



How Does COVID 19 Alter Children Life?

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

COVID 19 (Coronavirus 2019) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was first discovered in December 2019 in Wuhan, Hubei, China and resulted in an ongoing pandemic. It has put the world on a crisis footing and children could be the hidden victim of the pandemic. Due to this pandemic, the impact on children is severe. Children may be more vulnerable due to school closures, lockdowns and other stressors. Access to a computer and the internet at home could determine whether education comes to a halt or if children can continue to learn outside of the classroom. And also raising the cases of malnutrition, hunger and may suffer from extended ill-consequences of this pandemic, such as child labor, child trafficking, child marriage, sexual exploitation and death etc. soap and running water may make the difference between whether children get sick or not. School closure, lack of outdoor activity, aberrant dietary and sleeping habits are likely to disrupt children's usual lifestyle and can potentially promote monotony, distress, impatience, annoyance and varied neuropsychiatric manifestations. Incidences of domestic violence, child abuse, adulterated online contents are on the rise. The

COVID-19 pandemic is potentially catastrophic for many children around the world. For children caught at the apex of this crisis, there is a genuine prospect that its effects will permanently alter their lives.

Keywords: COVID 19; children; crisis; impact; pandemic; vulnerable.

ABBREVIATIONS

COVID 19 : Corona virus disease 2019
SARS-CoV-2: Severe Acute Respiratory
Syndrome Coronavirus 2

1. INTRODUCTION

“This is a universal crisis and, for some children, the impact will be lifelong” [1]. Not only adult but also children are suffering from the consequences due to Covid 19 pandemic. Many children loss their love one and that impact on individual as well as on the society. Due to pandemic many children loss their parents had orphan. Losing someone we love in front of our children has a long-term impact on them. Over the last few months, mankind has stumbled into one of its greatest crisis since World War II [2]. It has put the world on a crisis footing and children could be the hidden victim of the pandemic [3]. Worldwide, children have been profoundly affected by the social and economic upheavals caused by COVID-19. The pandemic unleashed a perfect storm into the lives of most marginalized children. A single disaster can produce a cascading effect that would create an unforeseen chain of secondary or multiple risks [4]. The COVID-19 crisis has a potentially far-reaching, long-term negative impact on children around the world, Human Rights Watch said in a report [5]. Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease was first identified in on dated 17 November December 2019 in Wuhan, the capital of China’s Hubei province, and has since spread globally; resulting in the ongoing 2019–20 coronavirus pandemic [6].

The COVID-19 pandemic is potentially catastrophic for many children around the world. For children caught at the apex of this crisis, there is a genuine prospect that its effects will permanently alter their lives. The coronavirus pandemic has disrupted the life of every child in the country [7]. It is not only an unprecedented public health emergency but also a challenge our society and our economy have not seen in peacetime [8].

Due to this pandemic, the impact on children is severe. Their impact however is particularly severe for the most vulnerable and marginalized boys and girls and their families. The resulting disruptions exacerbate already existing disparities within the education system but also in other aspects of their lives [9].

How does COVID 19 alter children life?

The impact of COVID 19 on children are as follow:

- ✓ **Impact of lockdown and isolation on children:** “The risks posed by the COVID-19 crisis to children are enormous,” said Jo Becker, children’s rights advocacy director at Human Rights Watch.[5] The current situation affects children, adolescents and their families significantly. Isolation, contact restrictions and economic shutdown impose a complete change to the psychosocial environment of affected countries.[10] More than 1.5 billion students are out of school. Widespread job and income loss and economic insecurity among families are likely to increase rates of child labor, sexual exploitation, teenage pregnancy, and child marriage. Stresses on families, particularly those living under quarantines and lockdowns, are increasing the incidence of domestic violence [11]. Although many schools are providing online learning, children whose families cannot afford access to laptops, phones or adequate internet or phone connections are likely to miss out on vital learning [8]. Due to this the peoples are stuck into their homes facing numerous problems. But those children who are homeless and those who are having their homes for staying they are facing different variety of issues than homeless. For keeping safe in this pandemic, the government ordered lockdown and isolation for not only adult but also children. This is like punishment to stay in home and without going out, handing up with friends and so on. Living this type of life is nothing but staying in prison, the difference is that we can live life

according without any order. Research study showed that isolation and lockdown causes great impact on mental as well as physical growth and development.

- ✓ **Impact on child rights:** Child rights are those rights that an individual possesses by being a child. The journey towards achieving child rights is a journey to not only help children survive but also thrive and transform into the best versions of themselves [12]. The COVID-19 pandemic has devastating short, medium and long-term consequences for children and their rights [13]. Stay-at-home orders, lockdowns and confinement measures have severe effects on children's rights to physical and mental health, education, play, family environment and freedom from violence, among others. Children may be confined in homes that are overcrowded or do not meet the adequate standard of living [14].
Due to COVID 19 crisis the child rights are not being governed properly.
- ✓ **Impact of school closure on children:** The school closures are affecting the education of 80% of children worldwide.[5] While coronavirus disease 2019 (COVID-19) continues to spread across the globe, many countries have decided to close schools as part of a physical distancing policy to slow transmission and ease the burden on health systems [15].
School is home of learning and gaining knowledge. It's nurture pupil. Schooling is a part of life where we learn things, acquire knowledge, develop our personalities, improve our social skills, and improve our livelihood, among other things, which has been hampered by Covid. School closure causes major effect on child's education, nutrition, learning, personality etc. It has been about two years that the children have been staying at home and learning with the help of online classes. As a result, those who can afford to pay for internet services, have a smart phone, computers, and electricity in their homes, and those who do not have these resources, are unable to continue their education. Due to the COVID 19 crisis, child rights are not being properly governed, and one of these rights is the right to an education.
- ✓ **Impact on learning:** Schooling provides essential learning and when schools close, children and youth are deprived of opportunities for growth and development

[16]. Nearly half of the world has no internet access.[5] The disadvantages are disproportionate for underprivileged learners who tend to have fewer educational opportunities beyond school. More than 91 percent of the world's students are out of school, due to school closures in at least 188 countries [5].

