



Special Issue | Social and development concerns in Africa (c)

Special Issue on Social Work During COVID-19: Article 8 | March 2021

Copyright © 2021 The International Journal of Social and Development Concerns (IJSDC) All Rights Reserved
(An International Publisher for Academic and Scientific Resources)

AWARENESS OF COVID-19 AND THE EFFECTS OF LOCKDOWN AMONG ADOLESCENTS IN PALAKKAD DISTRICT OF KERALA

Authors: Varsha M^{*}, Francina P X^{**} & Sonny Jose^{***}

Special Issue Editors

¹Norvy Paul

²Johnson Mavole

³Arya Chandran

¹The Catholic University of Eastern Africa, Nairobi

²St. Augustine University of Tanzania, Mwanza City

³Bharathamatha School of Social Work, Kochin, India

Chief Editor

Web: www.ijfdc.org

Email: info@ijfdc.org

Editing Oversight

Impericals Consultants International Limited

Abstract: *Coronavirus disease 2019 (COVID-19) is an infectious disease caused by a newly discovered coronavirus in Wuhan, China. Most people infected by the COVID-19 virus experience bouts of mild to moderate respiratory illness and recover without requiring any special treatment. The elderly and those with various underlying medical problems like chronic respiratory disease, cardiovascular disease, cancer, and diabetes are more likely to develop severe illness. (World Health Organization, 2020). On March 24, 2020, India's prime minister called for a 21-day nationwide lockdown to contain the coronavirus pandemic. This study intends to understand children's awareness levels regarding COVID-19 and the effect of lockdown on them. The study also tries to understand how children spend their time at home, the psychological issues, and the coping strategies adopted. The study also intends to determine its effectiveness of online classes from the children's point of view. The age group included in the study is 13-18 years from Palakkad district, who could respond online. Survey research design has been used in this study, and Google Forms were used to collect data. The sample size is 60.*

Keywords: COVID-19, Children, Lockdown, Online classes, Coping strategies

* Student, MSW, Loyola College of Social Sciences, Thiruvananthapuram, Kerala. Email: varshakorapath@gmail.com

** Asst. Professor, Dept. of Social Work, Loyola College of Social Sciences, Thiruvananthapuram, Kerala. Email: francyxavier@yahoo.com

*** HOD & Asso. Prof. Dept. of Social Work, Loyola College of Social Sciences, Thiruvananthapuram, Kerala, India. Email: sonny.jose@gmail.com

Introduction

Coronaviruses (CoV) are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans (WHO Regional Office for the Eastern Mediterranean, 2020). Lockdown is a temporary condition imposed by governmental authorities during the outbreak of an epidemic disease. People must stay in their homes and refrain from or limit activities outside the home involving public contact (Merriam Webster, 2020). With the pandemic increase, a nationwide lockdown was declared in India from March 25, 2020. In India, the lockdown and unlocking happened in phases, slowly increasing and decreasing intensity. During the lockdown, all the schools, colleges, malls, and offices were closed to reduce the pandemic's spread. Everyone had to stay at home, work, and learn from home.

India has the second-largest population after China, but India's population density far exceeds China's ($455/\text{km}^2$ vs $148/\text{km}^2$); as of now, there are no evidence-based treatment options or a vaccine. This shows the importance of social distancing as the only useful tool against COVID-19 for now. Experts consider that the most practical way to deal with this pandemic is a lockdown. If implemented with integrity, it could prevent this disaster from infecting a large section of the Indian population (NCBI, 2020). The planned idea of a complete lockdown was to stop people from interacting with each other and maintain social distance to bring the numbers down.

Lockdown has caused significant changes in lifestyles and attitudes. From the second week of March, all the educational institutions were closed, leaving children confused as everybody else, with closing down of the nation. The classrooms in India are congested, leaving no room for physical distancing. Children are considered vulnerable to both infection and being carriers. To control community spread, all the educational institutions, especially schools, were closed down. Usually, summer vacation in India is from April to June, so the lockdown was initially vacation to children. Still, soon there was high pressure on children as they could not go outside the home to play, meet their friends and relatives, go to their hometown, or any other activities that are usually done during vacation. The children in Kerala usually spend their vacation by visiting their friends and relatives, especially grandparents, engaging themselves in outdoor games, and attending

summer classes on swimming, music, etc., which rejuvenate them physically and mentally. This time, they are trapped inside the house walls, putting much pressure on them.

