

## Adolescent Mental Health During Stay at Home of The Covid-19 Pandemic

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### Abstract

This study aims to determine and describe the mental health impacts that arise in adolescents during the stay-at-home period of the COVID-19 pandemic. This type of research was a Mix Method with a Sequential Explanatory approach with a Participant Selection model. There were 12 informants in this study consisting of 6 primary informants, 3 key informants, and 3 additional informants. The population in this study amounted to 1000 people with a total sampling technique. The results showed that the highest frequency of each variable was very severe anxiety amounting to 313 people, Normal Stress was 511 people, and normal depression was 548 people. Loneliness, confinedness, academic pressure, parental pressure, family relationships, and fear of infection negatively affect adolescents' mental health. The impact of anxiety on adolescents during the Stay at the home period of the COVID-19 pandemic is feeling fear of contracting COVID-19 either themselves or those close to them. The impact of stress on adolescents during the stay at home period of the COVID-19 pandemic is that it is difficult to focus when online learning, feeling lonely being at home continuously, feel bored at home and feel like they are confined because they can't go anywhere during this pandemic. The impact of depression on adolescents during the stay at home period of the COVID-19 pandemic is that, overall, there are actually few teenagers who appear to be experiencing depression or symptoms of depression.

**Keywords:** Adolescent, Mental Health, Covid-19, Stay at home

### Key Messages:

- The impact of anxiety on adolescents during the Stay at home period of the COVID-19 pandemic is feeling fear of contracting COVID-19 either themselves or those close to them
- The impact of stress on adolescents during the Stay at home period of the COVID-19 pandemic is that it is difficult to focus when online learning, feeling lonely being at home continuously, not being able to interact socially, making teens harbor their emotions and become stressed on themselves, feel bored at home and feel like they are confined because they can't go anywhere during this pandemic.
- The impact of depression on adolescents during the Stay at home period of the COVID-19 pandemic is that, overall, there are actually few teenagers who appear to be experiencing depression or symptoms of depression, but there is one teenager who is depressed and describes that he feels hopeless and loses hope about his future

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## 1. Introduction

The COVID-19 pandemic has made all countries set different handling standards according to their conditions. Some countries set Lockdown status. As of 18 August 2020, 143 countries worldwide have closed schools and other educational facilities due to the COVID-19 pandemic; this has affected 1,184,126,508 people related to the education system, of which 67.6% are students globally. Indonesia implements PSBB (Large-Scale Social Restrictions).

The government implemented Large-Scale Social Restrictions at the end of March 2020 to reduce the massive spread of COVID-19. This social restriction impacts daily life because everyone has to work and study from home, known as Stay-at-home. Various problems arise during a pandemic due to Staying at home (1). Based on the study's results, it was stated that social isolation and loneliness impacted children and adolescents (2). There is an increase in anxiety in adolescents, some of which are caused by restrictions related to the pandemic (3,4). In particular, school closures have caused many children and adolescents to lose access to mental health services they can receive directly at school (5,6). In general, depression, anxiety, and stress are Spain's most common mental health disorders (7,8). The impact of the Covid-19 pandemic cannot be avoided on teenagers (9). Adolescents or young people under the age of 21 experience more severe psychological pressure than other ages during the Covid-19 Pandemic (10). Research in China on children and adolescents during the Covid-19 pandemic produced data that there was an increase in the level of Psychological Distress in the form of feelings of fear, depression and anxiety when compared to before the Covid-19 pandemic. (11).

This study aims to find out what are the mental health impacts that appear on adolescents during the Stay at home period during the COVID-19 pandemic.

## 2. Methods

This study used a mixed method. The approach used in this research was a quantitative approach to design variants of the Explanatory with the Participant Selection model, where qualitative is more dominant than quantitative. The population in this study were all students enrolled in 3 senior high schools, namely SMA Al – Azhar Mandiri Palu, SMA Labschool Palu, and SMA Negeri Terpadu Madani, involving 1000 respondents. The technique of determining the informants in this study was purposive sampling. The sampling technique used was total sampling. Data collection used 3 methods: in-depth interviews, documentation, and questionnaire instruments.

