

## Creatively cope stress of children during lockdown: A review

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### ABSTRACT

In December, 2019 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of universal Concern. WHO expressed that there is a high danger of COVID-19 spreading to different nations around the globe. In March 2020, WHO made the appraisal that COVID-19 can be described as a pandemic. In India, PM Mr. Modi has declared the lockdown across the nation from the midnight of 25th of March, 2020, clarifying that it is the only way to stop the chain of the disease. Only essential and emergency services will be allowed. This emergency is producing stress among people as well as children. At that point children's movement outside is not possible, they are limiting themselves at their homes, they cannot meet their peers, or go to school, they can only study through e-learning, they even cannot play with their friends at nearby parks. To cope with psychological stress of children, we did a review-based study which includes some impact of psychological stress during lockdown. This paper aims to identify the signs of stress in children during lockdown in India and to help children coping with their psychological stress during lockdown in India.

**Keywords:** COVID-19, Children, Lockdown, Stress

Coronaviruses are a huge group of viruses which may cause sickness in animals or people. In people, a several coronaviruses are known to cause respiratory contaminations going from the normal virus to increasingly extreme sicknesses, for example, Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently found coronavirus causes coronavirus disease COVID-19. WHO expressed that there is a high danger of COVID-19 spreading to different nations around the globe. In March 2020, WHO made the appraisal that COVID-19 can be described as a pandemic.

In India, PM Mr. Narendra Modi announced lockdown across the nation from the midnight of 25th of March clarifying that it was the only way for breaking the COVID-19 infection cycle. Only essential and emergency services will be allowed. People's movement outside their homes is lockdown because of the fear of this pandemic. At the point when all the residents of India are at their homes for their security. This emergency is producing stress among the population. Stress among children during lockdown can be- to not go to the school and study from home through e-learning, to not meet their companions, to not allow

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to go out from their homes to play with their peers, to not permit to eat junk foods, to not allow to make the fun to the nearby parks or to follow their skills with the limited things which are already available at their homes.

Stress might be a reaction to a negative change in a child's life. In limited quantities, stress can be acceptable. However, extreme pressure can influence the manner in which a child thinks, acts, and feels. Children figure out how to react to stress as they develop and create. Numerous unpleasant events that a grown-up can oversee will cause stress in a child. Accordingly, even little changes can affect a children's sentiments of wellbeing and security. Childhood stress can be present in any circumstances that requires the child to adjust or change. Stress might be brought by positive changes, for example, beginning of a newly activity, however it is most normally connected with negative changes, for example, sickness or unexpected negative changes in the environment.

### REVIEW OF LITERATURE

Teasdale E, et al, & Bai Y, et al., stated that prolonged school closure and home restrictions during a pandemic negatively affect children's physical and mental health. Researches proposed that when children are not in school (eg, weekends and summer occasions), they are genuinely less active, have any longer screen time, having sleeplessness, and less positive eating regimens, bringing about weight gain and lost cardiorespiratory fitness.( Teasdale E, et al., & Zou L, Ruan F, et al.)

Such negative impacts on mental health are probably going to be a lot of more regrettable when children are kept to their homes without open air exercises and association with same age friends during the lockdown. Maybe a progressively significant and most neglected issue on mental health of children and adults. Stressors, for example, prolonged, fears of contamination, disappointment and fatigue, insufficient information, need of in-person contact with classmates, friends, and instructors, absence of personal space at home, and family financial loss can have considerably progressively tricky also, suffering consequences for children and adolescents.( Bai Y, Yao, et al. ) For example, Sprang and Silman indicated that the mean post-traumatic stress scores were four times higher in children who had been isolated than in the children who were not isolated. Besides, the cooperation between way of life changes furthermore, psychosocial stress brought about by home restrictions could additionally irritate the inconvenient impacts on child physical as well as psychological wellness, which could cause an endless loop. To moderate the outcomes of home control, the government, non-government organizations (NGOs), the community, schools, and guardians should know of the drawback of the circumstance and do more to viably address these issues right away. Encounters gained from past episodes can be important for structuring another program to handle these issues in China.(Decosimo CA, Hanson J, et al.)

#### *Aims*

1. To identify the signs of stress of the children during lockdown in India.
2. To help children coping with their psychological stress during lockdown in India.

#### *Recognize the signs of stress*

Children may not identify that they are stress. New or exacerbating side effects may lead parents to recognize a high-level stress is present.

