

Effect of Covid 19 on Prosociality of Adolescents

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ABSTRACT

This study investigated the effect of covid 19 on the prosociality of adolescents. In the present study an online survey has been floated by using a Helping attitude scale (HAS). There were 20 items in the questionnaire. The questionnaire was divided into 2 sections (pre covid & during covid). The study involved sampling of 40 subjects, selected randomly. The participants were free to respond through the use of desktop, laptop, smart phones, etc. The responses were later analysed by using paired t-test statistical method. It was found that covid 19 has not impacted much on the helping behaviour of adolescents. Adolescents are equally helpful as they were earlier. The limitation of the study is that the sample size was less and they can be increased for further research.

Keywords: Covid 19, Prosociality, Adolescents

Prosociality refers to behaviours that are intended to benefit others. This definition appears to be so straightforward, yet determining what counts as prosocial is not as simple as it first appears. There are numerous behaviours that appear prosocial but, on scrutiny, may not have been intended and motivated for the well-being of others.

Prosocial behaviours can come in various forms. These include informing, comforting, sharing and helping. Informing involves providing information that someone else needs, such as warning someone of danger and pointing out the location of food. Comforting involves decreasing the distress of someone else, such as hugging them when they are sad. For sharing, a resource is given up, for example offering a piece of food to someone who is hungry. Helping requires recognising the goals of other individuals and working to see those goals achieved, such as opening a door for someone who is unable to do so.

The term prosocial behavior originated during the 1970s and was introduced by social scientists as an antonym for the term antisocial behaviour.

Definitions

In The Handbook of Social Psychology, C. Daniel Batson explains that prosocial behaviors refer to "a broad range of actions intended to benefit one or more people other than oneself—behaviors such as helping, comforting, sharing and cooperation.

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Effect of Covid 19 on Prosociality of Adolescents

According to APA: Denoting or exhibiting behavior that benefits one or more other people, such as providing assistance to an older adult crossing the street. Compare antisocial. See also altruism; helping.

What motivate pro social behaviour?

Psychologists suggest that there are a number of reasons why people engage in prosocial behavior. In many cases, such behaviors are fostered during childhood and adolescence as adults encourage children to share, act kindly, and help others.

Evolutionary psychologists often explain prosocial behaviors in terms of the principles of natural selection. Obviously, putting your own safety in danger makes it less likely that you will survive to pass on your own genes. However, the idea of kin selection suggests that helping members of your own genetic family makes it more likely that your kin will survive and pass on genes to the future generations. Researchers have been able to produce some evidence that people are often more likely to help those to whom they are closely related.

The norm of reciprocity suggests that when people do something helpful for someone else, that person feels compelled to help out in return. Essentially, helping others means that they are people who understood that helping others might lead to reciprocal kindness were more likely to survive and reproduce.

Prosocial behaviors are often seen as being compelled by a number of factors including egoistic reasons (doing things to improve one's self-image), reciprocal benefits (doing something nice for someone so that they may one day return the favor), and more altruistic reasons (performing actions purely out of empathy for another individual).

Situational influences on pro social behaviour

Characteristics of the situation can also have a powerful impact on whether or not people engage in prosocial actions. The bystander effect is one of the most notable examples of how the situation can impact helping behaviors. The bystander effect refers to the tendency for people to become less likely to assist a person in distress when there are a number of other people also present.

Altruism versus pro social behaviour

Altruism is sometimes seen as a form of prosocial behavior, but some experts suggest that there are actually different concepts. While prosocial behavior is seen as a type of helping behavior that ultimately confers some benefits to the self, altruism is viewed as a pure form of helping motivated purely out of concern for the individual in need.

THEORIES OF PRO SOCIAL BEHAVIOUR

These can be easily classified into two categories

According to their level of analysis, namely evolutionary theories and psychological theories. Psychological theories can be further differentiated into individualistic, interpersonal and cultural approaches.