Many community support systems outside of the families have become unavailable, particularly for young girls; domestic violence is also rampant. For an entire generation, throughout the world, to grow up in these conditions, with no clear answers for the foreseeable future, it is unprecedented and will significantly impact their worldview. While we try to manage the urgent task at hand – containing the virus – adolescents' long-term wellbeing might be at risk. However, to let it do so would be a devastating mistake. As UNICEF has put it: "The stakes could not be higher. If not adequately or appropriately addressed, the mental health consequences for a generation of children and young people could far surpass the immediate health and economic impact of the COVID-19 pandemic, leaving long-term social and economic consequences in its wake" (Naik, 2020).

Kerala Chief Minister reported that since March 25, as many as 66 children died by suicide in Kerala. The common reasons were domestic issues, compulsion by parents, discord among parents, and alcoholism issues of the father. R Jayaprakash, a chief child psychologist at the SAT hospital, said that schools' closure was one key reason that causes stress and anxiety among children, especially in the teenage group, as children could not talk freely with their friends. Meanwhile, the Kerala Government is launching a project, 'Chiri' (smile), to address this issue. School children who are part of the Student Police Cadet scheme would interact with children. Chiri is a peer counselling program aimed at reducing suicide rates, drug abuse, and depression. The children might feel safer and comfortable with their friends and peers as counsellors.

Nevertheless, it is of concern that how these 'peer counsellors are trained for this need to be professionally trained, else it can have more negative effects than positives. It is also important to follow up on 'peer counsellors to ensure their mental health and prevent burnout. To ensure efficiency and achieving the objective, a systematic monitoring system is required. A committee headed by the Director-General of Fire and Rescue Services was also constituted to study the matter (Deccan Herald, 2020).

All populations, including children and adolescents, face many challenges by becoming forced to stay at home. It seemed like a prolonged vacation, which brought much joy for the children initially, but soon they got tired of being bored at home and not allowed to go out. The

lockdown restrictions imposed asks children and the elderly to stay home out of fear of infection. The parents also ask the children to stay at home not to be infected or spread it to others, especially vulnerable family members, younger children, or people with comorbidities. The social interactions got limited to phone calls. The children were forced to spend time on television, phones, books, etc. However, some also used the time productively to learn or improve skills and hobbies. The study aims to determine children's experiences during lockdown at home and their awareness levels regarding the pandemic. Schools and colleges have started online classes. The shift from classroom learning to online learning has brought many challenges to the teachers, students, and parents. As part of block field practicum, the trainee has done an internship with an agency, and the work included tele-counselling, whereby corona disease awareness is created among the children.

1. Understanding the Effects of COVID on Children and Adolescents

Sensitisation and awareness about COVID-19 were studied using an online survey, where a semi-structured questionnaire using a non-probability snowball sampling technique was used. The 662 respondents were from different parts of India. Sensitisation and awareness are reflected significantly in their behaviour and attitude as most of the participants (more than 4/5th) agreed with social distancing, avoiding travel, self-quarantine, and adequate hygienic measures. However, their fear, apprehension, and possible stigma are reflected when asked about the inclusion of recovered COVID-19 patients in mainstream society. Stigma is associated with many health conditions. Adequate awareness about the illness may minimise the stigma and facilitate acceptance in the general population (Tripathy et al., 2020). The study participants felt the need to talk about their worries related to the COVID-19 pandemic with someone. The opportunities to vent out their distress was limited in most places due to the lockdown state. Simultaneously, the electronic and print media and social media are continually discussing the pandemic status. As a result, people are not able to cope with the situation and their emotions making them feel emotionally exhausted (Tripathy et al., 2020)

