

Research Paper

Understand the Impact of Covid-19 on the Relationship between Child and Parent and the Strategies to Maintain It

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ABSTRACT

In recent times the Covid-19 pandemic is the biggest health crisis worldwide. Pandemic disrupts various fields like Business, Industry, Agriculture, Food Supply Chain, Tourism, Education, etc. According to Kimberly Chriscaden (Communications Officer World Health Organization) “The economic and social disruption caused by the pandemic is devastating: tens of millions of people are at risk of falling into extreme poverty, while the number of undernourished people, currently estimated at nearly 690 million, could increase by up to 132 million by the end of the year.” This led to various psychological problems, not only in adults but also in children. Although children were not much affected by the coronavirus and also covid death rate was significantly low in children. But they spent their two years at home which led to less social development. Common problems of children in those years were anxiety, stress, emotional turmoil, and irritation. Also, children are exposed to social media and gruesome pictures of disease and death may overwhelm them with fear, anxiety, clinginess, inattention, and irritability. This study helps to understand the impact of pandemic on family dynamics. More specifically this study explores the relationship between children, parents, siblings, and peers in lockdown. This study also emphasized social fear and mobile dependency in children in post-Covid-19 situations. This is a Qualitative Study based on the response of 20 Children and their guardians. The results of the study show significant changes in various Family dynamics and how children are addicted after the Covid-19 pandemic. This Study discusses various strategies to solve the problems related to mobile dependency and improve relationships in the family.

Keywords: Parenting, Coping Mechanism, Mobile Dependency, Covid-19, Social Behaviour, Relationship

Covid-19 is the biggest crisis in recent years. Coronaviruses (CoV) are a large family of viruses that cause illnesses like the common cold, severe diseases such as Middle East respiratory syndrome (MERS)-CoV and severe acute respiratory syndrome (SARS)-CoV^[1]. On December 31, 2019, China informed the World Health Organization (WHO) about cases of unknown aetiology detected in Wuhan city, Hubei province of China. From December 31, 2019 to January 3, 2020, a total of 44 patients with pneumonia of unknown aetiology were reported to the WHO by the national authorities in China¹. In India

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first case of the covid-19 Virus was found in Kerala on 27th January 2020. When a 20 years old female was admitted to the Emergency Department in General Hospital, Thrissur, Kerala, with a one-day history of dry cough and sore throat. She had a history of coming from China on 23rd January 2020. Her oropharyngeal swab result was reported by the NIV, Pune, to District Control Cell on January 30, 2020, as positive for COVID-19 infection. According to worldmeter.com till 07th April 2022, there are the total number of cases of Covid-19 infection in the world is 495,014,526 wherein in India, it is 43,031,851.

This study helps to understand the impact of pandemics on the family dynamic. More specifically this study explores the relationship between children, parents, siblings, and peers in lockdown. This study also emphasized social fear and mobile dependency in children in post-Covid-19 situations. This is a Qualitative Study based on the response of 20 Children and their guardians. The results of the study show significant changes in various Family dynamics and how children are addicted after the Covid-19 pandemic. we also discuss various strategies to solve the problems related to mobile dependency and improve relationships in the family.

Adolescence and implications for parents

Decades of research showed that Adolescence is a period when various physical and mental changes undergo in an individual. So adolescent period is a transition period from childhood to adulthood (Organization,1993). According to Erik Erikson in this period children faced Identity vs role confusion means in this time for the first-time children understand the idea of self with gender, religion, and politics. During this time one child got shocked to form those things ^[2]. The adolescent period is divided into three parts early adolescents aged 12-14 years, middle adolescents aged 15-17 years, and the limit of late adolescence at 18-21 years ^[17]. One 2017 study concludes ^[29] that Adolescents' responses to their bodily changes mainly are anxiety, shame, and pride. Adolescents want privacy at this time. Parents' reactions were broadly supportive to their children at this time, but mothers' communication approaches may be inappropriate in terms of using fear/scare tactics. This study mainly discusses which kind of relationship shared between parents and adolescent child when they are together all the time, how they cope with the pandemic, and the mobile dependency of the child during this time.

Coping Mechanisms

A coping mechanism is some conscious strategy that an individual often uses to manage painful or traumatic and stressful situations. The main difference between coping mechanisms and defense mechanisms is an individual consciously use coping mechanism and defense mechanisms are used unconsciously. The first coping mechanism theory was introduced by Lazarus and Folkman. Some common adaptive coping mechanisms are support, relaxation, problem-solving, Humour, and Physical Activity. Some maladaptive coping mechanisms are escaping, Unhealthy self-soothing, Compulsion and risk-taking, and Self-harm. This study tries to understand what is the coping mechanism of adolescents and investigate how they use their time in lockdown. This study also emphasizes the hobbies of the adolescents or they learn new things during this time as a coping mechanism.

