



*Article*

## Positive and Negative Impact of Covid-19 on Children and Older Adults

**Mukesh Chahal<sup>1</sup>, Kuldeep Singh<sup>2</sup>**

<sup>1</sup>Assistant Professor in Economics Department, Babu Anant Ram Janta College Kaul Kaithal (Haryana), India

<sup>2</sup>P.G Student, Department of Economics, Indira Gandhi National Open University, Delhi, India

**Correspondence** should be addressed Mrs. Mukesh Chahal: [gvgmanimekalai@gmail.com](mailto:gvgmanimekalai@gmail.com)

Received 10 October 2022; Accepted 29 December 2022; Published 1 January 2023

Academic Editor: Heena Ganatra, PhD

**Copyright:** © 2023 by the authors. Licensee KMF Publishers ([www.kmf-publishers.com](http://www.kmf-publishers.com)). This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

### Abstract

Over the past year, a worldwide pandemic has affected general life. The covid-19 pandemic also known as the corona virus has largely affected children and old age. Although medical literature shows that children and old age are minimally disposed to 2019-Corona virus disease, they are hit the hardest by the mental impact of this pandemic. Extensive lockdown and pre-emptive measures have isolated individuals, affected the world economy, and limited access to physical and mental healthcare. While these measures may be compulsory to minimize the spread of the virus, the harmful physical, psychological, and social effects are evident. Being quarantined in homes and health centers may impose a greater psychological load than the physical suffering caused by the virus. School closing, lack of outdoor activity, strange dietary and sleeping habits are likely to disturb children's usual lifestyle and can potentially promote monotony, anxiety, campaigning, annoyance, and varied neuropsychiatric manifestations. Meanwhile, the senior citizens are affected by both the virus, and the lockdown measures have seen the slightest benefits from these digital solutions. The age-based digital divide describes an ancient inequality in the access to, and skills to make use of, new technology.

**Keywords:** Covid19 pandemic, Lockdown, Quarantine, Children and Old age.

**Citation:** Chahal, M., & Singh, K. (2023). Positive and Negative Impact of Covid-19 on Children and Older Adults. *Journal of Pandemic Disaster and Recession*, 3(1), 3-9. DOI: <https://doi.org/10.5281/zenodo.7597108>



## 1.1 Introduction

The COVID-19 pandemic has had huge effects on the daily lives of most individuals in the first half of 2020. The lockdown has brought about a sense of fear and nervousness around the globe. This phenomenon has led to short-term as well as long-term psychosocial and mental health implications for children and senior citizens. Millions of children could be negatively affected by the COVID-19 pandemic, and we anticipate that the greatest impact could be on those in poor socio-economic groups, who are already vulnerable and disadvantaged. However, some positive changes could also come out of this worldwide crisis.

## 1.2 Objectives

- This research paper aims to explore the positive and negative impact of covid-19 on children.
- This research paper aims to explore the positive and negative impact of covid-19 on older adults.

## 2.1 Research Methodology

The research design used in this study is descriptive investigate. Descriptive research studies are those studies which are concerned with describing the characteristics of a particular group of situations. It includes different kinds of fact-finding study and surveys.

## 2.2 Data collection

### 2.2.1 Secondary Data

The secondary data have been collected by different books reputed journal, RBI website and internet.

## 3.1 Impact of Covid-19 on Children

### 3.2 Positive Impacts

#### Childhood Development

Children's education is expected to be negative affected by school closures. Those children who have access to internet connection and smart phones are given the opportunity to be taught educational methods that will advantage them later in life. They could also get involved in different physical, knowledge, and creative activities during school closures that will help them to develop new skills.

#### Greater Awareness

Health specialists have advised parents to talk about the pandemic in detail with their kids. These include parents being honest, reassuring them and explanation what practical measures they can take to keep themselves and others secure.

#### Developing Relationships and Empathy

Spending time with their family could help some children to develop nearer relationships with them and being aware of the impact of the pandemic could also help children to develop more humanity and empathy, as they understand the value of human life.

#### Learning Nature's Value

Less traffic has led to reductions in largely pollution and noise, and there is anecdotal evidence that this has led to changes in our natural environment and provided additional opportunities for children to see, and appreciate, wild life.