EVOLUTIONARY APPROACH

Scientists from the fields of social and biological science have recognized that prosocial behaviour has strong biological roots, meaning that it is not an exception but a rule in social life (Penner, Dovidio, Piliavin & Schroeder, 2005). Evolutionary psychology is a branch of psychology which focuses on the adaptive value of preferences, feelings, attitudes and

Effect of Covid 19 on Prosociality of Adolescents

behaviour. It is based on Charles Darwin's original ideas about natural and sexual selection which were developed further through new insights of biologists like William Hamilton, Robert Trivers and others. The fact that evolutionary psychology refers to genetic determinants of behaviour does not mean that environmental influences are ignored or considered less important, because learning processes moderate and evolutionary adaptation. The evolutionary approach to prosocial behaviour is based on inborn or genetic tendencies. The theory of kin selection assumes that 'kindness-to-kin genes' (Miller, 2001) have evolved. Another issue is that prosocial behaviour is part of a giving and-receiving cycle, called reciprocal altruism, which may promote the survival of the individual, thus contributing to his or her reproductive success.

INDIVIDUALISTIC APPROACH

Like the evolutionary approach, the individualistic approach explains altruism in terms of individual tendencies to be helpful. These tendencies are not, however, necessarily assumed to be genetically determined (although they can be), but rather are acquired by social learning (for reviews see Bierhoff, 2005; Kochanska & Thompson, 1997). There are basically two types of individualistic theories of prosocial behaviour: one explains it in terms of feeling states, whereas the other assumes that prosocial behaviour is determined by enduring personality characteristics. Individualistic approaches examine how you feel and who you are in order to predict your likelihood of behaving in a prosocial manner.

MOOD AND EMOTION: People's feelings fluctuate during their daily activities. They feel delighted after passing an exam, but disappointed when rejected by a friend. The intensity of feelings varies from more subtle 'background' moods to stronger emotions which may interrupt day-to-day activities. Both moods and emotions are described as varying from positive to negative affect.

THE PRO SOCIAL PERSONALITY: Studies of the influence of *prosocial personality* focus on personality attributes associated with increased levels of prosocial behaviour. More specifically, empathy, social responsibility, internal locus of control, just-world belief and esteem enhancement have been identified as the key personality factors which explain individual differences in response to other people in need. We consider each in turn.

INTERPERSONAL APPROACH

The type of relationship (from superficial to more intimate) influences whether help is provided or not, and the contrast between exchange and communal relationships appears crucial.

EXCHANGE VS COMMUNAL RELATIONSHIP

Interpersonal relations may be close or superficial. In close relationships (such as between friends), but not in superficial ones, people emphasize solidarity, interpersonal harmony and cohesiveness

THE EXCHANGE FICTION:

To organize one's life in terms of economic exchange would seem to be highly rational and to fit with the widely shared view that self-interest rules the world. Indeed, accounts of behaviour in terms of self-interest and rational choice are the dominant lay theories that people use in explaining their actions (Miller, 1999). Lay people tend to believe that it would be a waste of time not to pursue one's self-interest; they also fear ridicule if they fail to act in their own interest.

Effect of Covid 19 on Prosociality of Adolescents

CULTURE AND SOCIETY

People are rule followers (Mesick, 2000). Social rules which are applied in specific social settings are internalized as the result of social learning. Once acquired, they are incorporated in a self-reinforcement system (Bandura, 1997). Social behaviour is influenced by factors that are inherent in cultural settings. There are cultural norms, values and rituals that are shared by the whole community; there are reciprocal expectations among the holders of social roles; and there are rights and obligations based on tradition and general ethical principles, such as the Declaration of Human Rights, which mold the attitudes of people in society.

SOCIAL RESPONSIBILITY

One of the most important 'do's' that children learn is described by the norm of social responsibility, which prescribes that individuals should help other people who are dependent on their help.

REVIEW OF LITERATURE

Alvis, L., Douglas, R., Shook, N., & Oosterhoff, B. (2020, May 7) examined adolescents' prosocial experiences as both actors and recipients during COVID-19 and assessed whether these experiences were associated with their mental health and community attachments. Adolescents were recruited across the US using social media and reported on their COVID-19 prosocial experiences (giving, receiving help), mental health (depressive symptoms, anxiety symptoms, burdensomeness, belongingness), and community attachments (social responsibility, social trust, self-interest). Greater engagement in COVID-19 prosocial behaviour was associated with greater anxiety symptoms, burdensomeness, and social responsibility. Receiving more COVID-19 help was associated with lower depressive symptoms and higher belongingness, social trust, and self-interest. Findings highlight the importance of furthering our understanding of these connections in adolescence to help inform post-pandemic recovery and relief efforts.

