



REVERBERATIONS IN INDIAN ECONOMY POST COVID-19

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Investigation of COVID-19 impact on mental health and lifestyle pattern of adolescents

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Abstract

COVID-19 was caused by coronaviruses, a group of viruses belonging to the family of Coronaviridae. In March 2020, COVID-19 was declared a pandemic by World Health Organisation (WHO), leading to a lockdown globally. During the global lockdown, the government restricted people's movements and instructed them to stay home safely. This social distancing hindered the existing human relation. The lockdown also severely affected the food security, education, employment, physical and mental of the population worldwide. As the lockdown measures begin to ease, there is a requirement to understand people's experiences during the lockdown period. The research aims to examine the effect of COVID-19 on daily life, mental health and the education of college-going adolescent boys and girls. Globally, adolescents may appear less at risk for COVID - 19 symptoms, but the pandemic period disturbed their life in another way. This study is quantitative. The questionnaires were prepared to collect data from college students (both boys and girls) to understand the effect of COVID - 19 pandemic on the well-being of their mental health and lifestyle through online mode. The study result revealed that the pandemic negatively impacts adolescents' education, mental health, and lifestyle. This study also helps to understand lifestyle modifications in adolescents' lives. It also revealed the factors that influence adolescents' anxiety, fear, and stress. The study results suggested a need to develop preventive measures to address adolescents' mental health.

Keywords: Adolescents, COVID-19, Mental health, Physical activity

Introduction

COVID-19 originated in Wuhan, China, and as the prevalence of human-to-human propagation intensified, the World Health Organization (WHO) declared

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