COVID-19 virus is much more widespread than the SARS virus and other epidemics on a global scale. As the pandemic continues, it is crucial to support children and adolescents facing grief and issues related to parental unemployment or household income loss. There is also a need to monitor children's and adolescents' mental health status over the long term and study how

prolonged school closures, strict social distancing measures, and pandemics affect their wellbeing (Lee, 2020). The COVID-19 pandemic throughout the world may worsen existing mental health problems among children and adolescents and lead to more cases because of the unique combination of social isolation, public health crisis, and economic recession. Various economic downturns are associated with increased mental health problems for youth that may be affected by how that economic downturns affect adult unemployment, adult mental health, and child maltreatment (Golberstain, Wen, & Miller, 2020)

1.1 Effect of Lockdown

Staying at home: The Indian homes provide the main channel of transmission between three generations, the workplace provides the main channel of transmission between working age groups, the schools provide the main channel of transmission of the virus within children and to a small extent between children and adult teachers, while other spheres of contact, due to the assortative mixing, contribute to transmission within age groups (Singh & R. Adhikari, 2020)

Change in daily routine: Adverse effects of school closure, including economic difficulties to working parents, healthcare workers, and other vital workers being forced from work to childcare, and society due to loss of parental productivity, the transmission of disease from children to vulnerable grandparents, loss of education, harm to child welfare particularly among the most vulnerable pupils, and nutritional problems especially to children for whom free school meals are an essential source of nutrition. Social isolation itself brings a range of psychological harms. During unplanned school closures, children's activities and contacts decreased but did not cease, with some evidence that this was particularly so among older children and those whose parents disagreed with closures (Viner, 2020)

1.2 Effect of Online Classes

While learning might continue uninterrupted for children from higher-income families, children from lower-income families are likely to struggle to complete homework and online courses because of their precarious housing situations (Lancker & Parolin, 2020). Prolonged school closure and home confinement during a disease outbreak might have adverse effects on children's physical and mental health. Evidence suggests that when children are at home for long durations such as vacation or weekends, they are physically less active, use more tv and mobile, irregular sleep patterns, and less healthy diets, eventually resulting in weight gain and a loss of

fitness.

The government should provide guidelines and principles for effective online learning and ensure that the courses' contents meet the educational requirements and not overburden them. Schools have a critical role in delivering educational materials to children and offering students an opportunity to interact with their teachers and obtain psychological counselling if required. Schools can actively promote a health-conscious day-to-day schedule, good personal hygiene, appropriate diet, encourage physical activities and good sleep habits, and integrate such materials into the school curriculum (wang, Zhang, Zhao, & Jiang, 2020)

1.3 Coping up Strategies

Adolescents exposed to adverse situations at early stages often develop greater responsibility in life towards themselves and others. They convert negatives to positives and adopt prosocial behaviour. These must be studied in the context of the trauma field's current understandings regarding psychological, biological, environmental, and cultural factors. (Nuttman-Shwartz, 2019). To promote adolescent wellbeing and their sense of security, it is advisable to promote reassurance, appropriate information, and stress-reducing actions for adolescents. Parents are the closest and most evident help for children and adolescents. Beyond the immediate consequences on mental health, one can wonder about the consequences of the pandemic on adolescents' psychological construction, who suddenly grow up in a world where society and the economic model are dramatically transformed to face the pandemic and protect the population. If growing up in a secure family environment is a protective factor for the health of adolescents growing up in a stable and secure world is probably just as protective (Guessoum et al., 2020).

There are mainly four ways to cope with the stress, i.e., first, taking a break from the news of COVID-19, which is upsetting; second is taking care of the body by exercise, yoga, meditation, adequate sleep hours, balanced diet, avoid drugs, and alcohol use, third is to pursue activities which we are good at; indoor activities, or any productive working, studying, learning, etc. and fourth is connecting with friends and family for letting out the feelings (Rai, Parul, & Pallav, 2020)

1.3 Stigma Surrounding Pandemics

It is essential to build a surge capacity for public trust. This cannot happen without a pre-

existing public health infrastructure for all population segments, especially those most vulnerable. Community trust is strongly influenced by the degree to which officials and health care providers have addressed local health needs before epidemic emergencies. When these conditions are pre-established, it is realistic to expect affected populations to cooperate with programs such as contact tracing and distinguish isolation measures from the historical spectre of quarantines. Hospitals and isolation centres should be seen as treatment zones to be sought rather than places of death to avoid (Barrett & Brown, 2008)