### **3.3 Negative Impacts**

#### **Effects on Education**

School closures carry high social and economic expenses for people across communities. Their impact however is mainly severe for the most vulnerable and marginalized group. These include:-

Intermittent learning.

Puzzlement and stress for teachers.

Parents not ready for distance and home schooling.

Challenges creating, maintaining, and improving distance Learning.

High economic expenses.

#### **Health Issues**

One of the main consequences of lockdowns and school closures could be that some children will not be able to engage in outdoor bodily activities, especially if they do not have access to outside space, which could increase weight problems and the disorders that are connected with them. School closures may also mean that children sit continuously for longer periods of time, for example at laptop, and this could lead to issues like back pain, eye strain and disturbed sleep.

#### **Aggressive Behavioural Changes**

Children are bound to miss interacting with their own look closely groups, and we fear that being deprived of their company for any length of time will lead to extreme behavioral changes.

#### **Addiction to Social Media and the Internet**

Due to school, college closures, many children will be actively encouraged to go online to carry on their education. They will also want to keep in touch with their peers, and this could increase their use of social media, which could distract them when they are meant to be doing school work. They could also be uncovered inappropriate content and bogus bullying.

#### **Impact of Covid-19 on Older Adults**

Older adults are more likely to have terrible outcomes from the virus. And as a result, negative impacts supersede any possible positive impacts.

#### **The Ageing Body**

The older are more afflicted with chronic rather than sensitive illnesses aside from locomotors difficulties – such as high blood-pressure, hypertension and diabetes, which need long-term medication. They are also more at hazard of cancer, renal diseases and musculoskeletal disorders, particularly arthritis. Reduced mobility during this time prevents them from seeking regular medical attention, and leaves them dependent on others.

#### **Misinformation and Anxiety**

As they are less recognizable with technology and apps, anecdotally speaking, older people are often exposed to, and fall prey to, half truths about ‘miracle cures’ for COVID-19 as well as overhyped claims, conspiracy theories, unscientific medical claims, etc. This in turn leads to panic and anxiety. Instead, we need to invest time and energy to educate our elderly family members about false news and its ill-effects, and improve their access to culturally sensitive and affordable mental health counselor.



### **The Digital Divide**

The digital divide is a term originally used to describe the break in access to new technology which exists between different groups of people. The elderly has less right to use to technology than younger adults, but even those with access have less digital skills, and make extra limited use of the technology they do have. The problem of the digital divide among the elderly is not new and has been a point of rising scrutiny as technology has become a larger part of day-to-day life.

### **Social Isolation and Social Disconnection**

Social isolation, social distancing, social disconnectedness, and loneliness were found to be mediated with sadness and anxiety. Cognitive skills and social support networks could help older adults to foster significant connection and sense of belongingness during isolation period.

### **Physical and Mental Health**

Social isolation and social disconnection – a documented bidirectional and complex relationship between mental health issues and social disconnectedness, itself poses a serious public health concern among older adults particularly due to the psychosocial reasons and physiological health problems such as mental health problems, cardiovascular, autoimmune, neurocognitive, neurobiological, and other at-risk health troubles.

### **4.1 Conclusion**

In our judgment, the COVID-19 pandemic will have far reaching, long term impacts on children worldwide. Although some of these may be optimistic, we believe that the negative impacts will be shocking and could affect millions of children in some way. There is a need to ameliorate children and adolescents Access to mental health support services geared towards providing measures for developing healthy coping mechanisms during the current crisis. The outbreak of COVID-19 will also have a long-term and profound impact on older adults' health and well-being worldwide. Social isolation and being alone are likely to become major risk factors that affect older adults' health outcomes. Some strategies to address these issues can be implemented in several countries. These strategies include: raising awareness of the health and medical impact of social isolation and loneliness across the health care workforce and among members of the community; developing innovative technology based interventions to mobilize the resources from family members, community-based networks and resources that address social isolation and loneliness in older adults; and engaging the health care system to begin the process of developing methods to identify social isolation and loneliness in health concern settings.