The COVID-19 crisis has had a significant impact on learning. The school closure has altered the way students learn. Online classes deprive students of the opportunity to learn. Many children are unable to attend school due to a lack of resources and poverty. It is also different to learn at school and at home.

- ✓ **Impact on nutrition and free school meals:** School closures mean that children can no longer receive Free School Meals. School closures will exacerbate food insecurity. For many students living in poverty, schools are not only a place for learning but also for eating healthily [9]. There is COVID-19 induced food insecurity, there are job losses and incomes that have reduced which will lead to an increase in malnutrition. These are the secondary impacts of COVID-19 [17].
India is home to half of the "wasted children" globally, reckons the recently launched Global Nutrition Report 2020. More than a third (37.9 percent) of our children under-five years are stunted, and over a fifth (20.8 percent) are wasted, the report adds. India is one of the most undernourished regions in the world [18].
India now ranks 94th among 107 countries in terms of hunger and continues to be in the 'severe' hunger category according to the Global Hunger Index 2020. According to the study, 14% of India's population is undernourished [19].
According to International right of child, one of the rights of the child is the right to nutrition, which is not being met due to the pandemic.
- ✓ **Impact of COVID 19 on Mental Health:** Although medical literature shows that children are minimally susceptible to the 2019-Corona virus disease (COVID-19), they are hit the hardest by the psychosocial impact of this pandemic [2]. Being quarantined in homes and institutions may impose a greater psychological burden than the physical sufferings caused by the virus [2]. A pandemic of fear, anxiety and depression

are going hand in hand with COVID-19 contagion. Children are already extra-sensitive to emotional stress. Being quarantined bears a plethora of psychological burden, varied neuropsychiatric manifestations and psychosocial stigma [20]. Home confinement imposes immediate and lingering psychosocial impact on children due to drastic changes in their lifestyle, physical activity and mental excursions [21]. Children who are being quarantined at institutions are the worst sufferers as it renders them isolated from their parents [22]. Children's proper well-being depends not only on nutritional and medical care but also on proper parental companionship [2]. Thus, getting detached from parents in this critical juncture may cause ever-lasting psychiatric consequences including post-traumatic stress disorder, anxiety, psychosis, depression, delinquency and even suicidal tendency [2].

The children are living in their own world. Mental health is an important component of healthy children. Staying at home has a significant impact on a child's mental health because they are unable to go out, play with playmates, or attend school. It is necessary to being mentally healthy during childhood for positive quality of life and can function well at home, school and in their society. It is important milestone in growth and development of children as well as to help children to build up positive social, emotional, behaviour, creative & critical thinking, reasoning, communication skills and problem solving skill. It also lays foundation for better mental health and healthy wellbeing in future. So, as I thought the Covid has influence the mental health of children due strict parental behaviour, home isolation, uses of internet, computers & smart phones as well as not able to live free in environment.

- ✓ **Impact on Immunization:** As the COVID-19 pandemic overwhelms health systems, children may no longer receive immunizations or have access to life-saving basic health care [5]. Every child has right to receive immunization as per national immunization schedule but due to COVID 19 children are unable to receive the vaccines that are prevent children from six killer disease. It is the most serious issue confronting health-care delivery systems.

- ✓ **Maltreatment and violence:** Lockdowns and confinement can expose children to increased risk of witnessing or experiencing physical and psychological violence, including maltreatment and sexual violence [14]. There is a heightened risk of exposure to inappropriate online content and online predators because of increased use of online platforms, including for distance learning.[7] Girls are particularly at risk and face increased threats of sexual violence, exploitation, discrimination and abuse [14]. There is also an increased risk of children being pushed into child labor to support their families and, for girls in particular, of early, child or forced marriage and exploitation and trafficking [5].

Maltreatment and violence are causes due to unemployment, stress of work, poverty and tension of how to feed the family members due to jobless or so many other reasons which leads to treat children in wrong ways.

2. CONCLUSION

Due to this highly infectious disease, the whole ecosystem is facing an enormous problem that causes lifelong effect on the each and every individual on earth. Once Dr. Martin Luther King Jr. Sir said, Of all forms of inequality, injustice in health is most shocking and inhuman.[23] Even after so many years, Indians continue to face injustices based on income and health disparities. COVID-19 poses a significant threat to children's rights to survival and development and the highest attainable standard of health. The physical and mental health impacts are significant, particularly confinement and physical distancing. Due to these crisis to access the key services are including both basic and lifesaving health care and services such as vaccinations, have been disrupted which leads increase child deaths because of financial hardship and the global economic downturn. Furthermore, child nutrition is of vital concern as some children cannot regularly access nutritious food during a lockdown or because of financial hardship related to COVID-19. For facing such problems government are governed enormous strategies to prevent suffering. "COVID 19 thought great and unforgettable lesson to world."

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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