Mental issues after Covid-19

Coronavirus 2019 outbreak is a major global crisis that led to many unpleasant hazers to mental health. According to Hoo et. Al ^[27]. due to various degrees of epidemic severity, national economy, government readiness, availability of medical supplies/facilities, and

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proper transmission of COVID-related information, there were regional variances in the general public's psychological health during a huge disease outbreak. The public's psychological responses were also influenced by the stage of the pandemic in each place. Symptoms of negative psychological effects were more common at the start of the pandemic when people were confronted with mandated quarantine, unanticipated unemployment, and the uncertainty that came with the disease. A study by Wang et al., 2020^[27] concluded that people with higher education and high post jobs had more depressive symptoms compared to less-educated individuals and those in service or enterprise industries. Another study concluded^[15] that the younger age group <40 showed more symptoms of depression during the covid pandemic. In this same study, Gao J et. Al. showed social media and frequent news watching or reading during the covid-19 pandemic were associated with symptoms of anxiety. One study^[26] concluded in comparison to males and the elderly, females and the younger age group are frequently connected with higher stress levels. Student status, a higher number of lockdown days, unemployment, having to go out to work, having a friend infected with the virus, the existence of chronic illnesses, poor self-rated health, and the presence of specific physical symptoms are all predictors of increased stress levels. There are plenty of studies that provide data like psychological issues are increased in the years of the pandemic. In this study, strategies are discussed by which individuals can reduce various psychological issues.

Mobile Dependency

Mobile phones have become an indispensable part of daily life for most people. The frequency of the radiation used for communication has increased as mobile communication has progressed from 1G to 5G. The communication frequency of mobile phones ranges from 900 MHz to 2.5 GHz. In India, there are around 80 crore cell phone customers and 4.5 lakh cell phone towers erected to offer communication. Continuous and long-term exposure to low-intensity electromagnetic radiations may harm human biology, altering memory and cognition. Because the number of mobile phone users is rapidly increasing around the world, the impact of mobile phone radiation on human health is a major worry. Over the last two decades, numerous studies have been conducted to investigate the risks caused by mobile phone radiation on human health^[3]. In March 2020 Indian govt. shutdown all the educational institutes as a preventative measure for Corona infection outbreak. Several companies encouraged their workers to work from home while keeping health and safety in mind. As a result, cell phones have become an indispensable aspect of everyone's life during the lockdown. People rely on their mobile phones to make a living by scheduling work from home for online teaching and learning, online meetings, official business, and online transaction processing. One of the study's primary findings was that, since 2019, there has been a significant increase in the daily hour usage of cellphones per user. From 2019 to 2020, smartphone usage has increased by roughly 39%. The duration in hours was 4.5 hours last year, but it has now risen to nearly 7 hours. This study emphasized the increase of mobile use in adolescence and how much they know about cyber security. This study also investigates the view of parents on Mobile use. This study also discusses a few strategies to reduce mobile dependency and increase cyber literacy.

REVIEW OF LITERATURE

One 2021 Study by Araújo, L. A., Veloso, C. F., Souza, M. C., Azevedo, J., & Tarro, G^[4] concluded that the Covid-19 pandemic had a high risk for high growth and development in children. Parental stress, suspending school, social isolation measures, nutritional risks, and less physical activity have increased toxic stress in a child.

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Another study published in 2021 by Serra, G., Lo Scalzo, L., Giuffrè, M. *et al*^[23] concluded frequent high smartphone use among Italian adolescents during the COVID-19 pandemic, compared to the pre-epidemic period which led to the unfavorable clinical, psychological and social outcome.

According to Ozturk Eyimaya, A., & Yalçın Irmak, A.^[22]. Screen time had increased during the COVID-19 pandemic, reaching an average of 6.42 ± 3.07 h/day which led to various consequences.

One 2021 study by Sema Öngören^[21] concludes the changes occurring in health, social, economic, and psychological fields during the pandemic period has affected family life and the relationship between children and parents in various way.

Another study concluded which was published on 17 November 2020 by Dagnino P, Anguita V, Escobar K and Cifuentes S^[12] is in quarantine for over 2-week increases anxiety and general concern.

According to 2004^[9] research, both mothers and dads influence adolescent social development, emphasizing the significance of pursuing different paths that might account for parent-child and peer connections continuity.

METHODOLOGY

Purpose

The purpose of this paper is to understand the Impact of Covid-19 on the relationship between child and parent and the Strategies to maintain it.

Objectives

- To investigate the relationship between child siblings family and peers during Covid-19.
- To investigate the Coping Mechanism of a child during Covid-19
- To investigate the changes in the social behaviour of the child during Covid-19
- To investigate the mobile Dependency of the child Covid-19

Research Model

This Research is a Qualitative study which was conducted in a semi-Structured^[18] Interview technique.

Study Group

The study group of this research consists of 20 Children and Parents. Sampling is determined by the Snowball technique^[25]. Snowball sampling is a non-probability sampling method where currently enrolled researcher participants help recruit future subjects for study (Julia Simkus). To be more specific we use Exponential Discriminative snowball sampling in which each subject gives multiple referrals. In This study, variables are Age, Gender, Number of Siblings, Family Type, and Parent's gender who gave the response. The place of residence is fixed (Urban). The age group of the Children is 15-18 where 2 participants have 15 years old, 5 participants have 16 years old, 8 participants have 17 years old, and 5 participants have 18 years old. So, the mean of the Age group is 16.8. The age ratio is 11 participants are female 9 Participants are male. Only 5 fathers gave a response and 14

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mothers gave a response. In one case Child's grandmother gave the response. The mean of parent age is 47.5. As per family type, there are 11 Joint families 8 Nuclear families and 1 Reconstituted family.

