**Problems and Challenges of Isolation During Covid 19 Pandemic: A Study among Youngsters**

The COVID-19 pandemic has brought unprecedented challenges to individuals worldwide, profoundly impacting various aspects of daily life. Among the most affected are young individuals, who have had to navigate significant disruptions to their social, educational, and professional spheres. As the pandemic unfolded, measures such as lockdowns and social distancing protocols were implemented globally to contain the spread of the virus, leading to prolonged periods of isolation and heightened stress levels among young people.

Understanding the psychological and social ramifications of the pandemic on young individuals is crucial for developing effective interventions and support systems tailored to their needs. This study aims to explore the impact of the COVID-19 pandemic on the psychological well-being and daily routines of young individuals, focusing on three key dimensions: feelings of social isolation, anxiety and depression levels, and disruptions to daily routines.

The research hypotheses centre around the notion that the pandemic has exacerbated existing challenges and introduced new stressors into the lives of young individuals. Specifically, the study seeks to test hypotheses regarding the increase in feelings of social isolation, anxiety, depression, and disruptions to routines following the onset of the pandemic.

Through a survey-based approach, data were collected from a diverse sample of young individuals, encompassing various demographic backgrounds and geographic locations. Statistical analyses, including paired samples t-tests conducted using SPSS software, were employed to test the hypotheses and analyse the survey data.

By shedding light on the psychological and social impacts of the pandemic on young individuals, this research aims to inform evidence-based interventions, policies, and support mechanisms aimed at promoting resilience and well-being in the post-pandemic era. Through collaborative efforts and targeted initiatives, stakeholders can work together to address the unique challenges faced by young people and build a more resilient and supportive society for future generations. Top of Form

**Literature Review:**

**1. Increases in Loneliness Among Young Adults During the COVID-19 Pandemic and Association with Increases in Mental Health Problems**

<https://www.jahonline.org/article/S1054-139X(20)30492-4/fulltext>

**2.** **Negative effects of COVID-19 pandemic on adolescent health: Insights, perspectives, and recommendations**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9123917/>

**3. Rapid asymptomatic transmission of COVID-19 during the incubation period demonstrating strong infectivity in a cluster of youngsters aged 16-23 years outside Wuhan and characteristics of young patients with COVID-19: A prospective contact-tracing study**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7194554/>

**4. Altena, E., Baglioni, C., Espie, C. A., Ellis, J., Gavriloff, D., Holzinger, B., ... & Riemann, D. (2020). Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. Journal of Sleep Research**

**5. Loades, M. E., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., ... & Crawley, E. (2020). Rapid systematic review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. Journal of the American Academy of Child & Adolescent Psychiatry**

**Problem Identification:**

1**. Increased Feelings of Loneliness**: Many youngsters have reported experiencing heightened feelings of loneliness due to limited social interaction during the pandemic.

2**. Anxiety and Depression**: There has been a notable increase in anxiety and depression among youngsters, possibly exacerbated by the isolation and uncertainty surrounding the pandemic.

3. **Disrupted Routines**: The pandemic has disrupted daily routines for many youngsters, leading to difficulties in maintaining structure and stability in their lives.

**Research Methodology**

1. **Research Design**: This study will employ a cross-sectional research design to investigate the challenges faced by young individuals during the COVID-19 pandemic. A questionnaire-based survey will be used to collect data from the participants.

2. **Sampling Technique**: The study will utilize convenience sampling to select participants. Participants will be recruited from various online platforms, social media channels, and community groups. The inclusion criteria will include individuals aged who have experienced isolation during the COVID-19 pandemic.

3. **Sample Size**: The sample size for this study will be 50 participants. While a larger sample size would provide greater statistical power, the constraints of time and resources necessitate a smaller sample size. However, efforts will be made to ensure diversity in the sample in terms of age, gender, education level, occupation, and location.

4. **Data Collection**: Data will be collected through a structured questionnaire administered online. The questionnaire will be designed based on the survey outlined in the initial request, covering various aspects such as isolation experiences, social interaction patterns, screen time habits, mental health indicators, and disruptions to daily routines before and after the pandemic.