Van de Gropes, S., Zanolie, K., Green, K., Sweijen, S., & Crone, E. (2020, June 25) investigated the effect of the COVID-19 pandemic lockdown on Dutch adolescents' mood, empathy, and prosocial behaviour in the first weeks of lockdown. Longitudinal analyses comparing pre-pandemic measures to a three-week peri-pandemic daily diary study showed (i) decreases in empathic concern, opportunities for prosocial actions, and tension, (ii) stable levels of social value orientation, altruism, and direct prosociality, and (iii) increased levels of perspective taking and vigour during the first weeks of lockdown. The second aim was to investigate peri-pandemic effects of familiarity, need, and deservedness on giving behaviour by utilizing novel hypothetical Dictator Games with ecologically valid targets associated with the COVID-19 pandemic. Adolescents showed higher levels of giving to a friend (a familiar other, about 51% of the total share), a doctor in a hospital (deserving target, 78%), and individuals with COVID-19 or a poor immune system (targets in need, 69 and 63%, respectively) compared to an unfamiliar peer (39%). We also tested moderating effects of empathy, contributions to society, and opportunities for prosocial actions on giving. Individuals who showed higher levels of empathic concern, gave more to others, regardless of target. Overall, these results shed new light on adolescence as a crucial period in life for social interactions, and as a phase that is not only characterized by risk factors, but also by resilience and a willingness to meaningfully contribute to others and society.

Devi, A. T., Yusuf, M., & Hardjono, H. (2017) studied the relationship between sense of community and agreeableness with prosocial behaviour among member of Young on Top

Effect of Covid 19 on Prosociality of Adolescents

(YOT). Helping behaviour that benefits others or society in general called as prosocial behaviour. Prosocial behaviour refers to voluntary actions that are intended to help and give benefit for another individual or group. Prosocial behaviour in the individual in a community or organization can be affected by sense of community and agreeableness. The aim of this study is to determine: (1) the relationship between sense of community and agreeableness with prosocial behaviour, (2) the relationship between sense of community with prosocial behaviour, and (3) the relationship between agreeableness with prosocial behaviour among member of Young on Top (YOT). The population of this study is member of Young on Top (YOT) region Joglosemar-Jatim 2015 which is divided in six cities, those are in Solo, Semarang, Jogja, Malang, Jember, and Surabaya. Sampling used population studies or census by using the entire population consisting 162 members. Instrument in this study used prosocial behaviour scale, sense of community scale, and agreeableness scale using Indonesian version of BFI. Multiple regression analysis was used for examining the first hypothesis, and partial correlation test for examining the second and the third hypothesis. The result of this study showed that there was a significant positive correlation between sense of community and agreeableness with prosocial behaviour among member of Young on Top (YOT). Partially, the result shows the significant positive correlation between sense of community and prosocial behaviour and there is significant positive correlation between agreeableness and prosocial behaviour adolescents were recruited via social media to complete an anonymous survey. Youth were eligible if they had internet access, lived in the United States, and were between the ages of 13 and 18. Main Outcomes and Measures: Outcomes included COVID-19 news monitoring, social distancing, disinfecting, and hoarding behaviours over the 7 days after the US declared a national emergency. The correlates measured were attitudes about COVID-19 severity, values related to social responsibility, social trust, and self-interest. The a priori hypotheses were that attitudes about the severity of COVID-19, along with greater social responsibility and social trust, would be associated with greater news monitoring, social distancing, and disinfecting, whereas greater self-interest would be associated with more hoarding. Results: The final analytic sample included 770 adolescents (Mage = 16.34, 72% female). The majority of teens reported not engaging in pure social distancing (70%), but were monitoring the news (75%) and engaging in at least one disinfecting behaviour multiple times per day (88%). Some teens reported engaging in hoarding behaviour (19%). Greater attitudes about the severity of COVID-19 were associated with more social distancing, disinfecting, and news monitoring, but also more hoarding. Greater social responsibility was associated with more disinfecting and news monitoring, and less hoarding. Participants who reported valuing their own self-interest over others reported less social distancing and more hoarding. Greater social trust was associated with less hoarding. Conclusions and Relevance: Emphasizing the severity of COVID-19 and the social implications of pandemic-related behaviours may be important for teens, particularly for those who are not following recommended preventative health behaviours or who are engaging in hoarding.

