young people are having an adverse effect on their mental health. Data from Belgium, France, and the United States have

shown that the prevalence of symptoms of anxiety and depression among young people is significantly higher compared to the general population. These studies indicate a range of 30% to 80% higher prevalence rates among young individuals as of March 2021. These statistics also reveal an increase in levels of loneliness among young people, which is a particular concern in the context of mental health. Factors Affecting Youth Mental Health in the Post-Covid Era.

The deterioration of young people's mental health in the Post-Covid Era can be attributed to a combination of weakening protective factors and an increase in risk factors. One of the key factors contributing to the decline in youth mental health is the weakening of protective factors. These protective factors include access to exercise, education, routine, social connection, and employment. The COVID-19 pandemic has disrupted these protective factors, leading to a significant impact on the mental well-being of young individuals. The closure of schools and the shift to remote learning has disrupted the education system, leaving many students feeling isolated and disconnected from their peers and teachers. Additionally, the lack of physical activity and limited access to recreational facilities have deprived young people of an important outlet for stress relief and emotional well-being. This disruption in routine and lack of social connection can contribute to feelings of loneliness and isolation, which are significant risk factors for mental health problems among youth. Furthermore, the COVID-19 pandemic has also created an increase in risk factors for mental ill-health among young people.

2. Social Isolation among Youth in Post COVID Era

The COVID-19 pandemic has had a profound impact on the lives of young people around the world. One of the most significant impacts has been the increase in social isolation.

Social isolation is defined as a lack of social connection and interaction. It can have a number of negative consequences for mental and physical health, including:

- Increased risk of depression, anxiety, and loneliness
- Reduced self-esteem
- Increased risk of substance abuse
- Problems with sleep and eating
- Increased risk of suicide

The pandemic has led to social isolation among youth in a number of ways. Schools and other places where young people gather have been closed, and many activities that young people enjoy have been cancelled or restricted. This has made it difficult for young people to connect with their peers and build relationships.

In addition, the pandemic has created a great deal of uncertainty and anxiety for young people. They are worried about their health, their families, and their future. This uncertainty can make it difficult for young people to feel connected to others and to the world around them.

The problem of social isolation among youth is likely to continue in the post-COVID era. Many of the factors that have contributed to social isolation during the pandemic, such as school closures and social distancing, are likely to remain in place for some time. It is important to take steps to address the problem of social isolation among youth. Here are some things that can be done:

- Encourage young people to stay connected with their friends and family, even if it is through online or phone calls.
- Help young people find activities that they can do in their community, such as volunteering or joining a club.

- Provide young people with access to mental health services if they need them.
- Educate young people about the importance of social connection and the negative consequences of social isolation.(Almeida et al., 2021)

3. Impact of Financial Insecurity and Unemployment

Financial insecurity and unemployment can have a significant impact on mental and physical health.

- **Mental health:** Financial insecurity and unemployment can lead to stress, anxiety, depression, and low self-esteem. These mental health problems can make it difficult to cope with the challenges of everyday life and can lead to problems at work, school, and in relationships.
- **Physical health:** Financial insecurity and unemployment can also lead to physical health problems, such as heart disease, obesity, and sleep problems. These health problems can make it difficult to function at work and in daily life.
- **Relationships:** Financial insecurity and unemployment can strain relationships with family and friends. People who are struggling financially may feel isolated and alone, and they may withdraw from social activities. This can lead to feelings of loneliness and despair.
- **Substance abuse:** Financial insecurity and unemployment can also lead to substance abuse. People who are struggling financially may turn to alcohol or drugs to cope with stress and anxiety. This can lead to addiction and other problems.

There are a number of things that can be done to help people who are experiencing financial insecurity and unemployment. These include:

- **Financial assistance:** There are a number of government programs that can provide financial assistance to people who are struggling financially. These programs can help to pay for food, housing, and other essential expenses.
- **Mental health services:** People who are experiencing financial insecurity and unemployment may also benefit from mental health services. These services can help to address the stress, anxiety, and depression that can accompany financial hardship.
- **Support groups:** Support groups can provide a sense of community and support for people who are experiencing financial insecurity and unemployment. These groups can help people to cope with the challenges they are facing and to find resources and support.
- **Job training and placement services:** Job training and placement services can help people who are unemployed to find new jobs. These services can provide training and support to help people find jobs that match their skills and interests. (Achdut & Refaeli, n.d.)