Data Collection and Analysis

Data were collected between Jan and February 2022. The method of collecting data is a Self-scheduled Semi-Structured interview. According to Dr Saul McLeod (2014) "Unstructured interviews do not use any set questions, instead, the interviewer asks open-ended questions based on a specific research topic and will try to let the interview flow like a natural conversation. The interviewer modifies his or her questions to suit the candidate's specific experiences." Each interview has 24 questions for the child and 20 Questions for the parent. Each interview lasted an average of 25-30 minutes. For adequate response, paraphrasing and example are used for some participants.

In Data Analysis Excel is used to calculate the mean and prepare charts. In this Process at first data was divided into some sets and then the mean was calculated. On the other hand, data that were not possible to classify in a particular set, then data was interpreted in a subjective manner or similarity of response.

RESULT

Relationship with Parents

Table No.1 Who Spent more time with you?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Father	2	10	1	5
Mother	8	40	9	45
Sibling	2	10	2	10
Grand Mother	1	5	1	5
No clear Answer (More than one Answer)0	7	35	7	35

Table No.2 Who Helps in Your Study?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Father	3	15	2	10
Mother	4	20	7	35
Sibling	2	10	1	5
Other	8	40	9	45
Teacher	3	15	1	5

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Table No.3 Special Memory with family in the last 2 years?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Good Memory	12	60	6	30
Bad Memory	4	20	5	25
No Memory	3	15	3	15
Both	1	5	6	30

Table No.4 Relation with Partner.

	Parents Response	Percentage of Parent Response
Increase	5	26
Decrease	2	11
No Change	12	63

How you (Parents) Spent All day in Pandemic Period?

The trend is mixed. Working Mother and working Father said they Have no change in their life. Some housewives said they got freer Some said the opposite.

Relation With Peers and Siblings

Table No.5 How you spend your day with your sibling

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Above 3 Hours	4	30.7	7	53.8
3-2 Hours	2	15.3	2	15.3
2-1 Hours	1	7.7	0	0
Less than 1 Hour	6	46.3	4	30.8

Table No.6 Special memory with Best/Close friend

	Child Response	Percentage of Child Response
Good Memory	13	65
Bad Memory	0	0
No Memory	7	35

How often do you meet with your Friend? What do you (Parent) know about his/her friend?

The trend is all of the children said they don't meet with their friends during the Peak time of corona. They generally use calling, WhatsApp, and social media to connect with friends. They meet in person in Durga Puja and Saraswathi puja (Cultural Festival of West Bengal) and when School and Tuition were reopened in 2021. Parents also said the same thing About meeting with friends.

Table No.7 Do you make a new friend in Pandemic?

	Child Response	Percentage of Child Response
No	11	55
Yes	9	45

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Coping Mechanism

How do You Spend Your Day?

There is a mixed reaction from the Children. Broadly we can divide them into three divisions.

1. Most of the time Spent in the Study.
2. Most of the time spent learning new things like Language, Drawing, Dancing
3. Give more time to family.

In the same way, if we divided parents, there are also 2 Types.

1. Working Parents have the same routine as before corona.
2. Housewife gives their time to the family of stats new think like reading book or yoga, Walking etc.

Table No.8 Does your child help in your Work?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Yes	18	90	15	75
No	2	10	5	5

Table No.9 Do you learn anything new?

	Child Response	Percentage of Child Response
No	12	60
Yes	5	25
Give time to an old hobby	3	15

How it (your hobby) helps you to cope with the situation?

From the data, we can conclude that 8 Children have a Hobby or develop a hobby. All of them Agree that Hobbies help them to spend boring time in a good way. Few of them think to use those hobbies in their Future career.

C-20 “Coding” “I like to go with this career in the Future”

Social Fear

Table No.10 Do you follow rules in a social place?

	Child Response	Percentage of Child Response	Parents Response	Percentage of Parents Response
No	0	0	0	0
Yes	20	100	20	100

Table No.11 Social Fear

	Child Response	Percentage of Child Response	Parents Response	Percentage of Parents Response
No	11	55	18	90
Yes	9	45	2	10

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What is your view about this rule?

This question was to Know how Pandemic and Pandemic regarding rules Create problems in the education system. But only 3 Children said they faced problems in study. Other 17 Students either said Govt. made the right decision or Govt. did mismanagement of the rule.

Mobile Dependency

Table No.12 Have you a personal phone?

	Child Response	Percentage of Child Response
No	6	30
Yes	14	70

Table No.13 How often do you use your phone in a day?

	Child Response		Percentage of Child Response		Parent Response		Percentage of Parent Response	
	1 st Wave	Now	1 st Wave	Now	1 st Wave	Now	1 st Wave	Now
1-2 Hours	1	4	5	20	1	2	5	10
2:01-3:00 Hours	1	3	5	15	0	3	0	15
3:01-4:00 Hours	0	6	0	30	2	2	10	10
4:01-5:00 Hours	1	2	5	10	0	3	0	15
5:01-6:00 Hours	4	1	20	5	5	1	25	5
Above 6 Hours	12	3	60	15	11	8	55	40
Don't Know	1	1	5	5	1	1	5	5

Table No.14 Why do you use your phone?