PROBLEM, OBJECTIVE, HYPOTHESIS

Statement of the problem:

To study the effect of covid 19 on helping behavior of adolescents.

Objective:

To study the change in helping behavior before covid 19 and during covid 19.

Hypothesis:

- **H1:** There will be significant difference between the prosociality of adolescents' pre covid 19 and during covid 19.

RESEARCH METHODOLOGY

Population this research work- Adolescents Sampling method- Simple random sampling method.

Subject's details

Number of subjects (N): 40 Gender: Both male and female. Age group: 13-18yrs
Socio-economic status- From all socio-economic status. Education- Literate

Inclusion criteria:

- Willing to participate in research.
- Must be literate.

Exclusion criteria:

- Reluctant for the research.
- Illiterate.

Tool Information

Helping attitude scale (HAS) given by **Gary S. Nickell, Minnesota State University Moorhead**. It measures beliefs, feelings, and behaviors related to helping. HAS was positively correlated with empathy, social responsibility, and altruism. The HAS was negatively correlated with the selfish orientation.

Normative Data:

This scale has been given to 409 college students in four studies. Their average score on the HAS was 79.56 with a Standard Deviation of 8.73.

Reliability

Cronbach's Alpha = .86

Test-Retest reliability (r = .85)

Research Design

Within-groups design: In a within groups (or within-subjects) design the same group of subjects is treated differently in different experimental conditions and finally, their dependent variable scores are compared. This is also called repeated-treatments design because the same individuals are treated differently at different times and we compare their scores as a result of different experimental treatments.

Procedure

The Helping attitude scale (HAS) may be administered to groups or individuals. This questionnaire is used with adolescents aged 13-18. Make a comfortable environment by convincing the subjects that their identity will never be disclosed to anyone and their response will be kept in strict confidence and will be used for research purpose. During administration, a proper introduction about the test should be given to the subjects.

Following instructions were given to the subjects.

“Today you will be filling out one questionnaires twice as this forms contains two sections. In section one the response should be according to pre covid situations and in section two it should be according to the current situation. Your answers will help me in my project work.

Effect of Covid 19 on Prosociality of Adolescents

There are no wrong or right answers to any statement. You can give the very first response which comes in your mind just after reading the statement. Please respond to each statement and do not leave any statement unanswered. Before going to the statements you need to fill the identifying information”

Once the questionnaires have been completed and they are being collected, check to make sure the identifying information has been completed. All the research ethics and guidelines are followed while collecting data.

STATISTICAL ANALYSIS AND RESULT TABLES

Paired t-test method of statistics was used in this research to determine whether there is statistical evidence that the mean difference between paired observations on a particular outcome is significantly different from zero.

H1: There will be significant difference between prosociality of adolescents pre covid 19 and during covid 19.

Objective: To study the change in helping behaviors of adolescents before covid 19 and during covid 19.

Table 1 (Pre covid scores)

| Minimum | 1st Quartile | Median | Mean | 3rd Quartile | Maximum |
|---------|--------------|--------|-------|--------------|---------|
| 62 | 77 | 81 | 81.12 | 84.25 | 97 |

Table 2 (During covid 19)

| Minimum | 1st Quartile | Median | Mean | 3rd Quartile | Maximum |
|---------|--------------|--------|-------|--------------|---------|
| 58 | 74 | 79.5 | 80.03 | 87.25 | 99 |