4. Disruption of education during post COVID Era

The COVID-19 pandemic has had a significant impact on education around the world. Schools have been closed for long periods of time, and many students have had to switch to online learning. This has led to a number of disruptions in education, including:

- **Learning loss:** Students have lost a significant amount of learning time due to school closures. This is particularly concerning for younger students, who are still developing their basic skills.
- **Digital divide:** Not all students have access to the internet or devices that are necessary for online learning. This has

- created a digital divide, with some students having a much better learning experience than others.
- **Social isolation:** Students have lost out on important social interactions and support networks due to school closures. This can have a negative impact on their mental and emotional health.
 - **Increased stress and anxiety:** Students are experiencing increased stress and anxiety due to the uncertainty of the pandemic and the challenges of online learning. This can make it difficult for them to focus on their studies.

The disruption of education during the COVID-19 pandemic has had a significant impact on students' learning and well-being. It is important to take steps to address these disruptions and to ensure that all students have the opportunity to learn and succeed. Here are some of the things that can be done to address the disruption of education during the post-COVID era:

- **Provide all students with access to the internet and devices that are necessary for online learning.** This can be done through government programs or through partnerships with businesses and organizations.
- **Develop and implement strategies to address learning loss.** This may include providing students with additional support and tutoring, or by adapting the curriculum to meet their needs.
- **Create opportunities for students to socialize and build relationships.** This can be done through online clubs and activities, or by providing opportunities for students to meet in person when it is safe to do so.
- **Support students' mental and emotional health.** This may include providing counseling and support groups, or by helping students develop coping mechanisms.

By taking these steps, we can help to ensure that all students have the opportunity to learn and succeed in the post-COVID era. In addition to the above, here are some other ways to improve the post-COVID education system:

- Embrace blended learning: This is a combination of online and in-person learning that can be tailored to the needs of each student.
- Invest in teacher training: Teachers need to be trained on how to use technology effectively in the classroom and how to address the needs of all learners.
- Collect data and feedback: It is important to collect data on how students are learning and to get feedback from teachers, students, and parents. This information can be used to improve the education system.
- Partner with businesses and organizations: Businesses and organizations can provide resources and support to schools, such as access to technology and funding for programs. (Viner et al., 2022)

5. Uncertainty about Future among Youth during Post Covid Era

The COVID-19 pandemic has created a great deal of uncertainty for young people. They are worried about their health, their families, their future, and their careers. This uncertainty can be overwhelming and can make it difficult to plan for the future. Here are some of the reasons why young people are feeling uncertain about the future:

- The pandemic has caused a lot of economic disruption. Many businesses have closed, and many people have lost their jobs. This has made it more difficult for young people to find jobs and start their careers.

- The pandemic has also disrupted education. Many students have had to switch to online learning, and some have had to repeat a year of school. This has made it more difficult for young people to get the education they need to succeed in their careers.
- The pandemic has also changed the way we live and work. Many people are now working from home, and many businesses are now operating online. This has made it difficult for young people to network and build relationships, which are essential for finding jobs and getting ahead.
- The pandemic has also created a lot of anxiety and stress. Young people are worried about their health, their families, and their future. This anxiety can make it difficult to focus on school or work.

The uncertainty about the future can be a challenge for young people, but it is important to remember that it is not impossible to overcome. There are things that young people can do to cope with the uncertainty and to plan for the future. Here are some tips for young people who are feeling uncertain about the future:

- Talk to someone you trust. Talking to a friend, family member, therapist, or counsellor can help you to process your feelings and to develop coping mechanisms.
- Stay informed. It is important to stay informed about the pandemic and about the economy. This will help you to make informed decisions about your future.
- Set goals. Setting goals can give you something to strive for and can help you to feel more in control of your future.
- Take care of yourself. Make sure to get enough sleep, eat healthy foods, and exercise regularly. Taking care of your

physical and mental health will help you to cope with the stress and uncertainty.