The data from the interviews were processed using a content analysis approach with a matrix technique. The DASS-21 questionnaire data that had been analyzed, the data from interviews and documentation that had been processed were interpreted as a narrative. Data analysis was carried out after all the data collected were analyzed using univariate analysis. Quantitative research in this study would collect data on the frequency of mental health cases in adolescents during the Stay at home period of the COVID-19 pandemic. Furthermore, it would be continued with qualitative research. Qualitative research described in detail the impact of mental health in the form of anxiety, depression, and stress experienced by adolescents during the Stay at home period.

## 3. Results

Table 1 shows that the distribution of respondents according to stress levels with the highest frequency was normal stress as many as 511 respondents (51.1%), while the stress level with the lowest frequency was very severe stress as many as 77 respondents (7.7%). The distribution of respondents according to the level of anxiety with the highest frequency was very severe anxiety, which was 313 respondents (31.3%), while the level of anxiety with the lowest frequency was mild anxiety was 82 respondents (8.2%). The distribution of respondents according to the level of depression with the highest frequency was normal depression as many as 548 respondents (54.8%), while the lowest depression level was severe depression as many as 61 respondents (6.1%).

**Table 1. Distribution of respondents by stress, Anxiety, Depression level at SMA Al – Azhar Mandiri Palu, SMA Labschool Palu and SMA Negeri Terpadu Madani**

Variable	n	%
<b>Stress</b>		
Normal	511	51.1
Mild	144	14.4
Medium	156	15.6

Severe	112	11.2
Very Severe	77	7.7
<b>Anxiety</b>		
Normal	262	26.2
Mild	82	8.2
Medium	221	22.1
Severe	122	12.2
Very Severe	313	31.3
<b>Depression</b>		
Normal	548	54.8
Mild	141	14.1
Medium	145	14.5
Severe	61	6.1
Very Severe	105	10.5
Total	1000	100

### Causes and effects of stress on adolescents during the Stay At Home Pandemic COVID-19

All respondents experienced stress for several reasons, such as academic problems, including busy class hours, lots of assignments, difficulty receiving material during online learning, lack of discussion, lack of interaction, and limitations in communicating stress students. The impact of the stress that students feel is in the form of difficulty focusing during online lessons. As stated by one respondent below:

*"I feel like I am being pushed by the school all of a sudden. We have not had any preparations for the 14<sup>th</sup> of the exam yet. It is not suddenly, 1 month from February we have been informed, but at the end of February, we were told that 14 March is the school exam. Then, I feel that the school's exams gosh continue. My parents are at home too, right, I have tutoring. I was told to take lessons, so when I came home from school, I just took a shower, went out until late at night, and then I got home to study. I only slept 1 to 3 hours; I normally sleep from 11 to 12 and wake up studying because this is a school exam, so I also feel we should be able to do that. There is usually much stress, every day it is there, just for example, if he gives you the afternoon and the deadline is different for each teacher, but at most, the deadline must be at midnight, so we are being chased, especially yesterday's task. That is why I am a lazy person, so that is it. It is very, very influential, I have a headache, I am tired, and if I want to sleep in the morning until the afternoon, I always want to sleep, but at night my eyes are." (AM, 17 January 2022).*

### Causes and effects of anxiety on adolescents during the Stay At Home COVID-19 Pandemic

Based on the informant's statement, the causes of anxiety that teenagers face during their Stay at home were various, including the loss of a parent or close person, the fear of contracting COVID-19, and the occurrence of a friend or close person contracting COVID-19. The impact was felt, such as pain in the chest, shortness of breath, and discomfort in a crowd. As one respondent stated:

*"Initially, if you were still good with friends, maybe because you do not see each other often and the communication is bad, it is a bit of a problem, right? For example, high school friends rarely communicate, so it is like they do not know it, but it is the opposite regarding family. The time before the pandemic was not too close because I often met friends at school at the tutoring center. Right, while at home, I was already sleepy, so I was closer to friends than family, but during the pandemic, I became closer to family. What I feel is afraid, too, because at that time, especially with my aunt, what happened after I recovered, it is okay; not too long later, in a short time, I was also afraid of the same thing because the symptoms were the same, so the fear was the same. very." (KA, 22 January 2022).*

### Causes and effects of depression in adolescents during the Stay At Home period of the COVID-19 pandemic.

Based on the informant's statement, the cause of depression in adolescents was a less harmonious relationship with their families at home, and it had an impact on them who feel they were not considered and also tried to do things to injure themselves. as stated by one respondent:

*"I am also not close to my parents, right? Her name is a girl. If you keep saying what people will say and what if in my tribe, this woman is just at home, only in the kitchen, in the field, she does not have to go here and there. All sorts of things, right, my mom is just a high school graduate, so you do not think about what kind of school you attend, so sometimes you go home. I remember once, when I was in 7<sup>th</sup> or 8<sup>th</sup> grade, after the bazaar, only my dad knew about the bazaar, and my mom knew it. I went home and saw you wandering around like a butterfly at night, I do not know what that means. I usually ask my friend how you know what that means, stupid you're a bitch, that means he told you, so he said you kept coming out. How do people want to leave you? When you are cursing at home, you are said to be a bitch, night butterfly, just get married, go out, your child will not like it if you keep saying that at home. If you want your child to feel at home,*

*you hear your son tells a little story; complaining a little means being tired, not only at home and in other places. Of course, we are tired, not just at home; we are tired outside, and we think it is okay, so we have to be tired at home when we say we are exhausted. I was stuck there, my mind was completely dead, my brain was completely dead, I took 3 tablets of expired medicine, I already know why, my friend has come to my house, I know." (SA, 24 January 2022).*

#### 4. Discussion

Based on the results of interviews conducted by researchers regarding questions related to what fears they experienced during this COVID-19 Stay at home period, all informants stated some of the fears they felt during the COVID-19 pandemic during stay-at-home periods, such as being afraid of being exposed to the virus. COVID-19 or they are afraid if their closest people get COVID-19, and the informants also feel lonely at home. After all, they cannot interact with their friends during this pandemic, making them feel more anxious about their school's social and academic side because they cannot carry out normal daily activities. The informants also stated that they felt anxious about their present and future situation because they would lose their school days. Informants also stated that they were influenced by social media such as TikTok, which spread much information about COVID-19 itself and mental health disorders experienced by other people. This is supported by statements from key and additional informants stating that students during this pandemic feel fear of COVID-19 cases that occur around them through their news and social media, and also they become more comfortable at home than outside, which makes them more comfortable. Students are anxious about their social interactions with others and also feel pressured by their academic problems. This is also supported by the data obtained; the level of anxiety with the highest frequency was severe anxiety, about 313 respondents (31.3%).

This study is in line with research conducted by Mahfud and Gumantan et al. (2020), where it was found that 39.1% of adolescents experienced excessive anxiety due to notifications about COVID-19 information that continued to circulate (12). This research is in line because the main informant stated that he felt influenced by social media spreading information about COVID-19 and mental health disorders. This main informant statement was also supported by the statements of key and additional informants; adolescents were much affected by information about COVID-19 on social media and felt anxious about their condition.

This study is in line with research conducted by O'Sullivan et al. (2021) where the overall results of the informants' families stated that their children experienced high anxiety and stress during the pandemic, and this was due to media coverage of this pandemic and lack of access to friends and family (13). This research is consistent because the informants stated that they felt anxious about being exposed to COVID-19 and lonely because of reduced access to friends and family. The reduced access to friends makes the informants feel anxious about their future because they are afraid of losing their friends or worrying about losing their school days.

Based on in-depth interviews, the informant felt restless when he was too in a crowd or public and was unable to relax. The informant also felt that during the pandemic, it was very difficult to learn online and receive learning materials to the maximum, such as when they were at school; informants also felt restless at home because they felt lonely for a long time changes in activity. This is reinforced by statements by key and additional informants stating that students experience stress due to changes that occur with their academic system starting from online learning, which is difficult for students to accept the material, the number of assignments given, and the absence of discussion and interaction like at school. What students experience makes them stressed and adds that they feel bored with the online learning system, the teachers who do not understand the students' character make learning conditions disrupted and ineffective, and the condition of those who are only at home alone makes them feel lonely. This is also reinforced by the data that the researcher got in a study of 1000 students, which showed that students who experienced very severe stress were 77 students (7.7%) and 112 students (11.2%) were severe stressed, and normal stress was 511 (51.1%), but this shows that some students experience severe stress.