2. Statement of the Problem

The best and logical way to prevent and slow down the transmission of COVID-19 is to be well informed about the virus's intrinsic details, the disease it causes, and how it spreads (World Health Organization, 2020). The COVID-19 virus has affected children by physical distancing, quarantines, and nationwide school closures throughout the world. Some children and young adults may feel more isolated, anxious, bored, and uncertain. They may feel fear and grief over the impact of the disease on their families. The current COVID-19 outbreak has aroused social stigma and discriminatory behaviours against people of specific ethnic backgrounds, as well as any individual perceived to have been in contact with the virus (World Health Organization, 2020). The study intends to understand children's awareness levels regarding COVID-19, psychological issues faced, challenges they have met at the onset of online classes and coping strategies they have adopted. The study also tried to find stigma in children towards infected, recovered, or quarantined persons.

3. Method and Materials of the Study

The study intends to understand the awareness levels of children regarding COVID-19 and the effect of lockdown on them. It studies how children spend their time at home and the psychological issues faced by them. The study also throws light on the challenges they have met at the onset of online classes and the coping strategies. The age group of the children is 12-18 years, who could respond by themselves. The survey research design has been used in this study, and the geographical location was Palakad district of Kerala with a sample size of 60. The questionnaire containing 26 questions was prepared and circulated using google forms. There were close-ended, multiple responses and open-ended questions. The data was collected online. Since the data was collected online, there was a lack of personal touch, and the researcher could not

observe them. Only children whom the researcher could reach and willing to respond online were included in the study.

4. Analysis and Discussions

4.1 Awareness level of Children on COVID-19

The study's general objective is to understand the effect of COVID-19 on children, especially, to understand the awareness levels of children regarding COVID-19, their source of information, masks usage, and comfort in using them sanitisation and awareness regarding whom all can spread the disease.

Table No 1: The effect of COVID-19 on children, their profile, awareness on precautions to prevent spread.

	Particulars	Frequency	Percent
Age	13 to 15	6	9.98
	16 to 18	54	90
Gender	Male	20	33.33
	Female	40	66.66
Source of awareness	TV	24	30
	Social media	18	40
	Friends and family	9	15
	Newspaper	9	15
Using mask	Yes	58	96.7
	No	2	0.3
Comfort level in using the mask	Comfortable	15	25
	Bit uncomfortable	39	65
	Uncomfortable	6	10
Reason for wearing masks	Protect me and others	57	95
	Others ask me to wear	3	5
Washing/sanitising hands regularly	After going out or touching objects	52	86.7
	Before eating	6	10
	When someone asks	2	3.3
Healthy person spread the disease	Yes	33	55
	No	15	25
	Not sure	12	20
Greeting friends as school	Hug/close contact	2	3.3

reopens	Handshake	1	1.7
	Fist bump	7	11.7
	Smile and keep a distance	50	83.3

Most of the respondents taken for the study were females, and a majority of the respondents belonged to the age group of 18 years. Social media and television play a significant role in awareness creation for children. Most of the respondents are aware of self-protection methods such as wearing a mask while going out, avoiding handshakes and close contact, maintaining a distance of at least one meter, covering while coughing and sneezing, using sanitisers with 60 percent alcohol content, washing hands for forty seconds with soap and water. The respondents wear masks to protect themselves and others while going out though they are not comfortable wearing them. Though a few studies show that Indians have poor hand hygiene, in the study, the respondents are said to be washing their hands after going out or touching contaminated objects. The respondents are also aware of what to do if they are sick; most of them choose to stay at home, isolating them from others to minimise the spread. The high-risk group was identified as pregnant women, persons with pre-existing medical conditions, elderly and younger children. Half of the respondents know that the disease can be spread from healthy persons too, that somebody can become carriers without being infected. When the schools reopen or meet each other during exams or other occasions, how they greet each other is crucial. The majority of the respondents said they would smile and keep their distance, emphasising social distancing.

4.2 Lockdown and Coping Strategies among Children

To understand the effects of lockdown on children, and their coping strategies, variables like the time spending patterns at home, new hobbies developed, challenges faced, and their reaction towards COVID-19 awareness creation is studied.