	Child Response	Percentage of Child Response
Communication	0	0
Entertainment +Study	13	65
Social Media	0	0
Above All	7	35

Table No.15 Do you know what is UPI?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
I have Knowledge	16	80	9	45
I used It	1	5	2	10
I don't know	3	15	9	45

Table No.16 Do you know what is VPN?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
I have Knowledge	9	45	1	5
I don't know	11	55	19	95

What is your view on using mobile phone as a Kid?

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The trend is most of the parents Agree that mobile phone has a bad effect on child's Physical and Mental health. Some parents said mobile is good with a time boundary and some limits. Everyone agrees they were not providing a mobile phone if there were no Covid pandemic.

- C/P-19: - "I feel now her phone is closer to her than me"
- C/P-02: - "Now a day mobile is an important tool..."
- C/P-03: - "for a child mobile is a dangerous tool. But we have no choice because now total education system happening online"
- C/P-08: - "It has good and bad side"
- C/P-11: - "It is Important but always under observation"

Table No.17 Do you know what is Cyber Security?

	Child Response	Percentage of Child Response	Parent Response	Percentage of Parent Response
Bank Fraud	5	25	12	60
App Information	2	10	0	0
Law	0	0	0	0
All Above	8	40	4	20
Not Law but Other	3	15	1	5
Nothing	2	10	3	15

Table No.18 Do you monitor your Child's Mobile?

	Parents Response	Percentage of Parent Response
Yes	13	65
No	4	20
No Answer	3	15

DISCUSSION/ INTERPRETATION

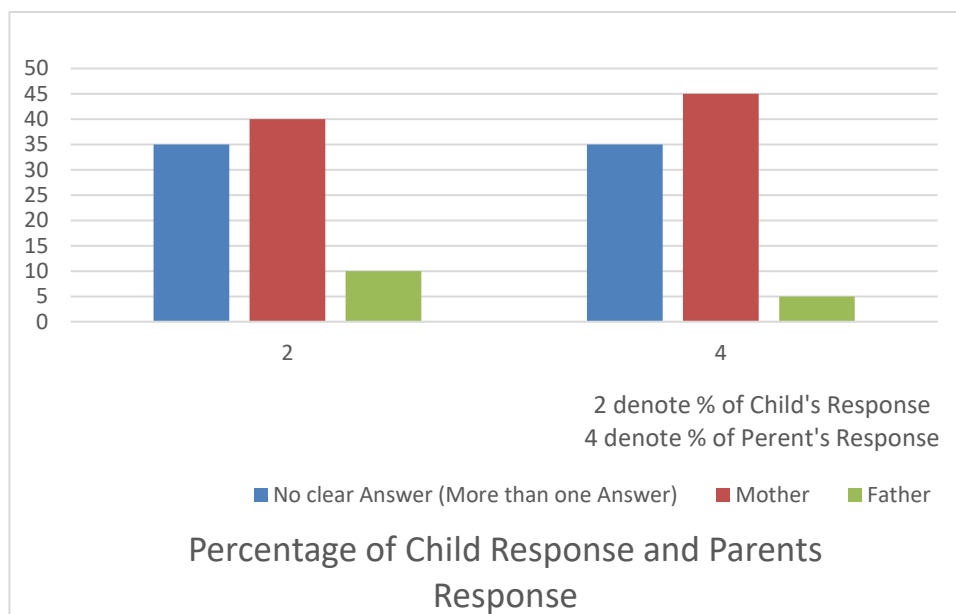
Relationship with Parents, Siblings and Peers:

In our study subjects are in their adolescent period. In this period, they generally faced identity crises which led to emotional turmoil, and have various issues with their parent, siblings and peers.

According to Laursen and Collins (2009) "Adolescence is a critical developmental period that requires parents and youth to renegotiate their relationships". According to Darling and Steinberg, 1993 "Parenting style is defined as a constellation of parents' attitudes and behavior toward children and an emotional climate in which the parents' behavior are expressed."

In our study, it is clear that mothers are closer to their children during the pandemic also. **One Study conclude that ^[20] there are positive and negative changes in child-mother relationships in terms of the spend more time together but this same point created conflict between Mother and child.**

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We had focus also on the good and bad memories covid to understand the family dynamic. It is clear from the results that parents have more bad memories than their children. Which shows parents went through more pain. The positive side is there are fewer changes in Bonding between partners.

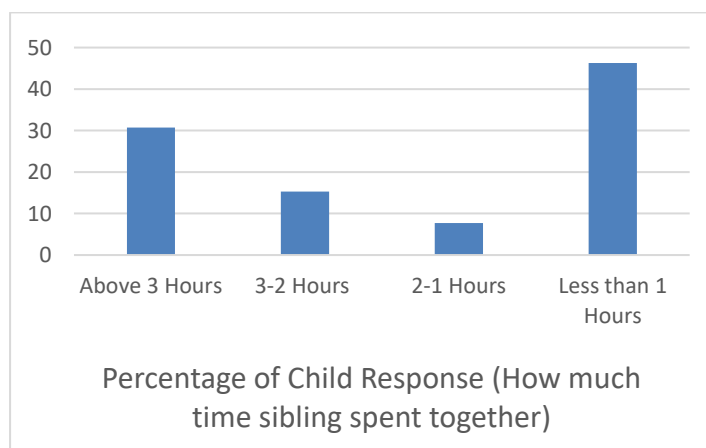


According to Bowlby “Family members stay in close proximity for days or weeks after a disaster because the affiliation is comforting during a crisis”. But in Corona Pandemic it is not the choice to stay at home but the Govt. order. **One recent research [28] suggests the early weeks of a global pandemic did not hamper relationship satisfaction on average, and people even became more forgiving and less blaming of their partner’s negative behaviours by attributing them less to their partner’s internal characteristics. Though our study was done after one year of the pandemic till data suggest that Partners are comfortable in their relationship. It may be for the chance factor because of the short sample or maybe for the collectivist cultural trait.**

