

Mental Health in Adolescents during Covid-19: a Review of a Literature

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Keywords: Adolescent, Mental health, Psychological intervention

Abstract: All the time, with the increase of study and social pressure, more and more teenagers begin to face many psychological problems, which are often ignored by us. After the outbreak of COVID-19, this major and unexpected health event has had a huge impact around the world. After the outbreak of COVID-19, mental health problems---negative emotions such as depression and anxiety among adolescents have emerged more and more, and their mental health has attracted great attention from scientific researchers. Sorting out the influencing factors and intervention measures of adolescent mental health will help society and schools better understand their development status and provide timely psychological counseling. This paper mainly searched the CNKI database and related literature on COVID-19, mental health and intervention measures, sorted out relevant literature content, and reviewed the influencing factors and intervention measures of adolescent mental health. Evidence shows that in addition to the traditional family environment and social support factors, the impact of information impact brought by social media is particularly prominent. Therefore, we need to rely on parents and teachers to properly guide teenagers to reduce excessive contact with social media, and also improve the school mental health service system and strengthen the construction of psychological services between families to intervene in this situation and reduce the occurrence of psychological problems.

1. Introduction

In the past few years, since the outbreak of COVID-19, the global. With people confined to their homes and unable to travel, more and more people are choosing to spend more time on social media. For adolescents, shorter schooling, limited peer interaction and changes in the structure of daily life may have insidious adverse effects on their physical and mental health. On the whole, the frequent occurrence of mental health problems will affect the development of society. People with serious mental health problems are unable to participate in normal social and productive work, and for individuals, mental health problems can lead to disorders, self-harm and even suicide. Mental health is very important. It is conducive to independence and friendliness. At the same time, it represents the ability to withstand certain psychological pressure[3]. Adults are under more pressure from many sources, but they also have more healthy physical and mental development, which can help them deal with psychological problems. For teenagers, their minds are not yet mature. When faced with the influence of negative emotions, especially causing by the various messages from social media by the day now, they don't know how to face it and are prone to more out of control and extreme behaviors. In addition, many times they are not able to solve the difficult problems faced by the family and other aspects, they can only feel anxious, leading to the deterioration of mental health problems. Therefore, adolescent mental health problems for us more need to pay attention to.

For teenagers, the pandemic is the first time they have been unable to leave their homes or go to school for long periods of time. This not only prevents them from socializing with peers, but also affects learning and graduation. When teenagers choose to study online at home, they are less physically active, have irregular sleep schedules, have poor sleep hygiene, and on average spend much more time using screens per day than before. Excessive internet use may lead to increased emotional or behavioral problems, decreased academic performance, reduced real-world social interaction, and neglect of personal life, all of which increase the risk of self-harm and suicide in children and adolescents[8]. A survey of more than 8,000 middle school students in China has found that mental health problems are high among middle school students who study at home

during the COVID-19 pandemic, with 43.7 percent of them suffering from depression, 37.4 percent suffering from anxiety and 31.3 percent suffering from both. Descriptive analysis of the data showed that 55.1% of the adolescent students were in good psychological condition after the outbreak of the epidemic, and the remaining 44.9% of the students had different degrees of mental health problems from mild to severe[10]. A lot of psychological problems show up about half of the time, it can be seen that after the outbreak of the epidemic, adolescents' study pressure, anxiety and emotional imbalance problems are particularly obvious. Under the background of COVID-19, the mental health status of adolescents deserves the common attention of society, schools and scientific researchers.

In the current investigations, researchers intended to study the specific influencing factors of adolescents' mental health problems under the pressure of the epidemic, integrated some reasonable intervention measures, aiming to help schools and society understand and help adolescents solve mental health problems. Scholars investigated the probability of negative emotions among adolescents by studying the changes and effects of the recent environment, studied the psychological problems of adolescents under the background of the epidemic and proposed corresponding intervention measures to solve these problems. This paper mainly searched the database of China National Knowledge Infrastructure (CNKI) and relevant literature on adolescent mental health and intervention measures, screened relevant literature in the context of COVID-19 epidemic, and reviewed the influencing factors and intervention measures of adolescent mental health.

2. Influencing Factors

2.1 Family

Family relationships are also a big factor that we need to pay attention to during the pandemic. Many parents are facing financial stress and health risks as the global economy regressed with the pandemic. Under the influence of these two factors, parents sometimes have too much time for themselves, so they pay less attention to the teenagers, and sometimes even bring negative emotions to the children. On the other hand, under the influence of the epidemic pressure, parents' ability to raise their children is reduced. In order to meet their children's educational needs and growth and development needs, parents will have more negative emotions, and even use violence and other means to vent their emotions, which will lead to more depression and anxiety in their children, resulting in a vicious circle.

2.2 Social Support

In addition to the general impact on students, the outbreak of COVID-19 has more severely affected groups of teenagers who already need support. Social support is an important protective factor for adolescent mental health. The study showed that adolescents with low social support had a 4.2 times higher risk of depression and a 3.2 times higher risk of anxiety symptoms than those with high social support during the pandemic[7]. In the UK, a survey of 2,111 adolescents with an average age of 16 to 17 who had experienced mental health problems showed that 83% reported that COVID-19 had aggravated their mental health problems; Of the 1,294 adolescents who had received mental health services in the past 3 months, 26% were unable to continue treatment because of the pandemic. On the one hand, their home environment did not provide a private space for therapeutic talks; On the other hand, they remain skeptical about the efficacy of remote therapy. In practice, for adolescents who remain in treatment, the quality of mental health services is very difficult to reach pre-pandemic levels[5]. Society needs time to adapt to the outbreak of the epidemic, and there are many systems are needing for more improvement, and how to effectively care the psychological problems of teenagers is one of them.