Table No.2: The effect of lockdown and coping strategies

Characteristics		Frequency	Percent
Spending time at home	Phone	24	40.00
	Book	12	20.00
	TV	18	30.00
	Study	6	10.00
New hobbies, nourishing old hobbies, learning	Yes	51	85.00
	No	9	15.00

	Laziness	20	33.03
Challenges faced in pursuing hobbies	Distracted by phone	19	31.07
	Academic work	15	25.00
	No challenge	6	10.00
	Informed	31	51.07
The reaction towards information on Covid-19	Anxious	3	5.00
	Neutral	24	40.00
	Irritated	2	3.03

Most children are spending their time using mobile phones, laptops, and watching TV, which are passive activities that can have adverse physical and mental effects on them. Simultaneously, the majority responds that they were able to pursue their hobbies or learn something new, like bottle art, doodling, starting a YouTube channel, doing courses online, etc. Laziness and academic work have become a significant challenge towards developing self. As the physical activities have reduced considerably, the children are facing boredom and inactivity. It was also reported that academic pressure is too much for the children to handle as the classes are online. Children are flooded with much information from different persons and organisations, half of the respondents responded that they feel informed when they receive awareness, while a good percent are neutral towards it, but a few of them (5 percent) feel anxious and irritated by awareness creation.

As the children spend much time at home, there are chances of negative feelings coming up, with confusion and pressure. While most children are happy and relaxed to stay at home, some feel irritable, anxious, and restless. While having such negative feelings, most choose their phones and hobbies to cope up with negativities. A good percentage of respondents also feel better by talking to their loved ones.

4.2 The Efficiency of Online Classes

The objective is to understand the effectiveness of online classes, the preferred mode of learning, to reopen how the children will greet each other. With the lockdown onset, the schools are shut down, and the classes are conducted via online platforms and common television platforms. There are many positives and criticisms attached to it, ranging from inability to attend the sessions to suicides due to depression from the inability to attend the sessions. It has been challenging for both teachers and students with a lot of compatibility and connectivity issues. The efficiency of online classes is studied. Sixty percent of the respondents are neutral towards the

effectiveness of online classes, while some also feel that they are ineffective. The sudden transition to online classes is posing challenges, and adaptation may require time. Though some find the online classes useful, 83.30 percent of the respondents find traditional regular classes better than online classes. Children find it difficult to limit them to screen space, while in regular classes, they used to have a lot of physical interactions. Confining to monitors continuously may cause health issues for the children. Physical and mental exercise are suggestible to be in sound health.

4.3 Attitudes and Stigma towards Quarantined and Recovered

To understand the presence of fear of infection, children's understanding of the risk of infection while going out to play, attitude towards infected, recovered, quarantined persons and their family members were studied.

Table No. 5: Attitude towards, recovered, quarantined persons and their relatives and also the influence of health and other emergency service providers

Characteristics		Frequency	Percent
Fear of getting infected	No, if precaution is taken	33	55.00
	Yes, don't take precaution	3	5.00
	Yes, even if precaution is taken	24	40.00
Risk of infection of outdoor games	Yes	48	80.00
	No	3	5.00
	Don't know	9	15.00
Attitude towards neighbours infected and recovered	Same as before	40	66.70
	Keep distance	17	28.30
	Get tested	3	5.00
Attitude towards quarantined persons and their families	Attitude will not change	38	63.30
	Might keep distance	16	26.70
	Not sure	6	10.00
Effect of the social media campaign	Inspired	39	65.00
	Not inspired	6	8.30
	Not sure	15	25.00

Fear attached to the pandemic is widespread in the community; it influences people's attitudes towards COVID-19infected and recovered persons. There is an element of stigma which may hamper personal relationships. The study intended to understand the respondents' attitude towards quarantined and recovered persons, if they have stigma or fear towards them, and if the interpersonal relationship is affected by the infection or quarantine. Many content and campaigns

are coming up on social media praising health workers' contribution, heroism, and other essential workers. There are a lot of inspiring stories shared on social media. Its role in influencing and motivating the children are also studied.

