

Impact of the COVID-19 Pandemic on Parent-Child Relationships: A Descriptive Study on Adolescents Participating in Online Academic Sessions

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Abstract: *This research paper explores the well-being of adolescents and their parents during the COVID-19 pandemic, focusing on the parent-child relationship. The study assesses the challenges and beneficial activities linked to overall well-being, with an emphasis on the attachment function in child development. The research aims to understand the dynamics of parent-child relationships, especially during online academic sessions, and provides insights into the implications for parental awareness, intervention strategies, educational policies, mental health promotion, communication, and conflict resolution.*

Keywords: COVID-19 pandemic, Parent-child relationship, Adolescents, Online academic sessions, Well-being, Intervention strategies, Mental health, Communication, Educational policies

1. Introduction

As adolescents strive for independence and engage in socializing and online activities, the parent-child relationship holds significant importance. This research aims to evaluate the parent-child relationship among parents of adolescents participating in online academic sessions during the COVID-19 pandemic in selected schools in Pune City.

1.1 Background

The COVID-19 pandemic has disrupted traditional learning environments, impacting the well-being of children and parents. The study focuses on the attachment function of the parent-child relationship, recognizing its pivotal role in providing a secure foundation for teenagers to explore and develop.

1.2 Problem Statement

Children face challenges in maintaining focus during online classes, and parents take on additional responsibilities as educators and playmates. This study addresses the need to assess the parent-child relationship during online academic sessions to understand the impact of the pandemic on family dynamics.

1.3 Objectives of the Study

- 1) Evaluate the pre-pandemic and current parent-child relationship among parents of adolescents attending offline and online academic sessions.
- 2) Examine the correlation between pre-pandemic and current parent-child relationships.
- 3) Explore the association between the parent-child relationship and specific demographic variables.

2. Methodology

The research adopts a quantitative approach with a descriptive design, utilizing a modified parent-child

relationship scale analyzed through the test-retest method. Demographic variables include gender, educational status, marital status, family type, occupational status, family income for parents, and age, class, knowledge regarding Internet/Online, living arrangement, and number of siblings for children. A non-probability purposive sampling technique resulted in a sample size of 100.

3. Major Findings

3.1 Demographic Variables:

- Parents: 51% male, 49% female, diverse living arrangements, all married, various occupations and income levels.
- Adolescents: Diverse age groups, school grades, internet knowledge, living arrangements, and number of siblings.

3.2 Pre-Pandemic Parent-Child Relationship:

- 60% of adolescents had an average relationship, 40% had a good relationship.
- 55% of parents had an average relationship, 45% had a good relationship.

3.3 Current Parent-Child Relationship during Online Academic Sessions:

- 58% of adolescents had a good relationship, 42% had an average relationship.
- 78% of parents had a good relationship, 22% had an average relationship.

3.4 Correlation

- Weak negative correlation between pre-pandemic and current parent-child relationships with online academic session attendance.
- Strong positive correlation between pre-pandemic and current parent-child relationships with offline academic session attendance.

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3.5 Association with Demographic Variables:

- No significant association found between online academic parent-child relationships and specific demographic variables.
- Offline academic parent-child relationships showed a significant relationship with age.

4. Implications of the Study**4.1 Parental Awareness and Support:**

- Understanding parent-child dynamics can raise awareness of parental roles during the pandemic.
- Education programs can foster a supportive family environment.

4.2 Intervention Strategies:

- Need for strategies improving parent-child relationships during online academic sessions.
- Psychosocial support programs addressing challenges faced by parents and adolescents.

4.3 Educational Policies:

- Importance of schools and policies in supporting parents during online learning.
- Measures to recreate a structured learning environment at home for effective online education.

4.4 Promoting Mental Health:

- Recognition of pandemic impact on mental health necessitates targeted programs.
- Parenting programs focusing on stress management for overall family well-being.

4.5 Communication and Conflict Resolution:

Encouraging open communication and conflict resolution strategies for a healthier family environment.

4.6 Parental Involvement in Education:

Strategies to involve parents actively in online education to enhance the academic experience.

4.6 Policy Development:

Utilize findings to inform policies supporting families in work-life balance, financial support, and mental health services.

4.8 Further Research Opportunities

- Opportunities for future research exploring additional factors influencing parent-child relationships during the pandemic.
- Longitudinal studies for insights into evolving dynamics and long-term effects.

5. Conclusion

This study sheds light on crucial aspects affecting family dynamics during the COVID-19 pandemic, emphasizing the importance of the parent-child relationship. The findings provide insights into parental awareness, intervention strategies, educational policies, mental health promotion, communication, and conflict resolution. Stakeholders can utilize these implications to create a supportive environment for families navigating the challenges posed by the pandemic.

6. Recommendations

- Replicate the study in different settings.
- Conduct a similar study on the use of electronic gadgets in leisure time.
- Undertake a comparative study on the relationship between parental involvement and academic achievements of children.
- Conduct a similar study on community people as a sample.

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