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*Physical symptoms may include:*

1. Low appetite, different changes in dietary habits.
2. Headaches.
3. Sleeplessness.
4. Recurrent bedwetting.
5. Stomach ache.
6. Bad dreams.
7. Other physical symptoms with no physical disease.

*Psychological symptoms may include:*

1. Tension, stress.
2. Slurring of speech.
3. Not ready to unwind.
4. New or repeating fears. (fear of the dark, fear of being lonely, fear of outsiders)
5. Sticking, reluctant to let you far out.
6. Outrage, crying.
7. Not ready to control their emotions.
8. Aggressive behavior.
9. Stubborn.
10. Returning to practices present previously.
11. Wouldn't like to take an interest in family or school exercises.

### **STRESS MANAGEMENT FOR CHILDREN**

Dealing with psychological stress during lockdown is the most widely recognized unavoidable fact of children. Here are a few strategies which can help in coping the pressure of daily lives of children.

*Physical Exercise-* Physical exercise is an essential stress reliever for all the individuals. The U.S. Department of Health and Human Services suggests minimum 60 minutes of daily physical activity for children ages 6 to 17.

*Sharing is Caring-* Sharing unpleasant or stressful situations with their loved ones (family or friends) can help children coping up their stress.

*And It's Fun Time-* As like as adults, children need time to do what brings them bliss, regardless of whether that is unstructured time to play with building blocks or continuous hours to rehearse music or craftsmanship. It's good if they are enjoying their previous acts. Likewise, while a few kids flourish skipping starting with one action then onto the next, others need progressively down time. Locate a solid harmony between most loved exercises and free time.

*Writing is the Best Therapy-* Research has discovered that expressing oneself as a hard copy can help decrease mental stress and improve prosperity. Some exploration has also found, that expressing without any sensor in mind, for example, the things you're thankful for or pleased with or stress with or having negative thought of — can ease manifestations of anxiety and stress.

*It's Time to take a Deep Sleep-* Sleep is most important for physical and psychological well-being. Specialists prescribe 9-12 hours of rest a night for 6-to 12-year old. Teens need eight

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to 10 hours every night. Sleep should be a need to decrease stress. To secure shut-eye, limit screen uses at night and avoid keeping advanced gadgets in the bedroom.

### **PARENTS ROLE IN STRESS MANAGEMENT OF THEIR CHILDREN**

Parents have a significant part to play, by receiving their own healthy habits and helping their children to cope up with their stress during lockdown. A few different ways parents can make a move:

*Talk and Talk-* Parents can talk with their kids about how they've considered and managed their own unpleasant or stressful situations.

*Let your Child Big Enough-* It's quite normal to need to fix your child's issues. However, when parents swoop in to comprehend each and every glitch, their kids don't get an opportunity to learn sound adapting aptitudes. Let your kids attempt to take care of their low-stakes issues all alone, and they'll pick up certainty that they can manage stressors and mishaps.

*Restrictions of Screen Time-* Nowadays children invest a lot of time on the web, where they can run into questionable experiences, cyberbullying or the peer-pressure web-based social networking. Parents can help by showing their kids to be savvy digital consumers, and by restricting screen time.

*War of Negative Thinking-* "I'm horrible of being sick." "I hate staying at home." "I can never go out." Children effectively fall into the trap of negative reasoning. At the point when children use negative self-talk, however, don't simply oppose this idea. Get some information about whether what they are saying is valid, or help them to remember times they used to go out and reveal to them the advantage of the lockdown. Figuring out how to outline things decidedly will assist them with creating strength to push.

#### ***Psychologists can also help***

Psychologists have an expertise in managing people and coping stress. Contact them if needed.

### **CONCLUSION**

This Review paper recommends that the psychological stress during lockdown in children is wide-ranging, significant, and can be enduring. This isn't to propose that lockdown shouldn't be used; the mental impacts of not utilizing lockdown and permitting sickness to spread may be worse. However, restricting children of their freedom for the more extensive open great is frequently argumentative and should be taken care of cautiously. On the high chance that lockdown is essential, at that point our outcomes recommend that individuals should take every precaution to ensure about their child's mental health by helping them managing their stress. This can be accomplished by: talking about them what is happening and why, clarifying to what extent it will keep, giving significant exercises to them to do during lockdown, giving clear correspondence, guaranteeing essential supplies, (for example, nourishment, water, and clinical supplies) are accessible.

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