- Be patient. It may take some time to overcome the uncertainty and to find your way in the world. Be patient with yourself and with the process. (Mok et al., 2021)

6. Conclusion

The COVID-19 pandemic has had a significant impact on the mental health of youth. A study by the World Health Organization found that the prevalence of anxiety and depression among adolescents increased by 25% during the pandemic. Other studies have found that youth are also experiencing more stress, loneliness, and social isolation. There are a number of factors that have contributed to the decline in mental health among youth during the pandemic. These include:

- Social isolation: The pandemic has forced many youth to stay home from school, work, and social activities. This has led to increased feelings of isolation and loneliness.
- Financial hardship: Many families have experienced financial hardship during the pandemic. This has added to stress and anxiety levels among youth.
- Educational disruption: The shift to online learning has been challenging for many youth.
- This has led to increased anxiety about schoolwork and academic performance.
- Uncertainty about the future: The pandemic has created a great deal of uncertainty about the future. This has made it difficult for youth to plan for their future and has contributed to feelings of anxiety and stress.

The impact of the COVID-19 pandemic on the mental health of youth is likely to be long-lasting. It is important to identify

and address the mental health needs of youth in order to prevent long- term problems. Here are some ways to help improve the mental health of youth:

- Provide access to mental health services: Youth need access to mental health services, such as therapy and counselling. These services can help youth cope with the challenges they are facing and improve their mental health.
- Promote social connection: Youth need opportunities to connect with others. This can be done through in-person activities, such as sports or clubs, or online activities, such as social media groups.
- Create a supportive environment: Parents, teachers, and other adults can create a supportive environment for youth by being understanding and encouraging. They can also help youth to develop healthy coping mechanisms.
- Educate youth about mental health: Youth need to be educated about mental health. This will help them to understand their own mental health and to know where to get help if they need it.

The COVID-19 pandemic has had a significant impact on the mental health of youth. It is important to take steps to address the mental health needs of youth in order to prevent long-term problems. In addition to the above, here are some other things that can be done to help youth with mental health problems:

- Embrace peer support: Peer support groups can provide a safe and supportive environment for youth to share their experiences and to get help from others who understand what they are going through.
- Use technology: There are a number of online resources that can help youth with mental health problems. These

resources can provide information, support, and coping mechanisms.

- Be patient: It takes time to heal from mental health problems. Be patient with yourself and with the process.

References

- Achdut, N., & Refaeli, T. (n.d.). *Unemployment and Psychological Distress among Young People during the COVID-19 Pandemic: Psychological Resources and Risk Factors*. <https://doi.org/10.3390/ijerph17197163>
- Almeida, I. L. de L., Rego, J. F., Teixeira, A. C. G., & Moreira, M. R. (2021). Social isolation and its impact on child and adolescent development: a systematic review. *Revista Paulista de Pediatria*, 40, e2020385. <https://doi.org/10.1590/1984-0462/2022/40/2020385>
- Hwang, T. J., Rabheru, K., Peisah, C., Reichman, W., & Ikeda, M. (2020). Loneliness and social isolation during the COVID-19 pandemic. *International Psychogeriatrics*, 32(10), 1. <https://doi.org/10.1017/S1041610220000988>
- Jurewicz, I. (2015). Mental health in young adults and adolescents – supporting general physicians to provide holistic care. *Clinical Medicine*, 15(2), 151. <https://doi.org/10.7861/CLINMEDICINE.15-2-151>
- Mok, K. H., Xiong, W., & Ye, H. (2021). COVID-19 crisis and challenges for graduate employment in Taiwan, Mainland China and East Asia: a critical review of skills preparing students for uncertain futures. *Journal of Education and Work*, 34(3), 247–261. <https://doi.org/10.1080/13639080.2021.1922620>
- Viner, R., Russell, S., Saullé, R., Croker, H., Stansfield, C., Packer, J., Nicholls, D., Goddings, A. L., Bonell, C., Hudson, L., Hope, S., Ward, J., Schwalbe, N., Morgan, A., & Minozzi, S. (2022). School Closures during Social Lockdown and Mental Health, Health Behaviors, and Well-being among Children and Adolescents during the First COVID-19 Wave: A Systematic Review. *JAMA Pediatrics*, 176(4), 400–409. <https://doi.org/10.1001/JA.MAPEDIATRICS.2021.5840>