### **Bibliography**

- APA. (2020), Managing COVID-19 concerns for people with OCD. <https://www.apa.org>. <https://www.apa.org/topics/covid-19/managing-ocd>.
- Arafat S.Y., Kar S.K., Marthoenis M., Sharma P., Apu E.H., Kabir R. *Psychiatry Research*. PMC; 2020. Psychological underpinning of panic buying during pandemic (COVID-19) [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Bhat R., Singh V.K., Naik N., Kamath C., R, Mulimani P, Kulkarni N. COVID 2019, outbreak: the disappointment in Indian teachers. *Asian J. Psychiatry*. 2020 doi: 10.1016/j.ajp.2020.102047. [PMC free article] [PubMed] [CrossRef] [Google Scholar]



- Biaggi A., Conroy S., Pawlby S., & Pariante C.M. Identifying the women at risk of antenatal anxiety and depression: a systematic review. *J. Affect. Disord.* 2016;191:62–77. doi: 10.1016/j.jad.2015.11.014. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Birla N. Mental health may hurt India to tune of \$1.03 trillion; here's a dose for cos. *Econ. Times, India Times.* 2019 <https://economictimes.indiatimes.com/magazines/panache/mental-health-may-hurt-india-to-tune-of-1-03-trillion-heres-a-dose-for-cos/articleshow/71045027.cms> online. [Google Scholar]
- CDC Data and statistics on children's mental health | CDC. *Centers Dis. Control Prevent.* 2019 <https://www.cdc.gov/childrensmentalhealth/data.html> [Google Scholar]
- Cobham V., McDermott B., Haslam D., Sanders M. The role of parents, parenting and the family environment in children's post-disaster mental health. *Curr. Psychiatry Rep.* 2016;18. doi: 10.1007/s11920-016-0691-4. [PubMed] [CrossRef] [Google Scholar]
- Cooper, K. (2020, September 4). Don't let children be the hidden victims of COVID-19 pandemic. <https://www.unicef.org/press-releases/dont-let-children-be-hidden-victims-covid-19-pandemic>.
- Cortese S., Asherson P., Sonuga-Barke E., Banaschewski T., Brandeis D., Buitelaar J., Coghill D., Daley D., Danckaerts M., Dittmann R.W., Doepfner M., Ferrin M., Hollis C., Holtmann M., Konofal E., Lecendreux M., Santosh P., Rothenberger A., Soutullo C....Simonoff E. ADHD management during the COVID-19 pandemic: guidance from the European ADHD guidelines group. *Lancet Child Adolesc. Health.* 2020 doi: 10.1016/S2352-4642(20)30110-3. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Dalton L., Rapa E., Stein A. Protecting the psychological health of children through effective communication about COVID-19. *Lancet Child Adolesc. Health.* 2020;4(5):346–347. doi: 10.1016/S2352-4642(20)30097-3. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Holmes E.A., O'Connor R.C., Perry V.H., Tracey I., Wessely S., Arseneault L., Ballard C., Christensen H., Cohen Silver R., Everall I, Ford T, John A, Kabir T, King K, Madan I, Michie S, Przybylski A.K, Shafran R., Sweeney A....Bullmore E. Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. *Lancet. Psychiatry, S2215-0366(20)30168-1.* 2020 doi: 10.1016/S2215-0366(20)30168-1. PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Jiao W.Y., Wang L.N., Liu J., Fang S.F., Jiao F.Y., Pettoello-Mantovani M., Somekh E. Behavioral and emotional disorders in children during the COVID-19 epidemic. *J. Pediatr., S0022-3476(20)30336-X.* 2020 doi: 10.1016/j.jpeds.2020.03.013. PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Lee J. Mental health effects of school closures during COVID-19. *Lancet. Child Adolesc. Health, S2352-4642(20)30109-7.* 2020 doi: 10.1016/S2352-4642(20)30109-7. PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Liu J.J., Bao Y., Huang X., Shi J., Lu L. Mental health considerations for children quarantined because of COVID-19. *Lancet. Child Adolesc. Health.* 2020;4(5):347–349. doi: 10.1016/S2352-4642(20)30096-1. PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- McQuillan H., Neill B.O. Gender differences in children's internet use: key findings from Europe. *J. Child. Media.* 2009;3(4):366–378. doi: 10.1080/17482790903233408. [CrossRef] [Google Scholar]
- Kinsella M.T., Monk C. Impact of maternal stress, depression and anxiety on fetal neurobehavioral development. *Clin. obstet. Gynecol.* 2009;52(3):425–440. doi: 10.1097/GRF.0b013e3181b52df1. [PMC free article] [PubMed] [CrossRef] [Google Scholar]