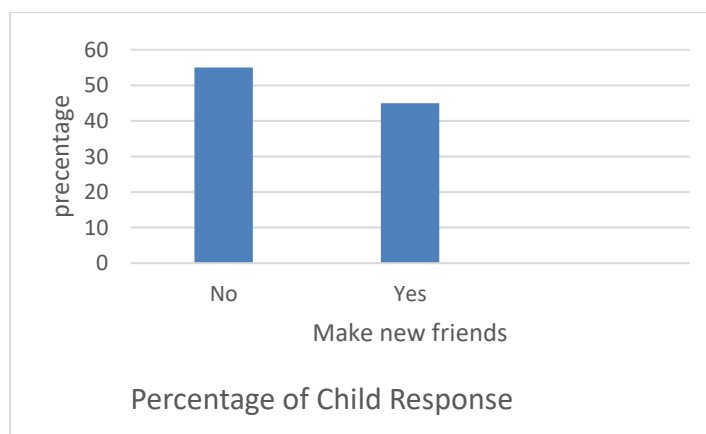
A sibling support system helps an adolescent to fight various psychological issue. Various study shows Sibling and peer support compensate for the problematic parent-child relationship. One 2007 study [5] shows significant but complex associations between sibling support and emotional and academic adjustment within the early adolescent population. But

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in this situation, siblings are locked not by their choice but as a govt. order. In this study, we show most of the children spend less than 1 hour with siblings in lockdown.

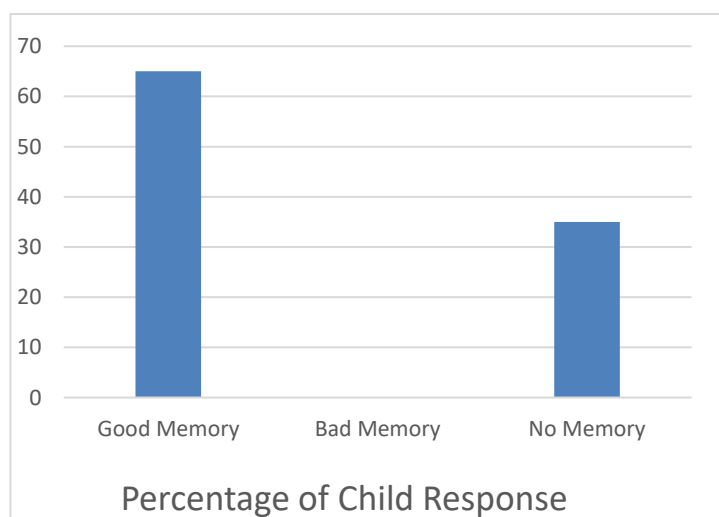


One recent study ^[7] shows no significant mean change in the relationship between brother and sister. But the hypothesis of that study was sibling relationships would grow more ambivalent during the pandemic. **In this study, we show that either sibling relationship grow more ambivalent or there is a mobile dependency which make a gap between siblings because 46.3% of response shows sibling interact for less than 1 hour.**



During the pandemic period, most of us faced social isolation. This is the same for adolescents also; they had no chance to meet friends. Every respondent said that they were not meet their friends for one year. According to Youniss & Smollar (1985), Close friend has more accepting than parents which shaped a child's behaviour. This Social isolation led to mobile abuse. All the participants agrees mostly used phones to communicate with friends. A recent study ^[7] concludes that children in adolescent prevention of internalizing problems with the help of close friends' Support. This study also points out similar things where 55% of children said that they have no new friends and 100% of responses denoted they have no chance to meet with friends during Covid Pandemic but they made 65% of good memory with their best friends.

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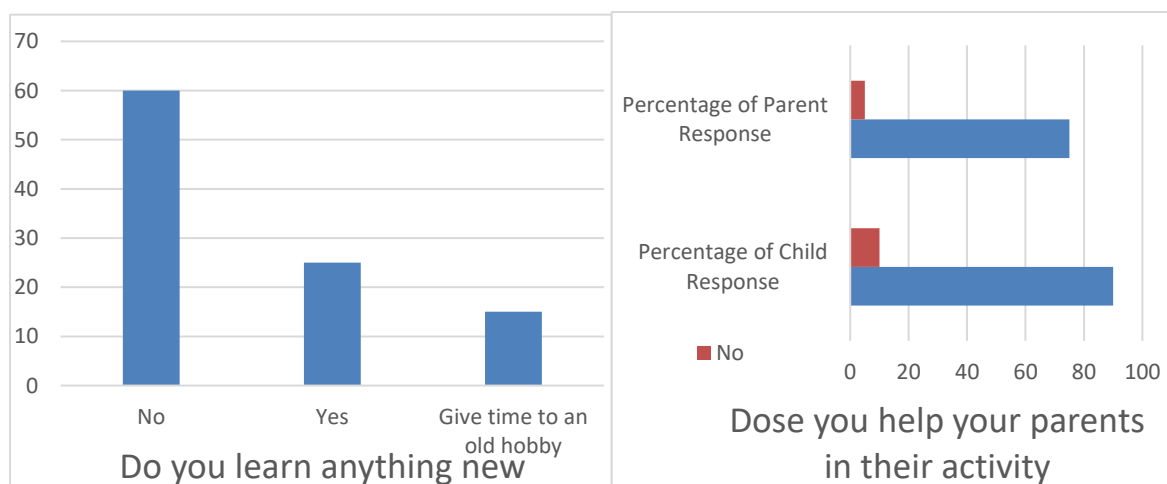
Recommendation