5. **Questionnaire Development**: The questionnaire will be developed based on the survey provided, ensuring clarity, relevance, and comprehensiveness of the questions. Likert scales, multiple-choice questions, and open-ended questions will be included to gather both quantitative and qualitative data.

**Table 1.1**

|  |  |  |
| --- | --- | --- |
| **Variable** | **Source** | **Remark** |
| Increase in Loneliness | Loades, M. E., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., ... & Crawley, E. (2020). Rapid systematic review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. Journal of the American Academy of Child & Adolescent Psychiatry | Independent |
| Anxiety and Depression | Increases in Loneliness Among Young Adults During the COVID-19 Pandemic and Association with Increases in Mental Health Problems  <https://www.jahonline.org/article/S1054-139X(20)30492-4/fulltext> | Independent |
| Disrupted Routines | Altena, E., Baglioni, C., Espie, C. A., Ellis, J., Gavriloff, D., Holzinger, B., ... & Riemann, D. (2020). Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. Journal of Sleep Research | Independent |

|  |  |  |
| --- | --- | --- |
| **Variable** | **Questions** | **Source** |
| Increase in Loneliness | 1. How often did you interact with friends and family in person before the COVID-19 pandemic? 2. Do you feel isolated from your social circles (friends, family, colleagues) before the pandemic? | Rapid asymptomatic transmission of COVID-19 during the incubation period demonstrating strong infectivity in a cluster of youngsters aged 16-23 years outside Wuhan and characteristics of young patients with COVID-19: A prospective contact-tracing study  <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7194554/> |
| Anxiety and Depression | 1. How often have you felt nervous, anxious, or on edge before the pandemic? 2. Difficulty thinking, concentrating, or making decisions before the pandemic? | Increases in Loneliness Among Young Adults During the COVID-19 Pandemic and Association With Increases in Mental Health Problems  <https://www.jahonline.org/article/S1054-139X(20)30492-4/fulltext> |
| Disrupted Routines | 1. Eating Schedule: How much was your eating schedule disrupted before the pandemic? 2. Work Routine: How much was your work or school routine disrupted before the pandemic? | Altena, E., Baglioni, C., Espie, C. A., Ellis, J., Gavriloff, D., Holzinger, B., ... & Riemann, D. (2020). Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. Journal of Sleep Research |

**TABLE 1.2**

**Hypotheses**:

**Hypothesis 1: Increase in Feelings of Social Isolation After Pandemic**

**Null Hypothesis (H0)**: There is no difference in perceived social isolation before and after the pandemic.

**Alternative Hypothesis (H1)**: Perceived social isolation increased after the pandemic compared to before.

**Hypothesis 2: Increase in Anxiety and Depression After Pandemic**

**Null Hypothesis (H0)**: There is no difference in anxiety and depression levels before and after the pandemic.

**Alternative Hypothesis (H1)**: Anxiety and depression levels increased after the pandemic compared to before.

**Hypothesis 3: Disruption in Routines After Pandemic**

**Null Hypothesis (H0)**: There is no difference in disruptions to sleep, eating, and work/school routines before and after the pandemic.

**Alternative Hypothesis (H1)**: Disruptions to sleep, eating, and work/school routines increased after the pandemic compared to before.

**Data Analysis**

The data analysis phase of this study aims to explore the impact of the COVID-19 pandemic on the psychological well-being and daily routines of individuals. Through statistical analysis using SPSS software, this section seeks to investigate three key hypotheses derived from the survey responses collected from the sample population.

**Hypothesis 1: Increase in Feelings of Social Isolation After Pandemic**

The first hypothesis posits that there is a rise in perceived social isolation among young individuals following the COVID-19 pandemic. To test this hypothesis, a paired samples t-test will be employed to compare the mean scores of perceived social isolation before and after the pandemic. This analysis will provide insights into whether young individuals experienced heightened feelings of social isolation in the aftermath of the pandemic.