Children have the habit of playing outside with their friends, which involves lots of close physical contact. While asked about the risk associated with it, the majority are aware that it is risky that they can become carriers of the disease even if they do not get infected. Stigma is often attached to the pandemic even after the person has recovered. Still, the respondents responded that even if their neighbours get infected and recover, they will not discriminate against them, and the bond between them will be strong as before. Many people get quarantined when they return from other places, especially when home quarantined the fear and stigma attached to their family members. The respondents responded that if their friend has a quarantined family member, their attitude towards them will not change, but a certain percentage opined that they might keep a distance from them. They responded to the appreciated posts and campaigns about health and other essential workers' contributions and heroism as motivated to become like them, choosing health, police, and other essential services as their career options.

5. Suggestions and Recommendations

- Children find the timings and patterns of online classes difficult; it would be good to make the time and pattern flexible.
- Include more dialogues and creative work to enhance comprehension and alleviate anxiety of children. .
- Incorporate awareness regarding COVID-19 and safety measures to be taken so that children will have a constant reminder.
- Give an orientation to help in the transition from online classes to traditional classes while schools reopen.
- Parents might have fear and stigma in school reopening; plan and implement activities that create awareness among parents, and overcome anxieties.
- Incorporate art, music, and dance sessions into regular classes to reduce stress and improve children's creativity.

6. Social Work Intervention during the Pandemic

The pandemic has increased the importance of health workers as well as social workers. By working at the grassroots level, social workers can bring changes and improvements to the present condition.

- Proper awareness is essential for managing pandemic effectively. The social workers can aid in awareness creation, building rapport, and conveying the message acceptable and understandable. The social workers can be empathetic listeners and counsellors in cases of people needing psychological support through online counselling and other helplines.
- By networking, social workers can guide and link people to the services available and get good services.
- The social worker can play a huge role in helping society overcome the stigma brought by the pandemic. Proper awareness of risk, safety measures, and services available can tackle the situation. With empathetic relationships and counselling, social workers can provide moral support to the persons and overcome stigma and fear.
- The social workers can provide psychosocial support to the children and help them cope with the psychological and social problems. Ensure that they have a social support system, their necessities are met, the environment is safe for them, and if needed to link them with a multi-disciplinary team.
- The social workers can prepare children for exams during the lockdown period by providing them with psychological and academic support. Also, making them aware of social distance and hygiene to be followed during the exam. The social worker can conduct online group work sessions to help them overcome anxiety and stress.
- Social workers can help children and adolescents improve their creativity by engaging them in creative activities such as drawing, music, writing, etc, which will help them overcome boredom and improve their skills. Programs like 'Mentor a Child' would be helpful in this regard.
- The social workers can provide psychological first aid to persons in need.

- The social workers can conduct tele-counselling, addressing the issues children and adolescents face, especially regarding abuse, increasing alarmingly. They can be taught how to stay safe and seek help and their rights. Tele-counselling can be conducted to create awareness, create opportunities to vent out anxiety and fear, provide support in cases of self, family, or neighbourhood is infected. Also, help the students prepare for safe school reopening.
- Helping improve family interactions and relationships to help children overcome stress, irritation, screen addiction, etc; suggest games or activities to ensure and enhance family time.
- Try to imbibe good qualities in children and adolescents regarding waste management, gardening, and water management.
- Keep a check on students and parents to ensure their physical and mental wellbeing.

Conclusion

The study reveals that most children are aware of the precautions to be taken to avoid infection. Children are taking measures to reduce close physical contact by keeping distance, avoiding handshakes and hugs, and wearing masks. The majority are aware of the high-risk groups, and that virus can be spread even from a healthy person. Children are mostly happy and relaxed to stay at home as it gives them time and space for their family and hobbies. Though children often face negative feelings, most of them positively cope with them, like pursuing hobbies and talking to loved ones. The majority of them are neutral about such classes' efficiency but find regular classes better than online classes. From this study, the researcher understood that most children in the age group 12-18 are very much aware of COVID-19 and how to be safe from it. They have been thrown into a new academic environment and are adapting to it. They were also able to utilise their free time in lockdown for other activities, thus staying positive always. It was found that stigma towards infected, recovered, and quarantined persons are lesser in children. Many children are inspired by the health workers, police and aspire to become like them.