1. Parents should Show Love towards Children.
2. Parents should Play with them.
3. Parents should listen to their children. Both ways communication should in a regular basis.
4. Parents should teach faith and respect to others.
5. Parents should maintain children's bedtime.
6. Parents should respect children's Choices.
7. Eat Meal as a family at the same time.
8. Parents should reduce conflict between siblings.
9. Parents should treat siblings in a manner and rules.
10. Parents should give siblings activities to create more bonding between them.
11. Teach Negotiation for Win-Win Solutions
12. Parents should teach them about the healthy boundary.
13. Parents should ask about their children's friends.
14. Parents should observe their children's play.
15. Parents should teach them the manner of social place.
16. Parents should discourage fighting.

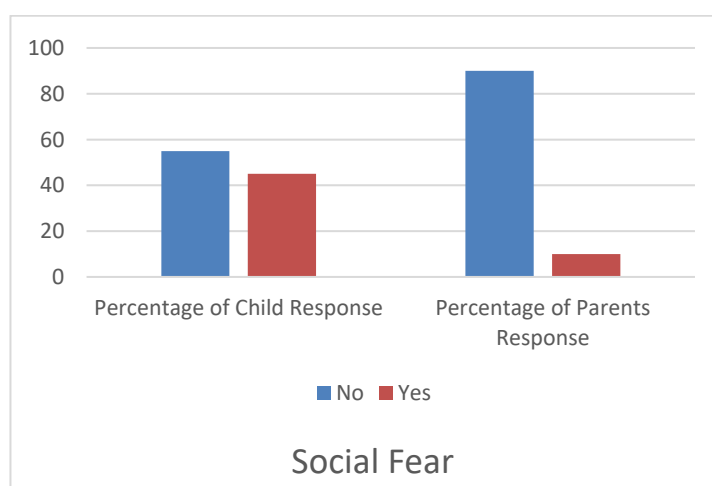
Coping Mechanism

This study shows only 40% of participants were involved in some new hobby/Activity or gave time to their previous hobbies. Participants gave their time to dancing, singing, drawing, and gardening, Computer skills. Some of the Uncommon Activities like Morse cord, Calligraphy, and Tarot Card reading are also done by the subject. Few participants learned a new language. Those participants said hobbies helped them to spend their time in a creative way and it reduce their anxiety and stress. One recent study concludes that coping behaviours ^[14] may protect against anxiety and depressive symptoms during the COVID-19 pandemic and lockdown which approved our study. The parents responded they have various work to do so they did morning walks or evening walks or started yoga to cope with the situation. Most of the parents said their children help them in lockdown in technical things like setting online meetings, helping in payment, etc.

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Social Fear



This study shows that there is a difference between child responses and parents' responses. This study relied on verbal information so any tool was not used to calculate social fear. A recent study ^[16] showed young adults at an early lockdown of the COVID-19 pandemic in the U.S. experienced increased depression and anxiety symptoms. But this study shows 45% of children say they developed social fear/anxiety. It may be for the timing of data collection, this study collected data after the third wave which was less destructive than the first and second waves. The other possibility is maybe for Education, now everybody has knowledge about the Pandemic. Which also shown in our study because 100% of respondents told they use Masks, sanitizers, and Physical distancing in public places.