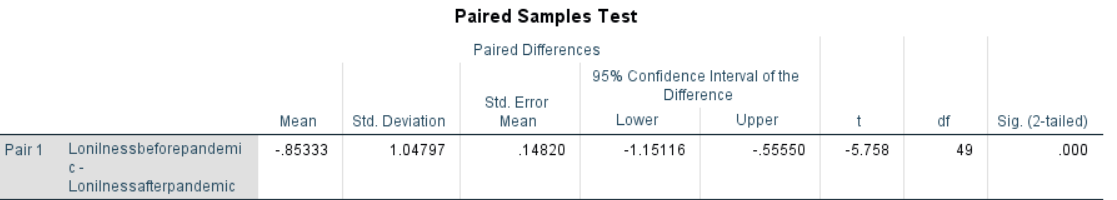
**Table2.1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Loneliness before pandemic | 2.2467 | 50 | .77609 | .10976 |
| Loneliness after pandemic | 3.1000 | 50 | .83910 | .11867 |

As we see that mean score of loneliness before the pandemic is **2.2467** and after the pandemic loneliness score is increase by **3.1**. with standard deviation of 0.83910.

We performed the Paired T-test with confidence level of 95% on the sample data we have collected

**Table 2.2**



As we see that significant value is **less than 0.05** hence, we can **reject** the null hypothesis(H0) and There is **Increase in Feelings of Social Isolation after Pandemic** in the sample size. Hence, we can say that there is alternative hypothesis (H1).

**Hypothesis 2: Increase in Anxiety and Depression After Pandemic**

The second hypothesis examines the prevalence of anxiety and depression among young individuals in the wake of the COVID-19 pandemic. Utilizing another paired samples t-test, this analysis aims to compare the mean scores of anxiety and depression levels before and after the pandemic. By assessing changes in these mental health indicators, this analysis seeks to ascertain whether young individuals experienced heightened levels of anxiety and depression post-pandemic

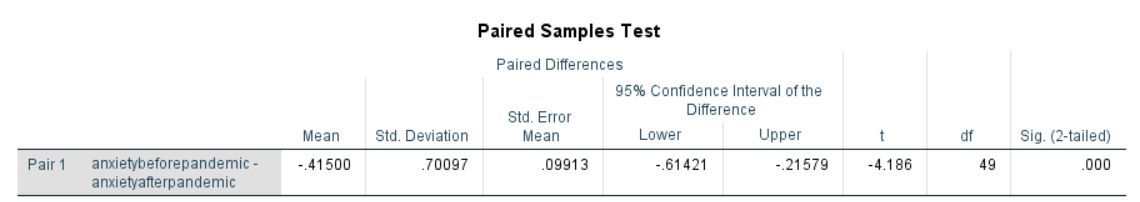
**Table 3.1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Anxiety before pandemic | 2.2350 | 50 | .66319 | .09379 |
| Anxiety after pandemic | 2.6500 | 50 | .69803 | .09872 |

As we see that mean score of Anxiety before the pandemic is **2.2350** and after the pandemic loneliness score is increase by **2.6500** with standard deviation of 0.09872.

We performed the Paired T-test with confidence level of 95% on the sample data we have collected

**Table 3.2**

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As we see that significant value is **less than 0.05** hence, we can **reject** the null hypothesis(H0) and There is **Increase in** Anxiety and Depression after Pandemic in the sample size. Hence, we can say that there is alternative hypothesis (H1).

**Hypothesis 3: Disruption in Routines After Pandemic**

The third hypothesis investigates disruptions to the daily routines of young individuals following the COVID-19 pandemic. Through paired samples t-tests conducted for each routine variable (sleep schedule, eating schedule, work/school routine), this analysis aims to compare mean scores before and after the pandemic. By examining changes in routine patterns, this analysis seeks to determine whether the pandemic led to increased disruptions in daily life among young individuals.

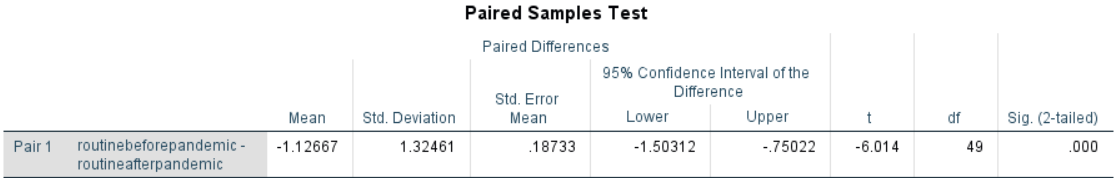
**Table 4.1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Routine before pandemic | 2.1200 | 50 | .94942 | .13427 |
| Routine after pandemic | 3.2467 | 50 | 1.17381 | .16600 |

As we see that mean score of Anxiety before the pandemic is **2.1200** and after the pandemic loneliness score is increase by **3.2467** with standard deviation of 0.16600.