- Mukherjee, Bailay R, Shrivastava J. Impact of coronavirus on consumer products: Consumer goods fly off the shelves as coronavirus spreads in India—the economic times [News release] *Econ. Times*. 2020 <https://economictimes.indiatimes.com/industry/cons-products/fmcg/consumer-goods-fly-off-the-shelves-as-coronavirus-spreads-in-india/articleshow/74644159.cms?from=mdr> [Google Scholar]
- Oosterhoff B., Palmer C.A., Wilson J., Shook N. Adolescents' motivations to engage in social distancing during the covid-19 pandemic: associations with mental and social health. *J. Adolesc. Health. PMC*. 2020 doi: 10.1016/j.jadohealth.2020.05.004. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Oosterhoff B., Palmer C.A., Wilson J., Shook N. Adolescents' motivations to engage in social distancing during the covid-19 pandemic: associations with mental and social health. *J. Adolesc. Health. PMC*. 2020 doi: 10.1016/j.jadohealth.2020.05.004. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Petito A., Pop T.L., Namazova-Baranova L., Mestrovic J., Nigri L., Vural M., Sacco M., Giardino I., Ferrara P., Pettoello-Mantovani M. The burden of depression in adolescents and the importance of early recognition. *J. Pediatr.* 2020;218:265–267. doi: 10.1016/j.jpeds.2019.12.003. [PubMed] [CrossRef] [Google Scholar]
- PTI Govt helpline receives 92,000 calls on abuse and violence in 11 days read more at: economic times. *India Times*. 2020 [https://economictimes.indiatimes.com/news/politics-and-nation/govt-helpline-receives-92000-calls-on-abuse-and-violence-in-11-days/articleshow/75044722.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cppst](https://economictimes.indiatimes.com/news/politics-and-nation/govt-helpline-receives-92000-calls-on-abuse-and-violence-in-11-days/articleshow/75044722.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst) [Google Scholar]
- Rosenthal D.M., Ucci M., Heys M., Hayward A., Lakhanpaul M. Impacts of COVID-19 on vulnerable children in temporary accommodation in the UK. *Lancet Public Health*. 2020;5(5):e241–e242. doi: 10.1016/S2468-2667(20)30080-3. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Sahu P. Closure of universities due to coronavirus disease 2019 (covid-19): impact on education and mental health of students and academic staff. *Cureus*. 2020;12(4) doi: 10.7759/cureus.7541. e7541–e7541PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Schofield G., Beek M., Ward E., Biggart L. Professional foster carer and committed parent: Role conflict and role enrichment at the interface between work and family in long-term foster care. *Child Fam. Soc. Work*. 2013;18(1):46–56. doi: 10.1111/cfs.12034. [CrossRef] [Google Scholar]
- Shen K., Yang Y., Wang T., Zhao D., Jiang Y., Jin R., Zheng Y., Xu B., Xie Z., Lin L., Shang Y., Lu X., Shu S., Bai Y., Deng J., Lu M., Ye L., Wang X., Wang Y.... . *Diagnosis, Treatment, And Prevention Of 2019 Novel Coronavirus Infection In Children: Experts' Consensus Statement*. World Journal of Pediatrics : WJP; 2020. Global Pediatric Pulmonology Alliance; pp. 1–9. PubMed. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Mental health research with children and youth during (and after) the COVID-19 pandemic. *Psychiatry Res*. 2020 doi: 10.1016/j.psychres.2020.113143. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- Wang W., Xu Y., Gao R., Lu R., Han K., Wu G., Tan W. Detection of SARS-CoV-2 in different types of clinical specimens. *JAMA*. 2020;323(18):1843–1844. doi: 10.1001/jama.2020.3786. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
- WHO. (2020a). Healthy parenting. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>.



frontiersin.org  
Forbes India Magazine  
Times of India  
World health organisation