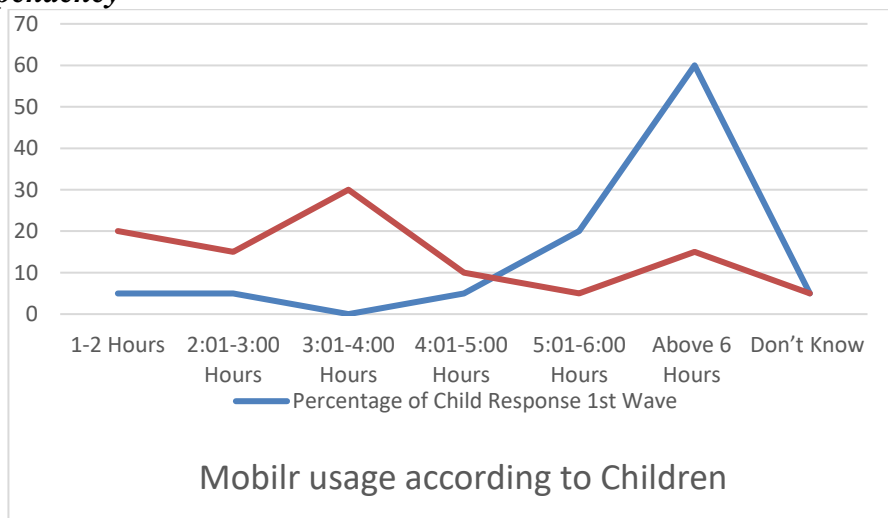
Rules regarding Lockdown

In this study, only two participants responded that they faced problems in their education for Lockdown. Other participants agreed with the rules that these rules are important or Criticised. Most of the responses like "Lockdown effects in business", "Govt failed to manage enough beds and oxygen" "Govt did well but peoples violate rules" etc. are always shown by the media. This shows how news and mass media shape children's Perceptions. Till now, there is no research that concludes the relationship between Children's opinions shaping and mass media. This topic can be researched later. The assumption of good internet connection and available devices helped children to continue normal schooling can be eliminated because one study ^[14] concluded the implementation of online learning during the COVID-19 pandemic has been problematic and challenging for Chinese families and parents

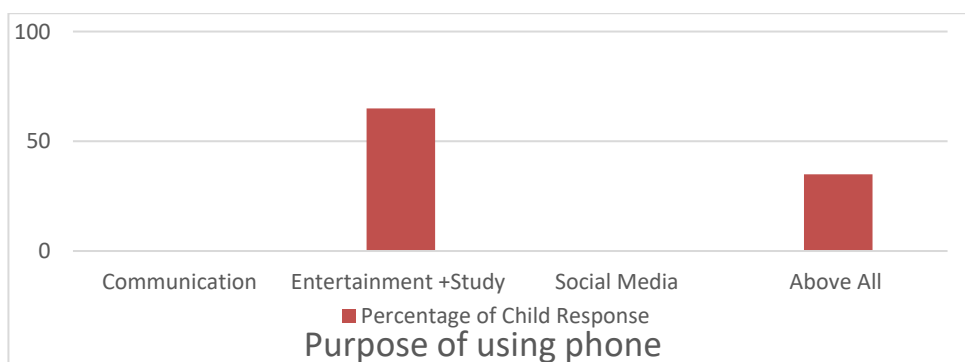
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have negative beliefs and attitudes about the values of online learning. They preferred traditional learning in educational environments.

Mobile Dependency

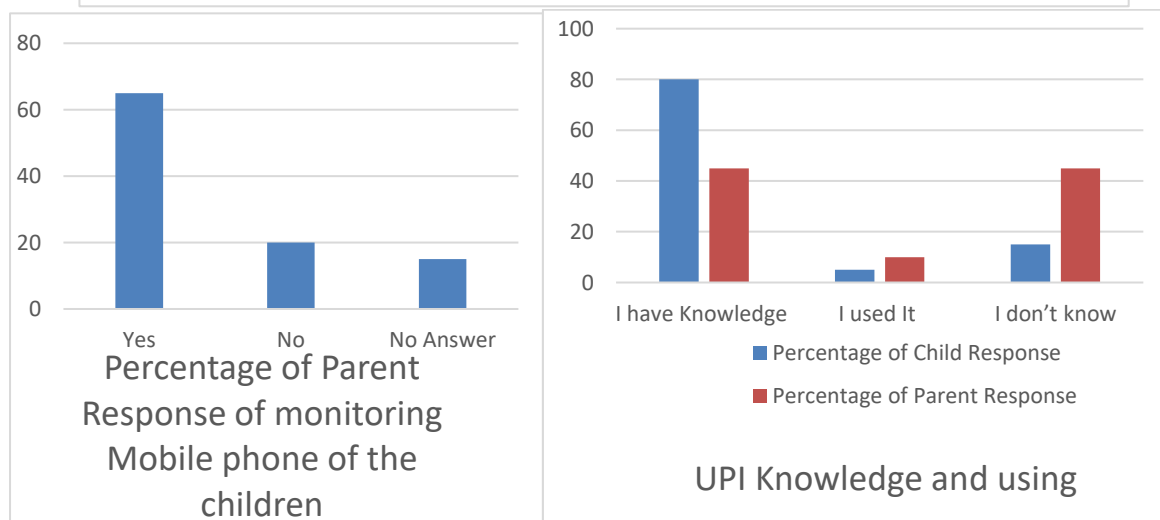
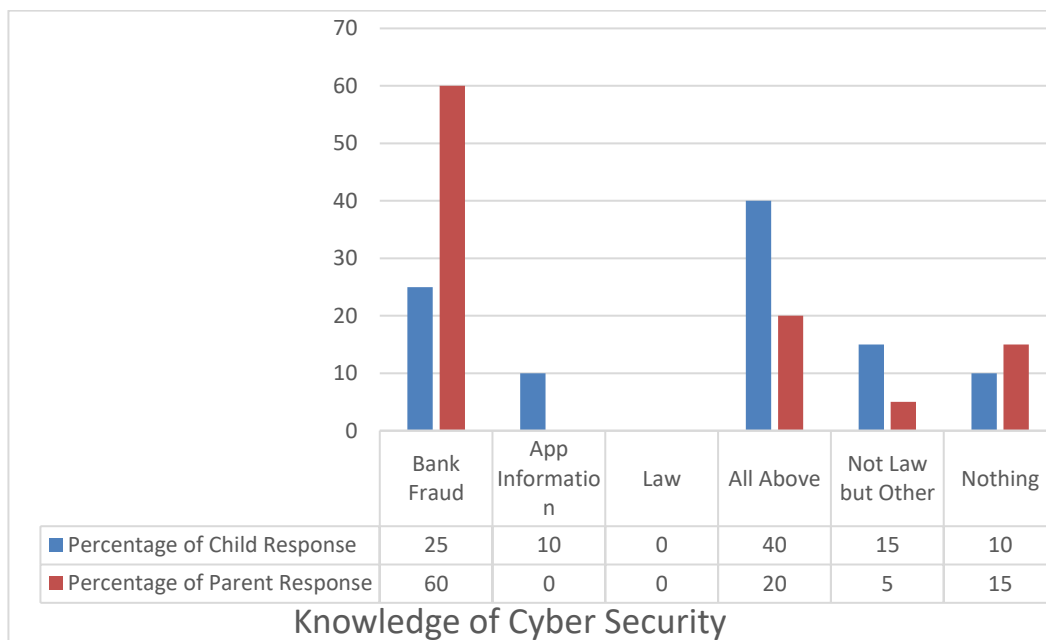