We performed the Paired T-test with confidence level of 95% on the sample data we have collected

**Table 4.2**

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As we see that significant value is **less than 0.05** hence, we can **reject** the null hypothesis(H0) and There is Increase in Disruption in Routines After Pandemic in the sample size. Hence, we can say that there is alternative hypothesis (H1).

**Recommendations:**

**Psychological Support Services**: Given the significant increase in feelings of social isolation, anxiety, and depression observed among young individuals following the COVID-19 pandemic, it is imperative to enhance access to psychological support services. This may include expanding mental health hotlines, online counselling platforms, and community-based support groups tailored to the unique needs of young people.

**Social Connection Initiatives**: To address heightened feelings of social isolation, initiatives aimed at fostering social connections among young individuals should be prioritized. This could involve organizing virtual social events, peer support networks, and community outreach programs to facilitate meaningful social interactions and combat loneliness.

**Routine Management Strategies**: Recognizing the disruptions to daily routines experienced by young individual’s post-pandemic, targeted interventions to support routine management are essential. Providing resources on time management, stress reduction techniques, and adaptive coping strategies can help young individuals regain a sense of control and stability in their daily lives.

**Education and Awareness Campaigns**: Increasing awareness about the psychological impacts of the pandemic and promoting self-care practices are crucial. Educational campaigns targeting young individuals, parents, educators, and healthcare professionals can raise awareness about mental health issues, reduce stigma, and encourage help-seeking behaviours.

**Policy Advocacy**: Advocating for policy changes to prioritize youth mental health and well-being is essential. This may involve lobbying for increased funding for mental health services, integrating mental health education into school curricula, and implementing policies that support work-life balance and flexible scheduling for young individuals.

**Suggestions:**

**Longitudinal Studies**: Conducting longitudinal studies to track the long-term effects of the pandemic on young individuals' mental health and well-being is recommended. By following up with participants over time, researchers can gain insights into the trajectory of recovery, resilience factors, and ongoing support needs.

**Targeted Interventions**: Tailoring interventions to address the specific needs of subgroups within the young population is crucial. This may include targeted interventions for marginalized groups, such as LGBTQ+ youth, racial and ethnic minorities, and individuals with pre-existing mental health conditions.

**Collaborative Partnerships**: Collaboration between healthcare providers, mental health professionals, community organizations, and policymakers is essential in developing comprehensive support systems for young individuals. By leveraging existing resources and expertise, collaborative partnerships can enhance the effectiveness and reach of interventions.

**Technology-Based Solutions**: Exploring innovative technology-based solutions, such as mobile apps, online therapy platforms, and virtual reality interventions, can expand access to mental health support services for young individuals. These digital tools offer flexibility, anonymity, and convenience, making them appealing options for digital-native youth.

**Conclusion:**

In conclusion, the findings of this study underscore the profound impact of the COVID-19 pandemic on the psychological well-being and daily routines of young individuals. The significant increases observed in feelings of social isolation, anxiety, depression, and disruptions to routines highlight the urgent need for targeted interventions and support mechanisms tailored to the unique needs of this population.

Through the implementation of recommendations such as enhancing access to psychological support services, fostering social connections, promoting routine management strategies, and advocating for policy changes, stakeholders can mitigate the adverse effects of the pandemic and promote resilience among young individuals.

Furthermore, ongoing research efforts, longitudinal studies, and collaborative partnerships are essential in advancing our understanding of the long-term implications of the pandemic and developing evidence-based interventions to support the mental health and well-being of young people in the post-pandemic era. By prioritizing youth mental health and mobilizing collective action, we can work towards building a more resilient and supportive society for future generations.

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