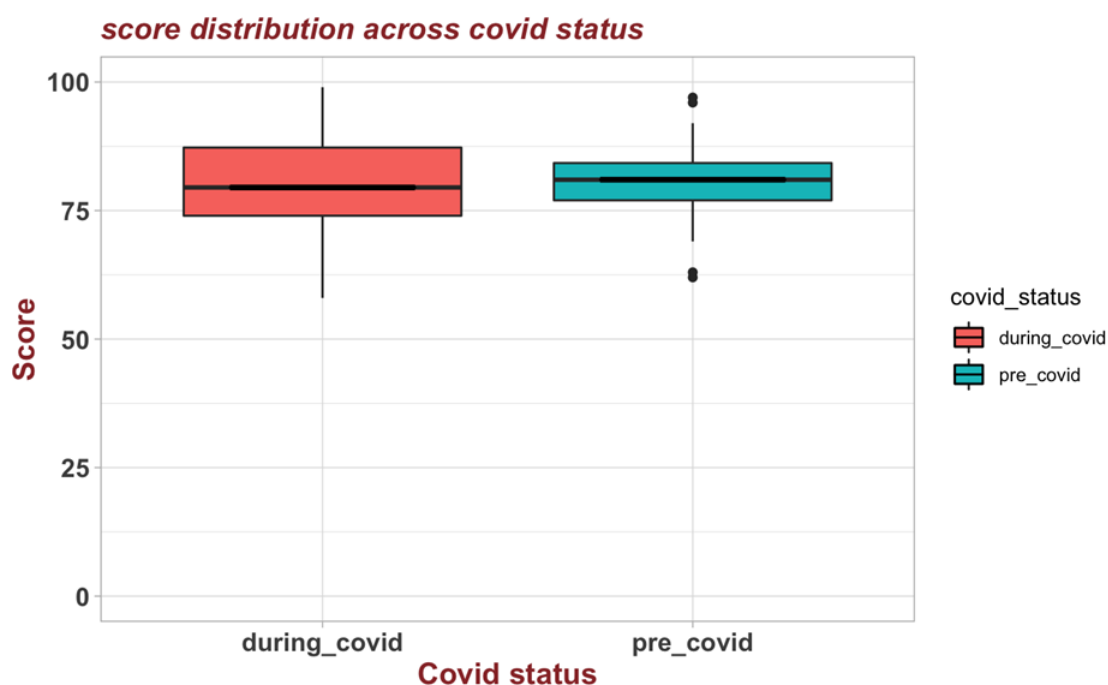
Table 3 (showing difference between prosociality among adolescents before covid 19 and during covid 19)

| T | df | P - value |
|---------|----|-----------|
| 0.93709 | 39 | 0.3545 |

P-value is not greater than 0.05, which means there is no significant difference between the prosociality before covid 19 and During covid 19, hence alternate hypothesis has been rejected.

Graph: Following graph is a boxplot which shows the score's distribution within each group. Middle horizontal line shows the mean of each group's score. As can be visualized, Mean of both group is similar complying with statistical result.

Effect of Covid 19 on Prosociality of Adolescents



DISCUSSION

This research work was on the effect of covid 19 on prosociality of adolescents. The objective of the research was to study the change in helping behavior of adolescents before covid 19 and during covid 19. Subjects were adolescents and 40 students were selected through random sampling method. Paired t –test was used for the statistical analysis to see the difference between the helping behavior of adolescents before the covid situation and during the covid 19.

The hypothesis of the research was that there will be significant difference between the prosociality of adolescents pre covid 19 and during covid 19. Table 1 revealed the 1st Quartile, median, mean and 3rd quartile which are 77.00, 81.00, 81.12, and 84.25 respectively according to the pre covid 19 situation. Table 2 revealed the 1st Quartile, median, mean and 3rd quartile which are 74.00, 79.50, 80.03, and 87.25 respectively according to the current covid 19 situation. As it can be seen mean, median and mode are lying very close in the distribution which means the data is normally distributed and hence parametric test should be used. Table 3 is showing t- value (obtained by applying paired t test), df value and the p - value which are 0.93709, 39 and 0.3545 respectively. As p-value is not greater than 0.05, which means there is no significant difference between the prosociality of adolescents before covid 19 and during covid 19, hence alternate hypothesis has been rejected. There is no such difference found in helping behavior of adolescents before covid 19 and during covid 19, they are almost equally helpful and the pandemic has not affected the helping attitude or prosociality of adolescents. Lim, C. and Laurence, J. (2015) found that a growing number of people who personally experienced financial insecurity and hardship do not explain the decline in helping behavior.

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Effect of Covid 19 on Prosociality of Adolescents

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Conflict of Interest

The author(s) declared no conflict of interest.

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