



Being Young in a Time of Pandemic

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Abstract

Background: The growth of the pandemic imposed confinement, limiting freedom and suddenly altering the lives of young people. With the feeling that the best times are being lost, the challenge of new mechanisms of individual and family adaptation is important.

Objective: Reflect on the effects of the pandemic on young people, in a context of isolation and social deprivation, proposing some appropriate strategies to minimize them.

Methods: Exploratory method, with descriptive analysis after bibliographic research.

Results: With the inherent physical and social isolation, feelings of sadness and convictions that life “is passing by” arise, as there is a waste of time that will never be recovered. Families should be attentive to the behavior of their young person, in order to easily recognize some signs of possible stress, so parental availability must be redoubled, contributing to the young person's emotional adjustment, through strategies and skills that include keeping attention focused on joint activities, physical/psychological availability, fostering an environment conducive to questions.

Conclusion: There is a need to live with the uncertainty/unknowing of the near future. This leads us to the imperative of creating and implementing strategies that facilitate the development of young people, in the healthiest way possible. The challenge facing the family environment in these times leads to the need for positive communication, because only then can the magic of healthy growth be restored.

Keywords: Confinement; Social Isolation; Young; Pandemic

Introduction

The unpredictability of the pandemic has jeopardized ways of life. The notion of limits for a young person becomes difficult, as the notion of “going further” that accompanies their growth is confronted with the uncertainty of the future [1]. The lack of social interaction that characterizes and is inherent to the young person facilitates the emergence of states of sadness and discouragement, with which the young person and family are faced. In this perspective, it is important to reflect on the effects of the pandemic on young people, in a context of isolation and social deprivation, proposing some

appropriate strategies to minimize them.

Materials and Methods

Exploratory method, with descriptive analysis after bibliographic research.

Results and Discussion

The growth of the pandemic has imposed confinement, limiting freedom. The lives of young people suddenly changed, as they were no longer able to hug, date, play and go

out with friends, attend sports activities, go to stores, go for walks, share food, do what they did in a perspective of normal and age- appropriate development. Associating youth with the notion of discovery, it is clear that confinement creates a difficult reality, with the feeling that the best times are being lost, so new challenges have implied the use of individual and family adaptation mechanisms [2]. With the inherent physical and social isolation, feelings of sadness and convictions arise that life “is passing by”, as there is a waste of time that will no longer be recovered, generating a decrease in self- esteem, as well as an excessive concern about losing. Family members and consequent anxiety [1].

During confinement, families should be aware of their young person’s behavior in order to easily recognize any signs of possible stress. Excessive worry or sadness, changes in sleeping and eating habits, difficulty in concentration/ attention, agitation, anxiety, may indicate that something is not right [2]. Feelings of uncertainty, lack of control, fear of losing family and friends, fear of contagion, fear of loneliness, may arise, potentiating phobias, panic or depression [3].

Parental availability must be redoubled, in order to contribute to the emotional adjustment of the young person [4], developing strategies and skills that include keeping attention focused on joint activities, physical and psychological availability, fostering an environment conducive to questions, that must be answered without complications, assertively and using age-appropriate language, value opinions, respect doubts and concerns, promote dialogue, avoid unrealistic answers, provide physical activity, maintain intellectual activity with games, readings and games, promote socialization at a distance [1].

Conclusion

The establishment of routines associated with confinement, in the current reality, assumes importance by making life more predictable, simple and safe. On the other hand, there is a need to live with uncertainty and ignorance of the near future. This leads us to the imperative of creating and implementing strategies that facilitate the development of young people, in the healthiest way possible. The challenge facing the family environment in these times leads to the need to develop and stimulate positive communication, perceiving feelings and concerns in young people, reducing stress triggers and assuming that you can only return the magic of healthy growth, with the promotion of actions and resolutions, which transform the current reality that limits freedom, into a challenge to which we all have to respond.

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