2.3 School

According to a study of a middle school in Jiangxi province, students in the second year of high

school were the most likely to suffer from psychological problems during the pandemic. The outbreak of the epidemic happened during the winter holiday and Spring Festival, when grade 11 students were choosing subjects and dividing classes. In addition to the lack of adaptation to online courses, the learning efficiency was reduced, and the unfamiliar classes also made them feel no sense of belonging. Class learning seemed to become personal learning. In addition, students in grade 10 had the lowest satisfaction with the amount of homework assigned by teachers during the epidemic, which also indicated that students in Grade 10 were not adapted to study during the epidemic. After the normal resumption of classes, students from grade 10 were promoted to grade 11, and their classes were reassigned. The feeling of just entering high school before the epidemic was contradictory with the learning status of grade 11 after the resumption of classes, so students from grade 11 were prone to a series of psychological problems. To see, because the outbreak learning mode for changing in the state of each grade of teenagers have varying degrees of impact, they need to constantly switch in the various states, to teach the teacher in class is used in the different software and different requirement is to let the students, the more anxiety[10].

2.4 Social Media

With the rapid development of the Internet, most of the information sources of young people now come from the Internet. Social media is a major factor influencing the development of modern and contemporary society. Adolescents themselves have been exposed to excessive media coverage of the epidemic. On the one hand, electronic and social media are constantly updating the situation and advising people to reduce face-to-face social interaction. On the other hand, it is also creating panic and spreading misinformation. This may cause children and adolescents to have a negative psychological[8]. According to the survey report, among 740 middle and high school students, 481 (65.00%) reported varying degrees of worry about the epidemic, and 72.40% of the respondents believed that the more knowledge about epidemic prevention, the more comfortable they would be psychologically. 47.80% of the respondents thought that the epidemic information was too large, difficult to distinguish the true and false, and easy to cause panic; 18.38% of the respondents think that the more they know about the epidemic news, the more they worry about being infected[4]. It is not hard to see from the report that, due to the increasing number of information sources, teenagers are more likely to feel anxiety and depression under the impact of information, even though such worries are often useless. For young people who have not experienced major health events similar to the COVID-19 epidemic, they are unable to distinguish the authenticity of many information on the Internet, which leads to more psychological problems caused by the impact of information.

There are many more factors that have been neglected in this paper because their impact is relatively small, and there are many more factors waiting to be explored in subsequent studies.

3. Intervention Measures

3.1 Family: Pay More Attention to children's Health Situation

During isolation or study at home, students become more dependent on their families and more sensitive to the emotional perception of others in the family. Parents should strengthen communication with their children and help them better understand the knowledge related to the epidemic, so as to increase their sense of security, which is conducive to maintaining their mental health. Parents can connect with relatives and friends through phone calls and video chats to get social support and reduce stress, while also providing a chance for children to communicate and communicate with members outside the family. In addition, parents can help adolescents learn and use relaxation techniques, such as reading, listening to music, meditation and mindfulness training to reduce psychological stress, detect changes in their own emotions, so as to identify problems early, and help adolescents reduce stress and anxiety through communication and support[5].

3.2 School: Adjust the Form and Content of Mental Health Services in Schools

In the way of "science popularization and professional combination, individual and family

cooperation, various network platforms to assist”, the school's mental health education can be carried out through learning Tong, Lanmoyun, QQ, wechat and other network means. The public account can be edited to push psychological counseling articles during the epidemic for students and parents, and QQ can be used to establish class groups or specific student groups to carry out online psychological classes. Schools where conditions permit can also set up psychological hotlines and online platforms for students, and arrange professional psychological counselors to carry out online counseling. However, it should be noted that in this process, professional ethics should be complied with, the operation process should be standardized, and the secondary injury of the person seeking help should be avoided[1].

3.3 Social Support: Mobilize Resources and Build Social Support Systems

Everyone has a social support system around them, but teenagers in crisis often don't feel this system exists. They feel they are “on their own” and no one can help them, leading to despair and panic. Therefore, the intervener should help the client to re-understand the power of social support, so that he can actively find the social support resources around him, and improve his own situation with the power of social support. This social support comes from families, schools, communities, hospitals and other aspects[6].

3.4 Social Media: Make Rules for Mobile Phone Use

Professor Chen Hong, academic member of Adolescent Psychology Professional Committee of Chinese Association of Mental Health, mentioned in the lecture that it is normal for children to surf the Internet continuously or intermittently for about 2 hours every day during the special period of staying at home [2]. After this time, for teenagers with poor self-control, addiction to the Internet will gradually lose the balance between their real life and the Internet, resulting in excessive input of network information, and increase the possibility of psychological problems for teenagers.

4. Conclusion

To sum up, there are many factors affecting young people in the context of the COVID-19 epidemic. The great changes in the environment made them have to change constantly to adapt to the environment, which also led to their sensitivity to the environment and information. Many events have affected the mental health of young people in a unnoticeable way. Because of the sudden outbreak, many social systems have not adapted, leading to more and more serious problems. Some new influencing factors have a more significant impact in this context, such as the increased use of social media and the greater impact of information on the Internet. There are things that need to be done, such as improving social support systems or limiting the amount of time teens spend on social media, that can alleviate many of the mental health issues that teens face today. Similarly, for public health emergencies, we always spend a lot of time to adapt, but many problems can not be solved in time, the psychological problems of teenagers are always ignored by us at this time. To sum up, in addition to the current problems we need to pay attention to and care for, we should pay more attention to the mental health problems of teenagers and timely avoid their harm even in sudden situations.

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