Researchers conducted in-depth interviews and concluded that the informant felt restless when he was too in a crowd or public and unable to relax. The informant also felt that during the pandemic, it was very difficult to learn online and receive learning materials from the maximum, such as when they were at school; informants also felt restless at home because they felt lonely for a long time and because of sudden changes in activity. This is reinforced by statements by key and additional informants stating that students experience stress due to changes that occur with their academic system starting from online learning, which is difficult for students to accept the material, the number of assignments given, and the absence of discussion and interaction like at school. What students experience makes them stressed and adds that they feel bored with the online learning system, the teachers who do not understand the students' character make learning conditions disrupted and ineffective, and the condition of those who are only at home alone makes them feel lonely. This is also reinforced by the data that the researcher got in a study of 1000 students, which showed that students who experienced very severe stress were 77 students (7.7%) and 112 students (11.2%) were severe stressed, and normal stress was 511 (51.1%), but

this shows that some students experience severe stress.

This research is in line with Andiarna and Kusumawati (2020), based on logistical analysis test results showing that online learning can affect academic stress during the COVID-19 pandemic. Giving assignments in large numbers, learning that is less effective, and obstacles in the implementation of learning can cause a sense of worry so that academic stress occurs (14). This research is in line because the overall statements from the informants are related to the academic problems of adolescents that cause adolescents to experience stress.

The problems experienced by teenagers during the Covid-19 pandemic, such as the demands imposed by the online teaching and learning model, make them depressed and eventually cause symptoms of stress (15). Symptoms of stress experienced by adolescents can have an impact on disturbed sleep patterns or difficulty sleeping, headaches, anxiety, irritability, and physical fatigue (16,17).

In-depth interviews were also conducted to find out the causes and effects of depression symptoms experienced by adolescents during the Stay at home period of the COVID-19 pandemic. It was found that the informants generally did not have symptoms of depression, but 1 informant who experienced symptoms of depression stated that the cause of the symptoms of depression was that the conditions at home were not good. The relationship between adolescents and parents is not good and makes the informant feel unwelcome in her family; and there is also a cultural factor from her family which states that women should stay at home, making the informant feel confined at home and feel she is not valuable. This triggers an impact in the form of self-injury behavior. Here, the informant stated that she took 3 expired medicine boards, which made her unconscious.

This research is in line with Ismaniar and Utoyo(2020), which states that parents can control their emotions when with their children. A mirror of effect may occur or the behavior of children resulting from the reflection of their environmental behavior on the development of children's behavior. It will affect the child's mental and this will be a negative impact on the child (18). This study is also in line with research conducted by (Solechah, 2020) which states that there is a significant relationship between parenting patterns and depression in adolescents at SMA Muhammadiyah 1 Ponorogo (19). This research is in line because it is based on statements from informants that the situation at home, communication between parents and children with parenting patterns that are not good will affect their children's mental health. Situations at home that are not friendly make teens lose their self-confidence, feel worthless, feel alone, and depressed, making them depressed.

## 5. Conclusion

The impact of anxiety on adolescents during the Stay at home period of the COVID-19 pandemic is feeling fear of contracting COVID-19 either themselves or those close to them. They Feel anxious about being out of the house for too long and wanting to return home quickly. Besides, Feeling anxious in crowds or public places. Feel afraid of the situation around them and their future because they cannot interact socially with their friends. Experience physical pain such as chest pain and shortness of breath at night or when they cannot control their emotions and also have significant emotional changes.

The impact of stress on adolescents during the Stay at home period of the COVID-19 pandemic is that it is difficult to focus when online learning, feeling lonely being at home continuously, not being able to interact socially, making teens harbor their emotions and become stressed on themselves, there is pressure from parents and schools in the form of many tasks and busy time with online learning which makes teenagers lose motivation in online learning, feel bored at home and feel like they are confined because they can't go anywhere during this pandemic.

The impact of depression on adolescents during the Stay at home period of the COVID-19 pandemic is that, overall, there are actually few teenagers who appear to be experiencing depression or symptoms of depression, but there is one teenager who is depressed and describes that he feels hopeless and loses hope about his future. In the future, he feels powerless to deal with the current pandemic situation, the less harmonious relationships in his family at home also make him feel inferior, and there are cultural factors in his family that aggravate his situation. There are attempts to injure himself by taking medicine.

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