This study clearly shows during the Covid-19 pandemic usage of mobile increased drastically. 60% of respondents told they use their mobile for more than six hours. This had a negative impact on health. According to 2015 studies, mobile radiation has an effect on the human brain, and GSM-operated mobile phones have a greater influence on brain activity than CDMA-operated mobile phones. Mobile Phone usage in Adolescents is not a problem in recent times. There are many studies that conclude it increased in the last 5-10 years but in pandemics, it is grown faster. A study showed ^[10] that Adolescents are especially vulnerable to a mobile form of “modern-day” addiction, because of their predisposition to addiction, as well as the accessibility of these technologies and their excessive use. This study also shows how adolescents are more addicted to phones in two years. Another red flag is now when everything goes pre-Covid-19 era, till now 60% of respondents use mobile for more than 3 hours daily. Another Study ^[11] Showed according to the studies, the cell phone is one of the most commonly utilized technology gadgets among teenagers. Excessive usage, conflicts with parents, difficulty in managing the use, interference with other activities, and emotional distress when they cannot use the phone are some of the key symptoms that describe dependency disorders in teens. One 2019 study ^[13] discusses the physical problem is are common to the overuse of mobile. Those Physical issues are Decrease sleep quality, Increase the risk of obesity, Musculoskeletal and pain complaints (discomfort, back pain, headache)



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In this study, data showed that 65% of respondents use their mobile for study and entertainment purposes. 35% of them use social media. According to the interview, all the parents think mobile phones had a negative effect on a child's mental and physical health. But they also said they have no choice in this situation where everything is happening online. But the good thing is 65% of parents check their children's phones which is a good preventive measure against abusing mobile and the internet.



From the data, we can see that only 40% of children and 20% of parents had good knowledge of cyber security. This is not sufficient in the recent day when every time there are chances of fraud on the internet. A recent study ^[19] concluded that there is a considerable difference in knowledge levels between male and female consumers of internet services, and that male netizens are more aware of Indian cyber regulations than their female counterparts. In a similar vein, there is a considerable difference in understanding of internet services between employee-users and non-employee-users, and it has been discovered that employed users are more aware of Indian cyber law than non-employees. The result is similar to our study. This study also showed that 80% of children and 45% of adults have knowledge

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about the Online payment system but only 5-10% of children and parents use it. In recent times various studies conclude for lockdown online payment has increased ^[24] but this study, shows no significant change in using online payment.

Recommendation

1. Parents should make strict rules about the time limit to using mobile.
2. Parents should encourage children to read books and go out for playing.
3. Parents should teach children about cyber security. And also, parents should gain more know more about cyber security.
4. Parents should monitor children's mobiles with healthy boundaries.
5. Parents should talk with children in a positive way every time.
6. Parents should observe their children's behavior, if they see any changes, they should talk and try to understand the situation.

CONCLUSION

This study shows there are various changes in family life during the pandemic. In this study, it is shown that the mother is more attached to the child. Siblings are spending less time together in this covid pandemic. It is also seen that children are more addicted to mobile. Parents accepted that mobile phone is a negative effect on kids' health but they have no option now because now a day everything has gone online. The good side is most parents monitored their child's activity on mobile. Common Coping mechanisms are drawing, Gardening, Dancing, and singing. In the case of mobiles, children mainly use them for watching movies and listening to music. Parents generally did yoga and walked in this time to cope with the situation. Another important observation is there is very minimum knowledge about cyber security which is very Disappointing for children as well as parents. Policymakers should do something about the problem of cases of fraud increasing day by day. Now a day we are going back to the pre-covid era. So, this is high time to change all the bad habits which are part of our life in the last two years. In this study, we also discuss some strategies which an individual can use to improve their family dynamics and reduce mobile dependency.

Limitation

- i. Data was taken from Urban areas so there are no data that represented families which faced financial crises during the pandemic.
- ii. Interview is too short to Assess and other tools so we cannot have any data related to Domestic violence.

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Conflict of Interest

The author declared no conflict of interest.

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