

Role of Cultural Activities and Online Opportunities in Promoting Children's Mental Health and Wellbeing

Commented [1]: You should specify your location, population age.

Scholar name

Example 1

Scholar's affiliation

Youth Research Journal

Mentor's name

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Date of submission

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Research Question

Can engagement in online cultural activities serve as an effective solution to overcome barriers, particularly related to accessibility, and does this engagement significantly enhance mental health among individuals aged 6-19?

Introduction

Participating in cultural activities can have various benefits for the mental development of children and adolescents like boosting their social skills, confidence, creativity, and making them better at understanding different cultures. However, not everyone takes part evenly in cultural activities, due to many barriers like transportation, parental support, social factors and time especially during the COVID-19 pandemic, which has interrupted many social events and interactions. This research aims to uncover how cultural activities can help the mental development of the age group 6-19 and what factors impact their involvement in such activities. Investigating this matter is important because it's about ensuring that every kid and teenager has the chance to learn, practice, explore, have fun, and grow in the best way possible during their prime moments for learning.

Try to expand your intro to at least twice its words count now (150~250 words) and include in-text citations.

Literature Review

Cultural activities have been used in governmental health policies and medical therapy, with the belief that they can improve health. Previous studies have shown that social, and cultural activities are associated with increased survival rates.^[1]

Moreover, cultural activities that take place within the community of their school district can have an important impact on the mental health of children. Participation in these community-based cultural activities helps children build stronger connections with the community and create social networks. This can lead to a decrease in behavioral issues and an increase in prosocial skills among the children.^[2]

Furthermore, students highly participating in arts-related extracurriculars tend to show stronger academic performance and increased participation in other activities compared to those with less exposure to the arts. For instance, high-arts students were less likely to have no participation in extracurricular activities compared to low-arts students within the same socio-economic group.^[3]

An extensive review of 3000 research articles from around the world was undertaken by the World Health Organization. It concluded that engagement in the arts can benefit the child's development, support neurodevelopmental and neurological conditions and encourage health-promoting behaviors, assist with the management of chronic conditions, prevent ill-health through enhancing mental health, support formal and informal caregiving, reduce the risk of cognitive decline and frailty and support end-of-life care. [4]

Although social inequalities and anxiety can create barriers to community and cultural engagement for people with mental health conditions, recognizing the positive impact of these activities on mental health can encourage participation. However, there is a need for interventions to address these barriers and create more inclusive cultural sectors that enhance social services in the UK for people experiencing mental health problems. [5]

Taking part in cultural activities may have a positive impact on the health, life satisfaction, and self-esteem of adolescents. This is important information for public health promotion. But, it's also important to consider possible differences in sex and age. If cultural activities are to be used for achieving good health or other social goals, it is important to know for whom, what kinds of activities might have an effect, to what extent that is necessary, and what motivates participation in such activity. [6]

The study will especially focus on online cultural activities to find out if it reduce some barriers and creates more opportunities for all young people (6-19 age group) to participate. It will also investigate whether these activities have a positive impact on mental health in a unique way.

Regarding the red marks, period used at the end of citations.

Research Methodologies

This study applies a mixed-methods approach.

Quantitative Phase:

A diverse sample (N = 270) of children and adolescents will be recruited through stratified sampling to ensure representation across various socio-economic and cultural backgrounds. Participants and their parents will evaluate and rate their engagement in cultural activities and changes in mental health through multiple-choice questions, including 2 to 5-point Likert-based assessments through an online survey. The survey will also incorporate validated scales to measure the effectiveness of online cultural activities.

Qualitative Phase:

A subset of participants ($n = 30$) will be selected for in-depth semi-structured interviews. These interviews will explore subjective experiences, motivations, and the impact of cultural activities on mental health development. Thematic analysis will be used to find important themes and patterns in the information gathered from interviews.

Data Analysis:

Quantitative data will be assessed using descriptive statistics to study how often people engage in online cultural activities and their impact on mental health. Correlation analysis will be conducted to explore the relationship between different aspects of online cultural activities (independent variables) and mental health indicators (dependent variables).

In the qualitative data analysis, interviews will be transcribed, and thematic analysis will be conducted to identify recurring themes linked to the experiences, advantages, and challenges of participating in online cultural activities.

Project Practicalities

Data collection will occur over two weeks to one month to accommodate both quantitative and qualitative phases and will be followed by robust data analysis.

It is ensured that this research will be conducted fairly and privately, and all collected information will be kept safe. Recognized or established ethical guidelines will be adhered to ensure that the individuals participating in this research understand the process and that their information is avoided from being shared with unauthorized parties.

The timeline has been carefully planned to gather all the information needed. Enough time has been set aside for collecting data from surveys and interviews, with a significant focus on morals and keeping things private.

Strict measures and specialized methods will be used to protect everyone's data. Only authorized personnel will access the collected information, and it will be stored in secure, confidential places to maintain its safety. Approaching this way will help collect accurate information while doing the research in a responsible way. Respecting everyone's privacy and maintaining ethical guidelines are key principles that make sure the study is strong and reliable.

Roadblocks and potential limitations

Some potential issues could be that the people participating might not represent everyone, making it hard to speak for everyone. Also, people might not always be completely accurate or honest when they tell us things about themselves because they're worried about their privacy or is unsure about details.

Due to the small sample size of the qualitative phase, not all the different experiences might be collected since everyone is different.

Additionally, the time decided to collect information might not be long enough to understand everything deeply for everyone involved in the research.

These roadblocks and limitations can be controlled or handled by being careful and responsible while considering how things can be changed during the research. This will do a big help in ensuring accurate & reliable results.

Post-program plan

Once the research is completed, all the findings will be published through academic journals, relevant organizations, and presentations at conferences. The aim is to share this information with various groups like teachers, organizations assisting kids and parents, so they can benefit from it. This investigation will explain the discoveries made by collecting data from many children, adolescents, and their parents using surveys. It will also provide suggestions based on these findings. Overall, these insights will offer valuable information to related communities, to find right and necessary changes to remove barriers and significantly support the mental development of children and adolescents. Furthermore, the study will remain open to further investigations or follow-up studies addressing any possible gaps or pending questions discovered during the research process.

References

- [1] Cuypers, K., Krokstad, S., Holmen, T. L., Knudtsen, M. S., Bygren, L. O., & Holmen, J. (2012). Patterns of receptive and creative cultural activities and their association with perceived health, anxiety, depression and satisfaction with life among adults: the HUNT study, Norway. *Journal of Epidemiology and Community Health*, 66(8), 698-703
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- [3] Catterall, J. S., Dumais, S. A., & Hampden-Thompson, G. (2012). The arts and achievement in at-risk youth: findings from four longitudinal studies (Research report #55). National Endowment for the Arts

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Commented [3]: You should add the references urls, link, access date, DOI number.

- [4] Polley M and Sabey A (2022). COVID-19, mental health, and the role of arts and cultural engagement: A review of new evidence. Briefing paper, Marie Polley Consultancy Ltd, England.
- [5] Baxter, L., Burton, A., & Fancourt, D. (2022). Community and cultural engagement for people with lived experience of mental health conditions: what are the barriers and enablers? BMC Psychology, 10, 71
- [6] Hansen, E., Sund, E., Knudtsen, M. S., Krokstad, S., & Holmen, T. L. (2015). Cultural activity participation and associations with self-perceived health, life satisfaction, and mental health: the Young HUNT Study, Norway. BMC Public Health, 15, 544.

Comments:

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