

UNDERSTANDING THE IMPACT OF COVID-19 ON PARENTS

In the North Bay and Surrounding Area

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Background & Objectives

The COVID-19 pandemic created unique challenges for individuals all over the world. The pandemic had lasting impacts on economic, social, and health levels but research on parents and families is limited. The COVID-19 lockdowns and restrictions impacted family well-being by influencing many important dimensions of family functioning, including work, financial sustainability, mental health, and education (Gayatri & Puspitasari, 2022). This study examined the challenges and stressors experienced by parents during and after the COVID-19 pandemic.



Research Question

What challenges and stressors did parents experience during and after the COVID-19 pandemic?

Methodology

A mixed-method approach was used for this study. A comprehensive survey was designed and completed by 101 parents in the North Bay Area, which included both a quantitative survey outlining the general challenges of COVID-19 and several qualitative open ended questions. Quantitative data was analyzed using SPSS software, while qualitative analysis involved the identification of key themes and patterns.

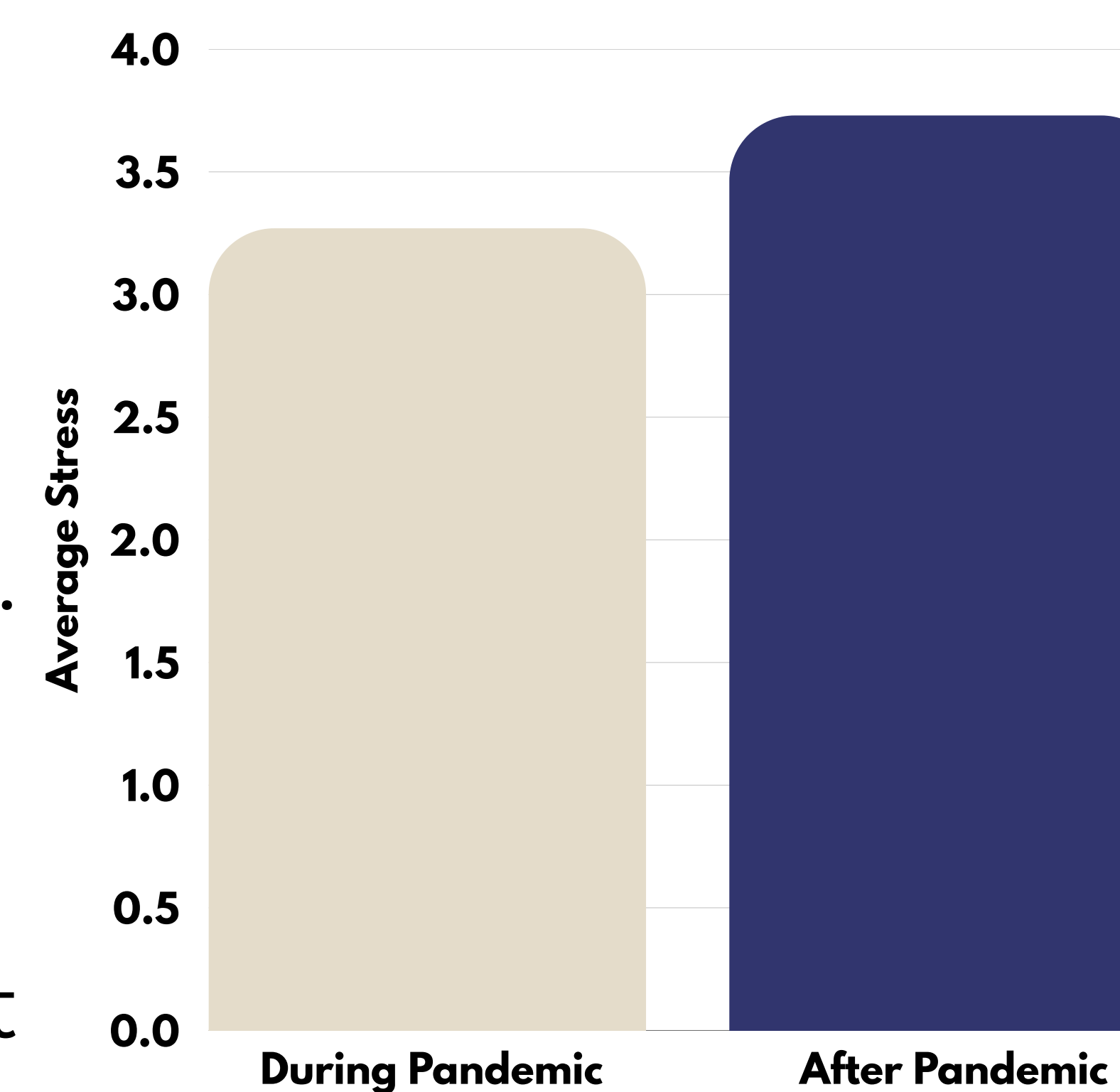
To assess the level of stress experienced by parents during and after COVID-19, 23 statements were used. These statements were grouped into four major categories: Economic and Basic Needs, Health and Safety, Psychosocial and Relationships, and Daily Life and Institutional Disruption. The results section presents the average scores of these items rated on a 5-point scale (1 = none to 5 = a great deal) in an aggregated form.



Results

- 1 Stress was perceived to be higher among parents after the pandemic than during.
- 2 Parents felt an impact on their mental and physical well being. Many parents experienced heightened anxiety, while some felt more resilient.

Effects of COVID-19 Questionnaire (ECQ) - Then (During Pandemic) and Now (After Pandemic)



“ There was so much uncertainty and no clear messaging on how long this would last... I often had breakdowns and emotional meltdowns.”

Future Considerations

The continued elevated stress since the COVID-19 pandemic suggests that greater mental health support services are needed among parents (Adams et al., 2021). Common stress management techniques, including regular exercise, avoiding unhealthy behaviours, and getting enough sleep can be useful for pandemic stress (Kandula et al., 2022). Also, although not explicitly addressed in this study, online video game play as a stress management technique has been examined in previous studies, and has shown promise for promoting psychological detachment, relaxation, and social connection when in person contact is limited (Pearce et al., 2021).

References

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