REFERENCE

- Bagcchi, S. (2020, July). Stigma during the COVID-19 pandemic. *Lancet*, 20, 782.
- Barrett, R., & Brown, P. J. (2008). Stigma in the Time of Influenza: Social and Institutional Responses to Pandemic Emergencies. *Stigma and Pandemic Emergencies*, 34-37.

- Business Standard. (2020). *WHAT IS A LOCKDOWN?* Retrieved from Business Standard: <https://www.business-standard.com/about/what-is-lockdown/86#collapse>
- CDC. (2020, June 28). *Coronavirus Disease 2019 (COVID-19)*. Retrieved from Centre for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Deccan Herald. (2020, July 10). *Spurt in children ending life during coronavirus lockdown in Kerala*. Retrieved from Deccan Herald: <https://www.deccanherald.com/national/south/spurt-in-children-ending-life-during-coronavirus-lockdown-in-kerala-859406.html>
- Golberstain, E., Wen, H., & Miller, B. F. (2020). Coronavirus Disease 2019 (COVID-19) and Mental Health for Children and Adolescents. *JAMA paediatrics*, 819-820.
- Guessoum, B. S., Lachal, J., Radjack, R., Carretier, E., Minassian, S., Benoit, L., & Moro, M. R. (2020). Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown. *Psychiatry Research*, 1-6.
- Healthcare Heroes Project. (2020). Retrieved October 1, 2020, from Healthcare Heroes Project: <https://www.healthcareheroesproject.com/stories>
- IPSOS. (2020, April 21). *3 in 4 Indians wearing masks to protect themselves from COVID-19 – Ipsos 15-Nation Survey*. Retrieved from IPSOS: <https://www.ipsos.com/en-in/3-4-indians-wearing-masks-protect-themselves-covid-19-ipsos-15-nation-survey>
- Lancker, W. V., & Parolin, Z. (2020). COVID-19, school closures, and child poverty: a social crisis in the making. *Lancet*.
- Lee, J. (2020). Mental health effects of school closures during COVID-19. *Lancet*. 421.
- Menon, B. (2020, July 14). *COVID-19: People show how not to wear a mask in India*. Retrieved from GULF NEWS: <https://gulfnews.com/photos/news/covid-19-people-show-how-not-to-wear-a-mask-in-india-1.1594726794149?slide=1>
- Merriam Webster. (2020). *lockdown*. Retrieved October 1, 2020, from Merriam Webster: <https://www.merriam-webster.com/dictionary/lockdown>
- Naik, A. (2020, May 18). *World Economic Forum*. Retrieved October 1, 2020, from As India's lockdown ends, a mental health crisis is just beginning: <https://www.weforum.org/agenda/2020/05/indias-lockdown-ends-mental-health-crisis-beginning/>
- NCBI. (2020, July). *Why India needs to extend the nationwide lockdown*. Retrieved October 1, 2020, from NCBI: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7159851/>
- Nguyen Van Vinh Chau, V. T. (2020, June 4). *The Natural History and Transmission Potential of Asymptomatic Severe Acute Respiratory Syndrome Coronavirus 2 Infection*. Retrieved October 1, 2020, from Oxford University Press: <https://academic.oup.com/cid/article/doi/10.1093/cid/ciaa711/5851471>
- Nuttman-Shwartz, O. (2019). Behavioural Responses in Youth Exposed to Natural Disasters and Political Conflict. *Current Psychiatry Reports*, 42.
- OSF HealthCare. (2020, April 1). *5 steps to help your kids manage lockdown stress*. Retrieved October 1, 2020, from OSF HealthCare: <https://www.osfhealthcare.org/blog/5-steps-to-help-your-kids-manage-lockdown-stress/>
- Pooja, Rajan, R., & Karan, V. (2020). Preventive measures against initial outbreaks of COVID-19 in India: A review. *Biomedical Research*. Retrieved October 1, 2020
- Purohit, K. (2020, May 3). *What's up with India's coronavirus lockdown: did it work and what's the plan now?* Retrieved October 1, 2020, from South China Morning Post:

- <https://www.scmp.com/week-asia/health-environment/article/3082534/whats-indias-coronavirus-lockdown-did-it-work-and>
- Qifang Bi, Y. W. (2020, April 27). *Epidemiology and transmission of COVID-19 in 391 cases and 1286 of their close contacts in Shenzhen, China: a retrospective cohort study*. Retrieved from Lancet: [https://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099\(20\)30287-5.pdf](https://www.thelancet.com/pdfs/journals/laninf/PIIS1473-3099(20)30287-5.pdf)
- Rai, D. R., Parul, D., & Pallav, J. (2020). Stress Level and Coping Strategies Among Youth During Coronavirus Disease Lockdown in. *AEGAEUM JOURNAL*, 605-617.
- She The People. (2020, May 13). *Can Parents And Schools Cut Students Some Slack During Lockdown?* Retrieved from She The People: <https://www.shethepeople.tv/home-top-video/children-lockdown-online-classes-india/>
- Singh, R., & R. Adhikari. (2020). Age-structured impact of social distancing on the COVID-19 epidemic in India.
- The Hindu Business Line. (2020, May 1). *Google gives insights on what Indians are looking for on the internet during lockdown*. Retrieved October 1, 2020, from The Hindu Business Line: <https://www.thehindubusinessline.com/info-tech/google-gives-insights-on-what-indians-are-looking-for-on-the-internet-during-lockdown/article31480807.ece#>
- The Indian Express. (2020, July 11). *Explained: What a study of 17 million people tells us about coronavirus deaths*. Retrieved October 1, 2020, from The Indian Express: <https://indianexpress.com/article/explained/study-of-17-million-people-covid-19-deaths-6497896/>
- The Indian Express. (2020, March 25). *Just 35% Indian homes wash hands with soap, water before meals*. Retrieved October 1, 2020, from The Indian Express: <https://indianexpress.com/article/coronavirus/coronavirus-india-homes-hygiene-hand-washing-6330240/>
- The New Indian Express. (2020, April 06). *65 out of 100 Indians don't use soap to wash hands before meal: Survey*. Retrieved October 1, 2020, from The New Indian Express: <https://www.newindianexpress.com/cities/delhi/2020/apr/06/65-out-of-100-indians-dont-use-soap-to-wash-hands-before-meal-survey-2126342.html>
- ThePrint. (2020, July 1). *Narendra Modi is selling a failed Covid lockdown as a success*. Retrieved October 1, 2020, from ThePrint: <https://theprint.in/opinion/narendra-modi-is-selling-a-failed-covid-lockdown-as-a-success/452191/>
- Roy, D., Tripathy, S., Kar, S. K., Sharma, N., Verma, S. K., & Kaushal, V. (2020). Study of knowledge, attitude, anxiety & perceived mental healthcare need in Indian population during COVID-19 pandemic. *Asian journal of psychiatry*, 51, 102083. <https://doi.org/10.1016/j.ajp.2020.102083>
- UNICEF. (2020, March 10). *How to talk to your child about coronavirus disease 2019 (COVID-19)*. Retrieved October 1, 2020, from UNICEF: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
- Viner, R. M., Russell, S. J., Croker, H., Packer, J., Ward, J., Stansfield, C., Mytton, O., Bonell, C., & Booy, R. (2020). School closure and management practices during coronavirus outbreaks including COVID-19: a rapid systematic review. *The Lancet. Child & adolescent health*, 4(5), 397–404. [https://doi.org/10.1016/S2352-4642\(20\)30095-X](https://doi.org/10.1016/S2352-4642(20)30095-X)
- Wang, G., Zhang, Y., Zhao, J., & Jiang, F. (2020). Mitigate the effects of home confinement on children during the COVID-19 outbreak. *Lancet*. 945-947.

- WHO Regional Office for the Eastern Mediterranean. (2020). *About COVID-19*. Retrieved October 1, 2020, from WHO | Regional Office for the Eastern Mediterranean: <http://www.emro.who.int/health-topics/corona-virus/about-covid-19.html>
- World Health Organization. (2020). *coronavirus*. Retrieved October 1, 2020, from World Health Organization: https://www.who.int/health-topics/coronavirus#tab=tab_1
- World Health Organization. (2020, April 17). *Q&A on coronaviruses (COVID-19)*. Retrieved October 1, 2020, from World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses>