

To assist the Ministry of Health and Family Welfare,
Government of India

A joint effort by WHO, IDEA & UNDP



PERCEPTION SURVEY ON “BEHAVIOURAL AND ADAPTATION ASPECTS OF YOUTH DURING COVID -19”

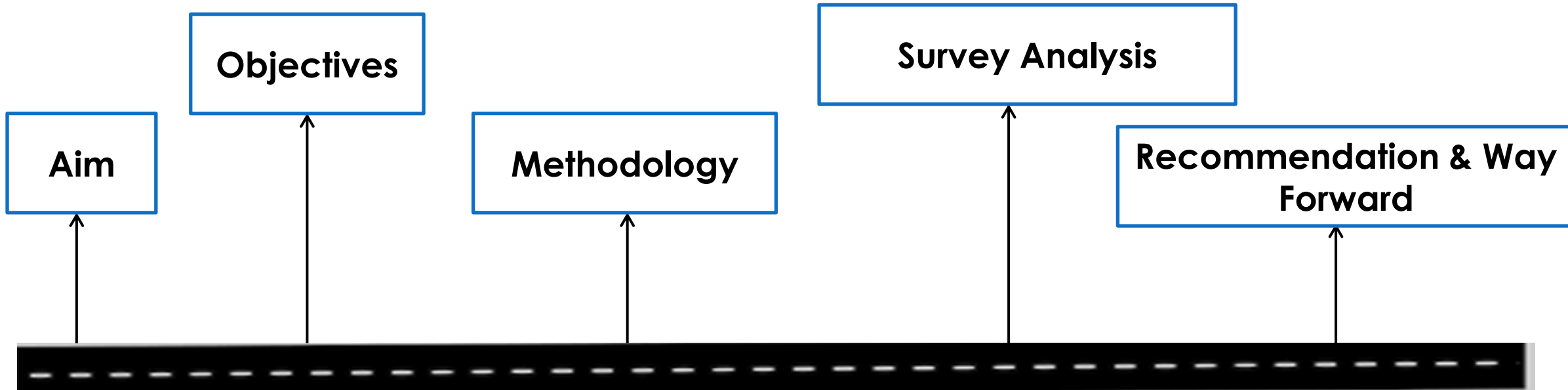
WHO (Country Office), Health Security and Emergencies Team and Institution for
Disasters, Emergencies & Accidents (IDEA)



February, 2021



PRESENTATION ROADMAP



Mann-Darshan



Youth and COVID-19

To promote wellbeing

Prevent stigma and discrimination

Create awareness about COVID-19 appropriate behaviours

Thursday, 10 September | 6:30 pm

Live on  @UNDPinIndia | @WHOSEARO



- ❖ An initiative to promote conversation around mental well-being during COVID-19, through virtual consultation, and community engagement
- ❖ The second virtual consultation on 'Youth & COVID-19' focused on the different challenges youth are facing during these unprecedented times, their coping strategies and possible ways to effectively deal with COVID-19 and its effects.
- ❖ A survey on the "Behavioural and Adaptation Aspects of youth during COVID-19" was launched in this webinar and disseminated by Institution for Disasters, Emergency & Accidents (IDEA)

Concerns of Youth amidst COVID-19



One of the biggest challenge
is mental health.



Will I lose my job?



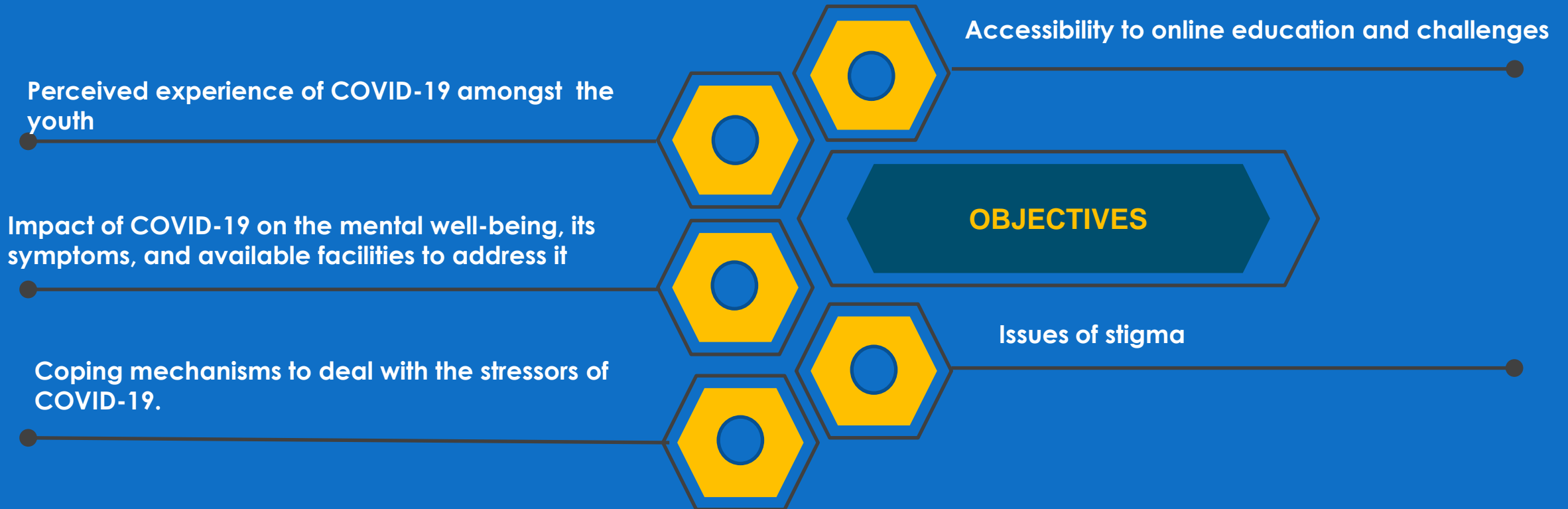
Many youth are
frustrated and stressed

Source: Promotional video for Mann- Darshan (WHO & UNDP)

AIM & OBJECTIVES OF THE SURVEY

AIM

To gauge the impact of COVID-19 on various aspects of youth's lives.



Respondents
covered from several
states



S.No.	State	District/ City		Sr. No.	State	District/ City		
1	Madhya Pradesh	Bhopal Indore Gwalior		10	Uttar Pradesh	Allahabad Agra Bahraich Amethi Bareilly/Meerut	Bulandshar Jhansi Lucknow Gandhi Nagar Kandwa	Faizabad Ghaziabad Pilibhit Moradabad Noida
2	Karnataka	Bengaluru						
3	Gujarat	Ahmadabad Junagadh	Paldi	11	West Bengal	Asansol Barrack pore		
4	Assam	Dibrugarh Guwahati		12	Telangana	Hyderabad		
5	Delhi	Gagan Vihar Kirti Nagar		13	Uttarakhand	Haldwani Pauri Garhwal Dehradun Nainital		Champawat Pantnagar Ramnagar Roorkee
6	Bihar	Aurangabad Jharkhand	Hajipur Patna	14	Punjab	Hoshiarpur Mohali		Changal Chandigarh
7	Haryana	Faridabad Panchkula Gurugram		15	Maharashtra	Deonar Pune Borivali Khamgaon		Dahisar Kolhapur Nashik
8	Himachal Pradesh	Keylong		16	Odisha	Balasore Koraput		Bhubaneswar
9	Tamil Nadu	Chennai		17	Andhra Pradesh	Anantapur		

METHODOLOGY

Survey commenced on- September 10, 2020

Survey ended on – January 8, 2021

Survey Period : 4 months



IDEA

Finalization of approach methodology and questionnaire tool through collaborative consultations (WHO & UNDP)

I-CHAT : A bot based survey methodology

Launch of the youth survey on September 10, 2020 on Mann Darshan second webinar 'Youth and COVID-19'

Dissemination of the survey through various social media platforms PAN INDIA through agencies/colleges like:

SYMBIOSIS NOIDA
SYMBIOSIS HYDERABAD
By
IDEA

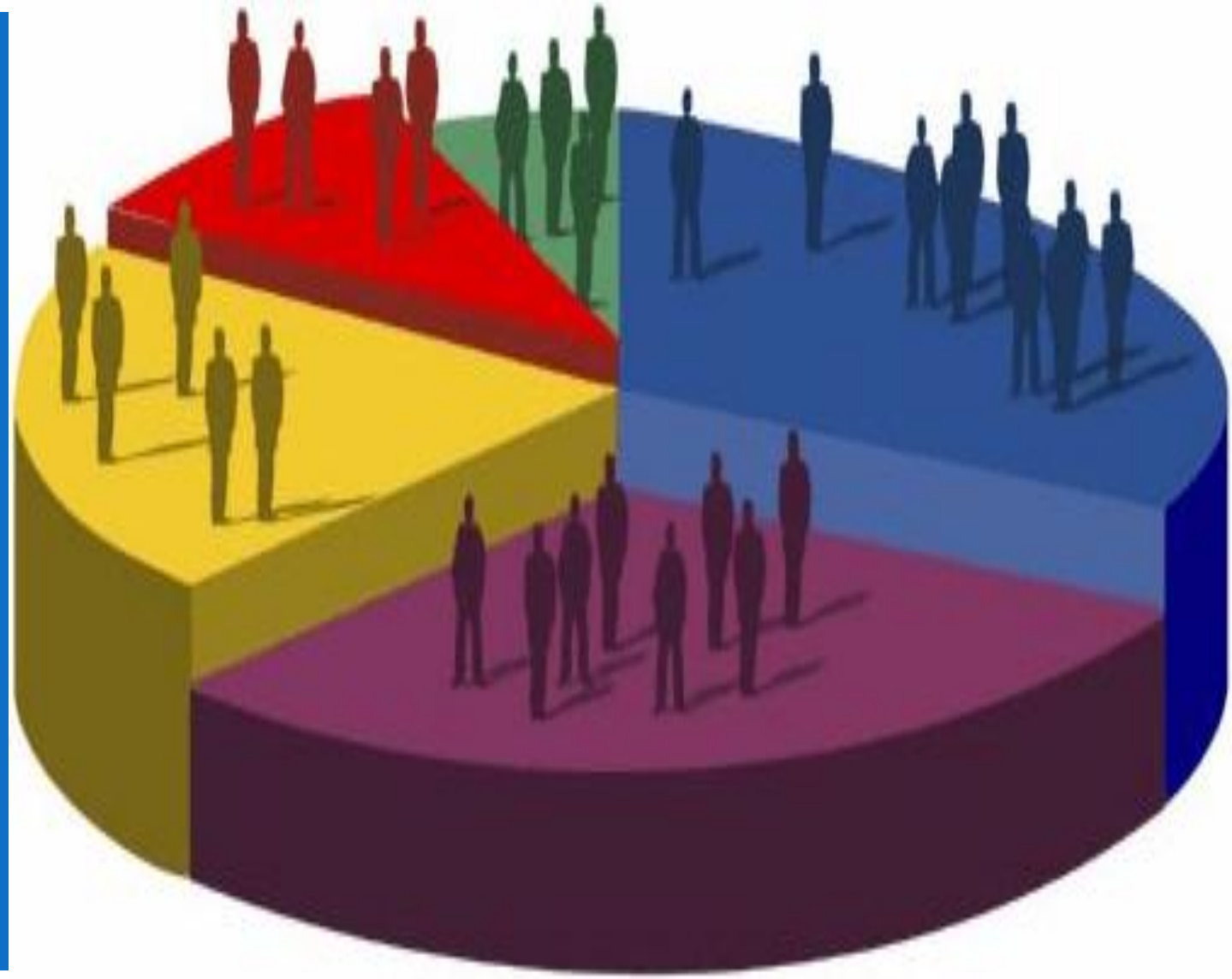


Methodology Continued...

- The survey was disseminated widely PAN-INDIA through social media platforms of UNV, UNDP, WHO SEARO like Facebook, Twitter, WhatsApp Groups.
- Certain tools and social media, chain questions posed a major limitation.
- IDEA disseminated it through colleges; Symbiosis Campus in Hyderabad & Noida. But, due to unavailability of students in the college premises amidst COVID-19, it was on their leisure to participate. Due to several issues faced by the students, the participation in the survey was not up to the mark, and hence posing a major limitation.
- Personal interviews were conducted with the youth to also capture their perception on the impact of COVID-19.



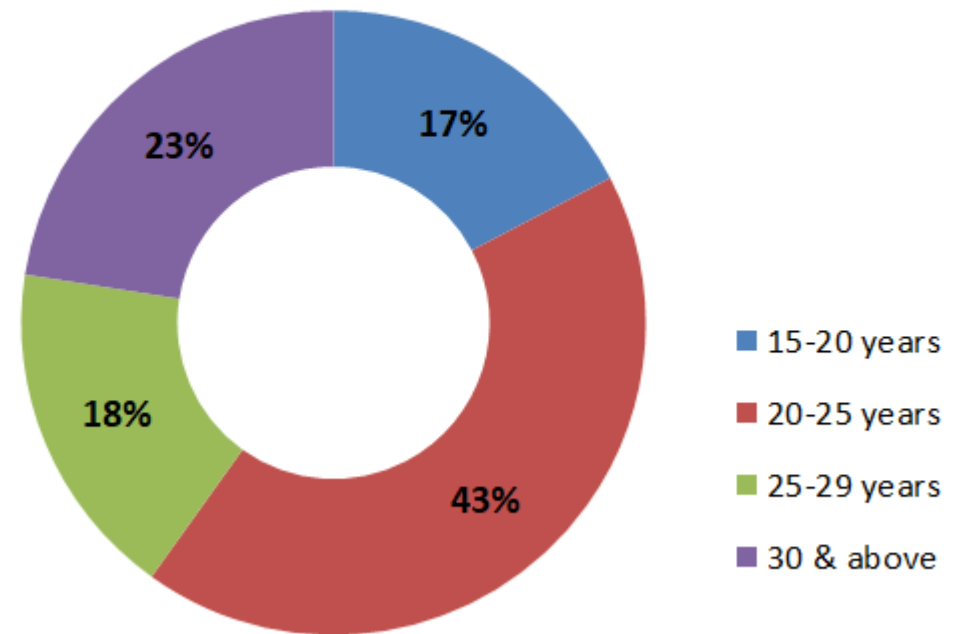
DATA & DEMOGRAPHICS



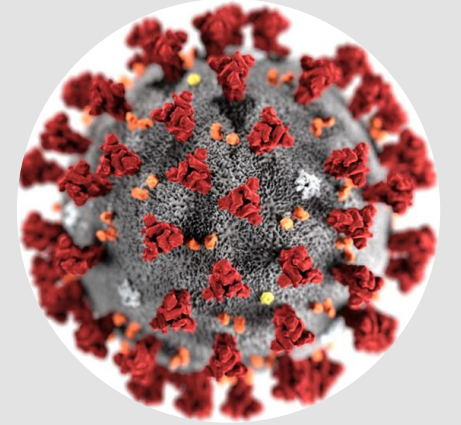
Age-group

Major Respondents were in the age-group 20-25 years who fall in the group of **graduates** , **post-graduates** or are working.

Age-group of the respondents
(N=404)



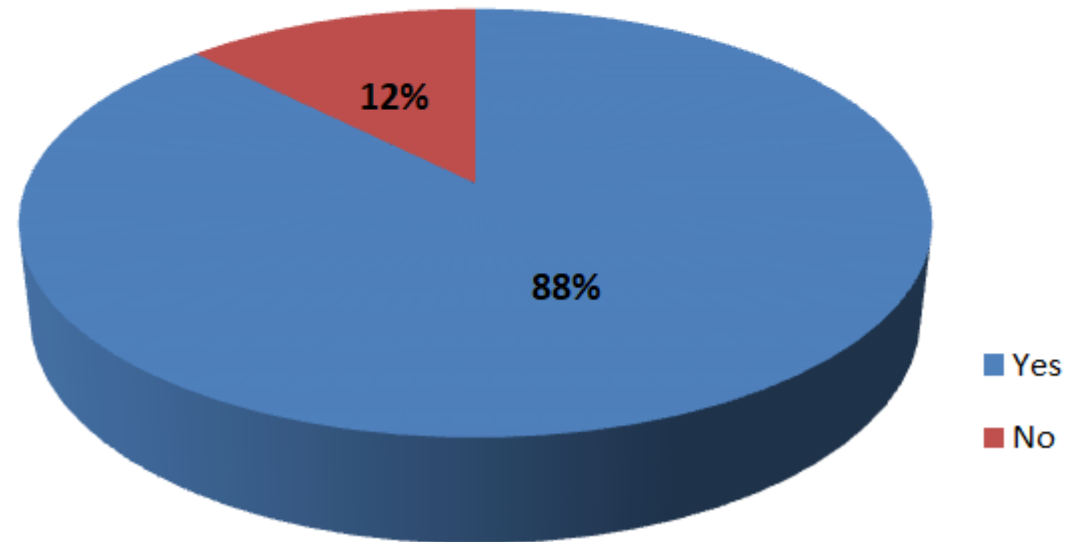
SURVEY ANALYSIS



Impact of COVID-19

Majority of the respondents (88%) said that **COVID-19** has **impacted** their lives to a large extent.

Do you think COVID-19 has created a major impact on your life?
(N=345)





“Because of COVID-19, I have to miss my workouts at gyms and parks and it is like a mental torture for me that I cannot go out. But one good thing that happened due to COVID-19 is that pollution has decreased and has improved in my area and I think that’s a great thing”

Mr. Ashwani kumar

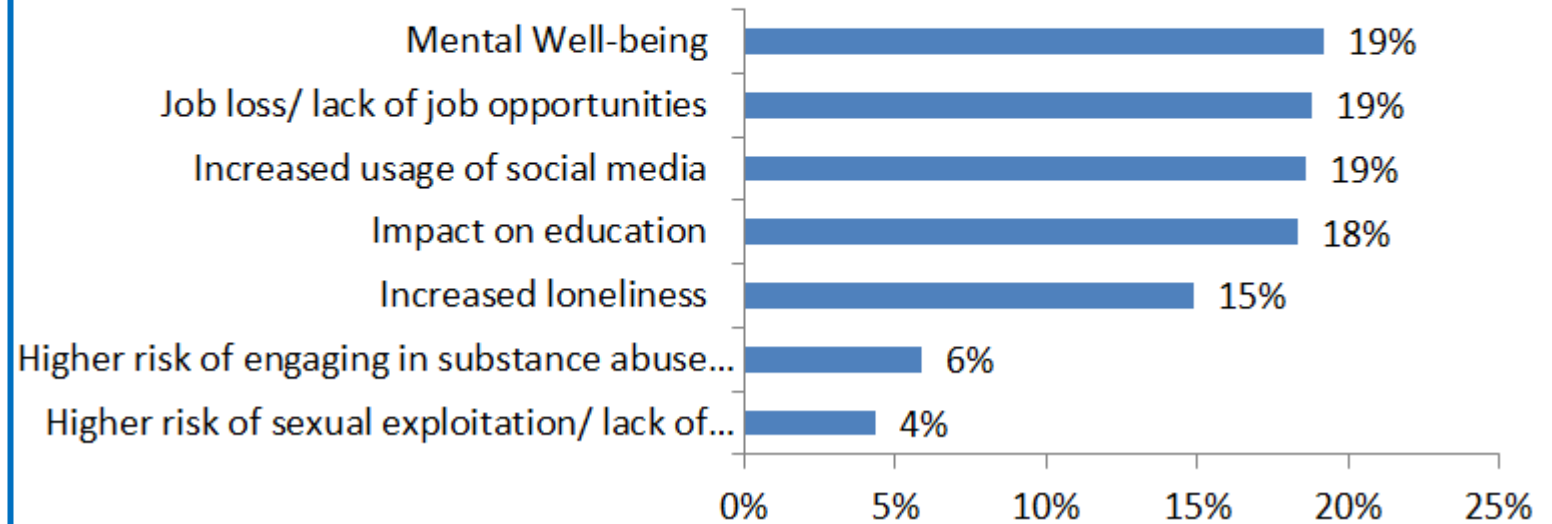
Accountant

#Voices from the field

Perceived COVID-19 salient issues

- ❖ Impact on **mental health, employment, educational activities** , use of social media were some of the major COVID-19 impacts being felt among the respondents.
- ❖ During this period, impact on **mental well-being** emerged as the most important concern.

What are your concerns that you feel, have become salient since the onset of COVID-19 (select any five as a priority)
(N=322)





“COVID-19 has affected the mental health of all the people all around the world but it was not that much mentally pressurizing for me because I am myself a mental health professional and I knew the importance of being calm and cool in these conditions. My advice to you is to focus on your hobbies like reading, cooking, and even develop new hobbies too. I just want to say we can not stop our lives because we can’t go out, that doesn’t mean we stop growing”.

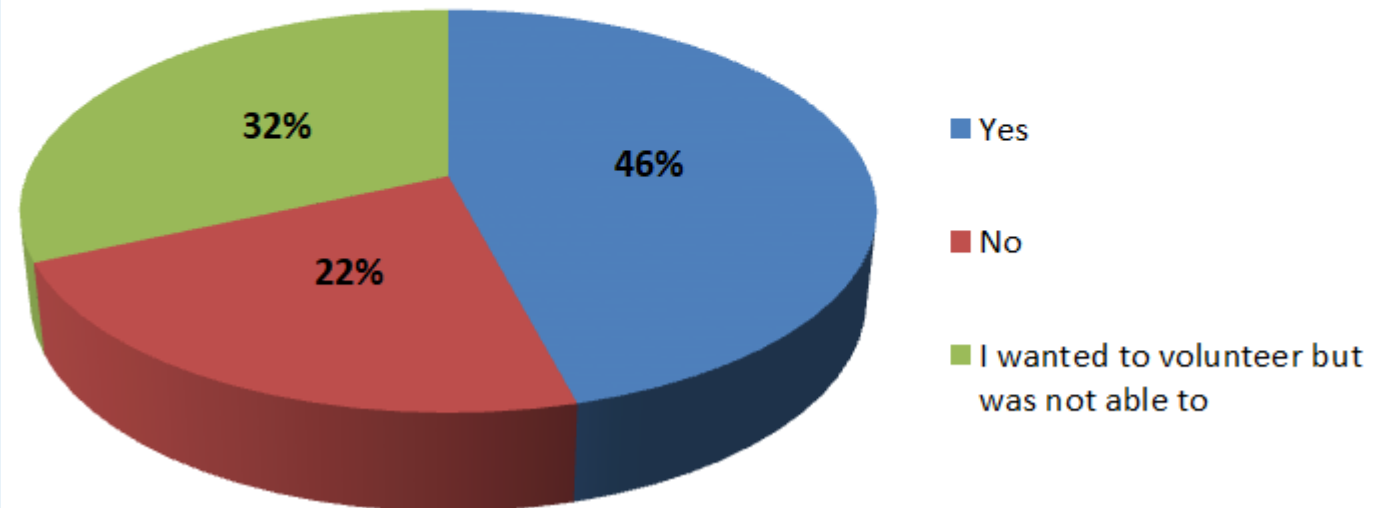
*Ms. Priyanka Kartikay
Counseling psychologist*

#Voices from the field

COVID-19 Volunteering

Majority of the respondents volunteered in this battle against COVID-19. However, some of them (32%) were passionate about volunteering yet could not do so due to certain reasons like **stigma** attached with the disease.

Did you contribute/volunteer in the fight against COVID-19?
(N=318)





"I wanted to volunteer in the fight against COVID-19 but there are two main reasons that stopped me to that. The first reason is that I wanted to do work with my friends in Chandigarh but all of them have a permanent place to stay during this lockdown but I am a hosteller there so I couldn't stay there during this time and the second reason is that my family didn't allow me to do this work because they feared that I would get infected with this".

*Ms. Kajal Thakur
Student*

#Voices from the field



“I am working with an NGO for the last 4 years on issues of education, poverty etc. During this pandemic, I saw many migrants and poor households who are facing many problems to fulfill their basic needs. That time, I decided to distribute food packets and ration kits to the needy one. One day, I saw one old person who was crying while eating the food, that day I realized I am doing a great job. From March to August, our team had distributed the 700 ration kits and 26,000 food packets to the migrant laborers”.

Mr. Prasad Kade
Youth for Change
Wardha, Maharashtra

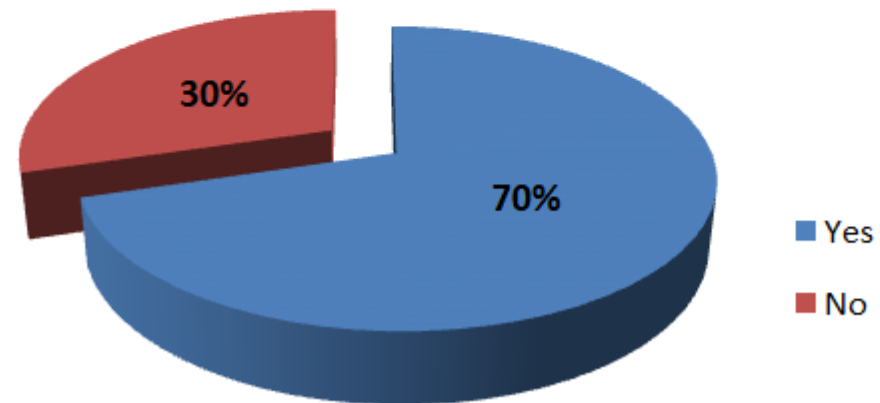
#Voices from the field

Accessibility to online education

Many respondents could not regularly access online classes, hence impacting their education, which lead to **anxiety** and **future uncertainty**.

Due to the lockdown and temporary closure of educational institutes, education delivery has been affected. Have you been able to regularly access classes online?

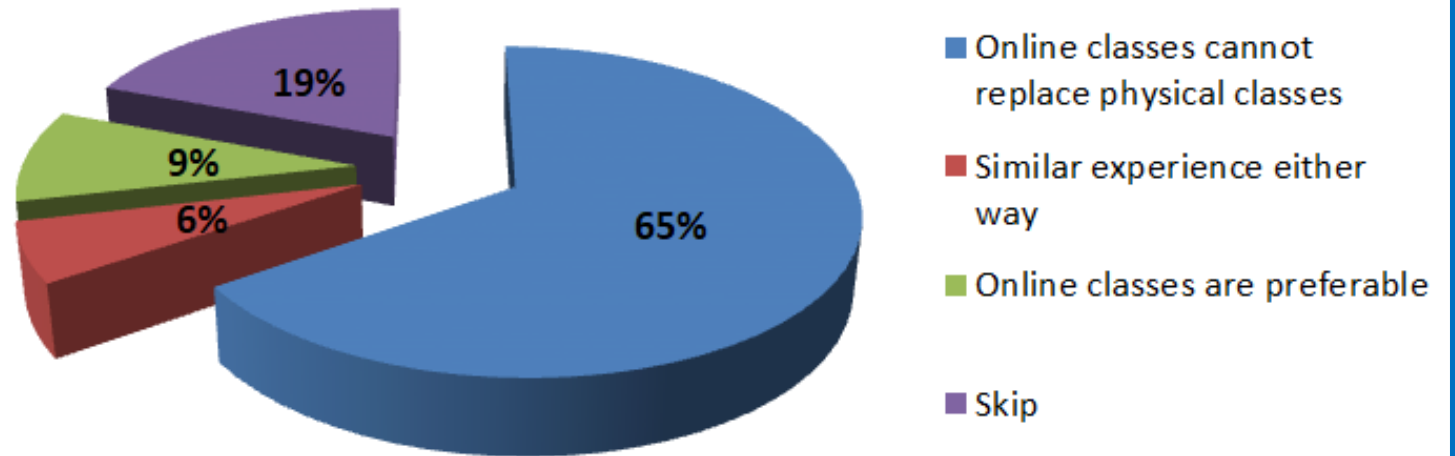
(N=307)



Online classes vs. physical classes

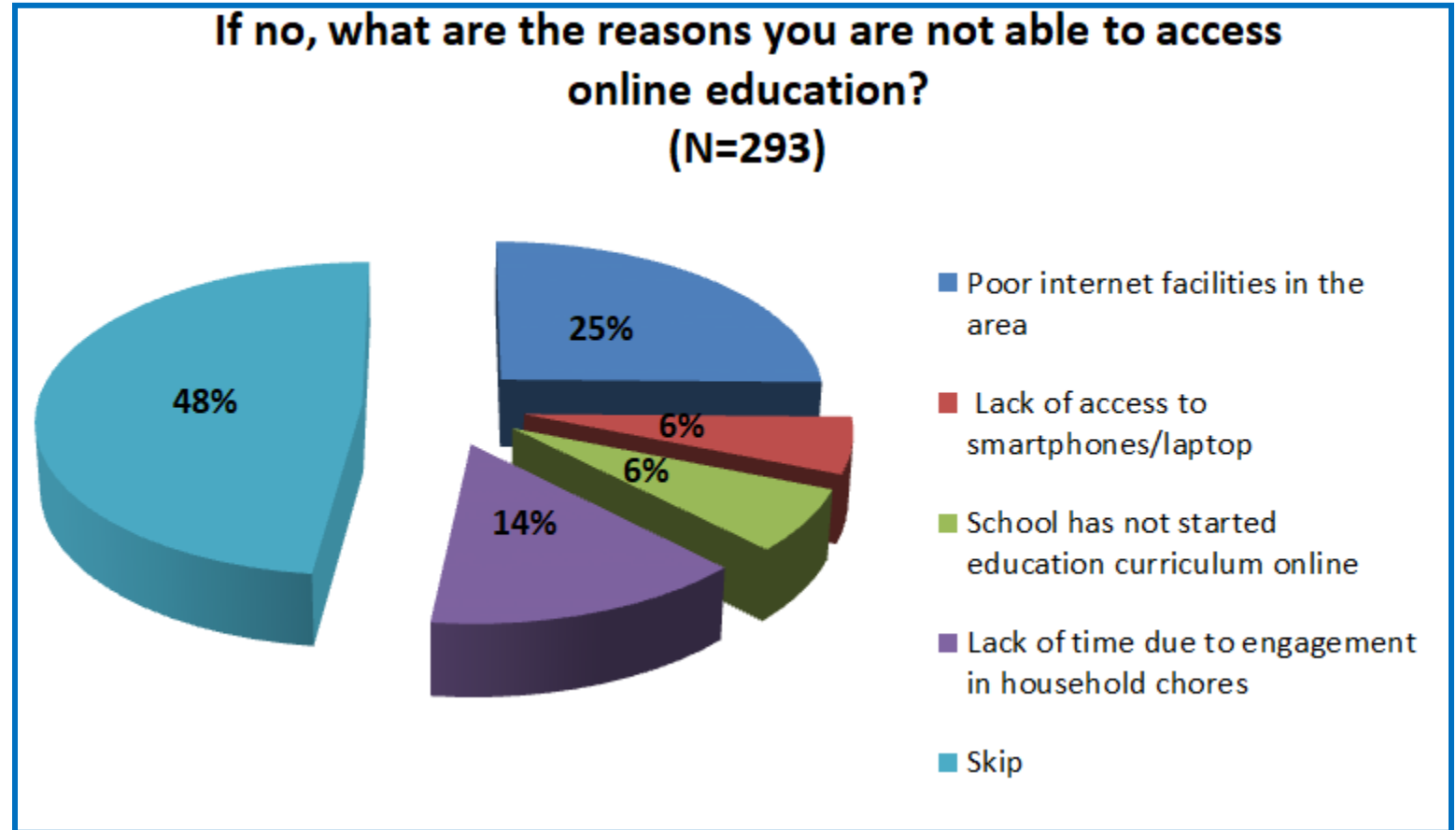
- ❖ **Physical classes** facilitate better **understanding** of subjects than the online classes, hence was a clear winner.
- ❖ Physical classes involve interaction and discussion which yields better understanding.

If yes, how would you compare your experience attending classes online as compared to physical classes?
(N=301)



Challenges to access online education

Infrastructural issues became the main highlight, less time due to additional **domestic duties**, and lack of purchasing power to avail facilities like gadgets were some of the main reasons behind not been able to regularly access online education.



Other reasons for not able to regularly access online classes.

- ❖ Poverty
- ❖ Lack of resources
- ❖ Difficulty in understanding and clearing the doubts despite being able to access online classes.





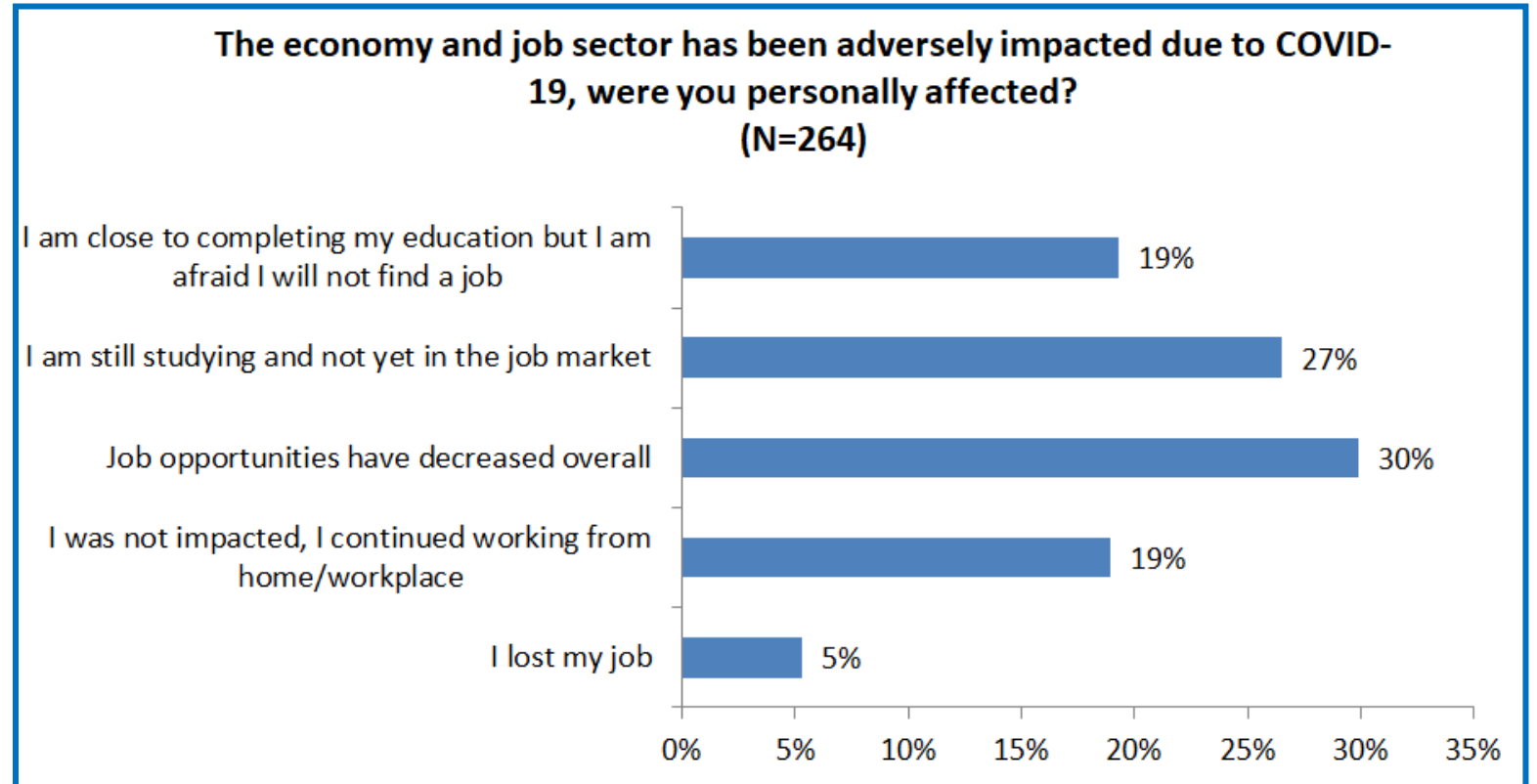
“Lock down meant no college, so it was really very disturbing and even we have no online classes that made study even more difficult. Apart from my college studies I am preparing for competitive exam too and due to COVID-19 all the exams are postponed that is not very fruitful for me.”

Ms. Anshu Tanwar

#Voices from the field

Employment issues

- ❖ There is an overall perception that **job opportunities** have **decreased** which is raising concern among the students who are currently studying as well as who are close to completing their education.
- ❖ Some of them **lost** their **jobs**.
- ❖ The most successful segment have been the professionals who have been **working from home**.





"I am working in a hotel industry and due to COVID-19 our business suffered huge losses; there are no tourists and no tourist means no business. This lead to deduction in my salary up to 25% and some of my friends even lost their job."

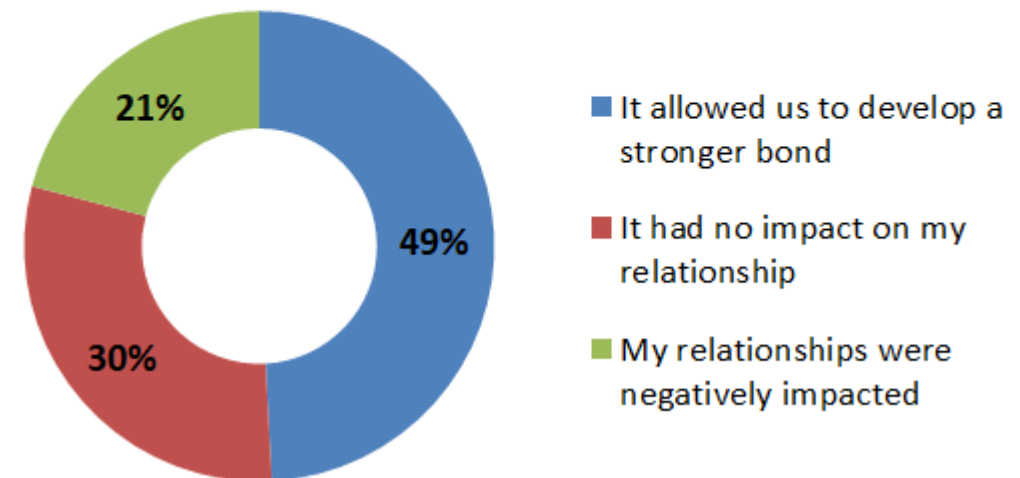
*Mr. Mandeep kumar
House keeping Executive*

#Voices from the field

Inter-personal relationships

- ❖ The COVID-19 induced lockdown helped develop **stronger bonds** amongst the family members.
- ❖ 30% of the respondents thought that their relationship was not affected due to available **communication technologies**.
- ❖ Though 21% thought that their relationship was challenged due to COVID-19, many were negatively or not impacted at all.

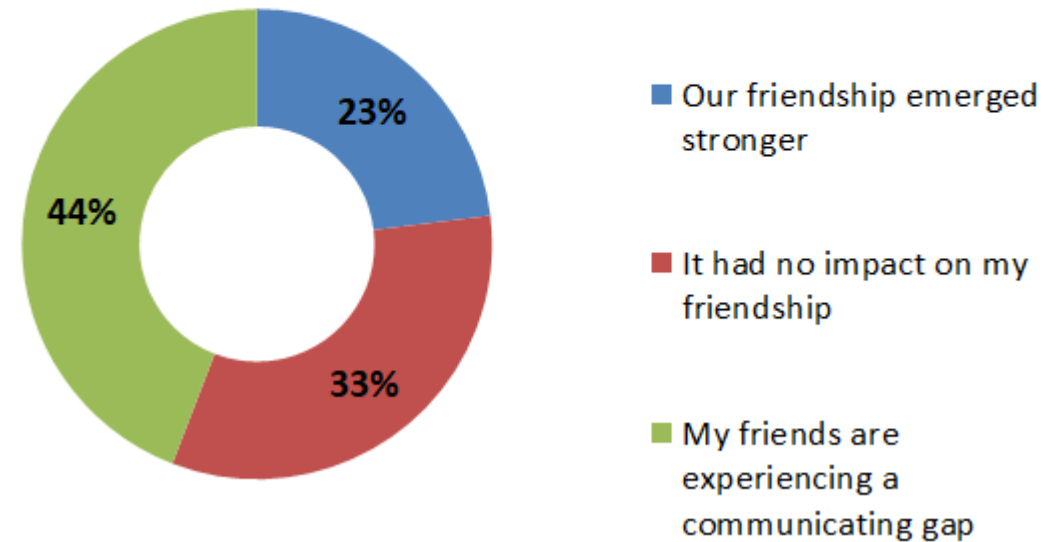
How has COVID-19 impacted your relationship with your family?
(N=259)



Inter-personal relationships

- ❖ **Communication gap** emerged as one of the most important reasons for estranged relationships with friends amidst COVID-19.
- ❖ Though major part of respondents also thought that their friendship was not impacted.
- ❖ 23% of the respondents thought that their **friendship** had grown **stronger**.

How has COVID-19 impacted your relationship with your friends?
(N=254)





“I used to live in the hostel. Because of COVID-19 I got a chance to live with my family again and I felt the warmth of love and care. It helped develop better understanding among us. All these things and feelings make me think that life goes on, no matter what happen, so we have to learn how to live happily amidst adverse times.”

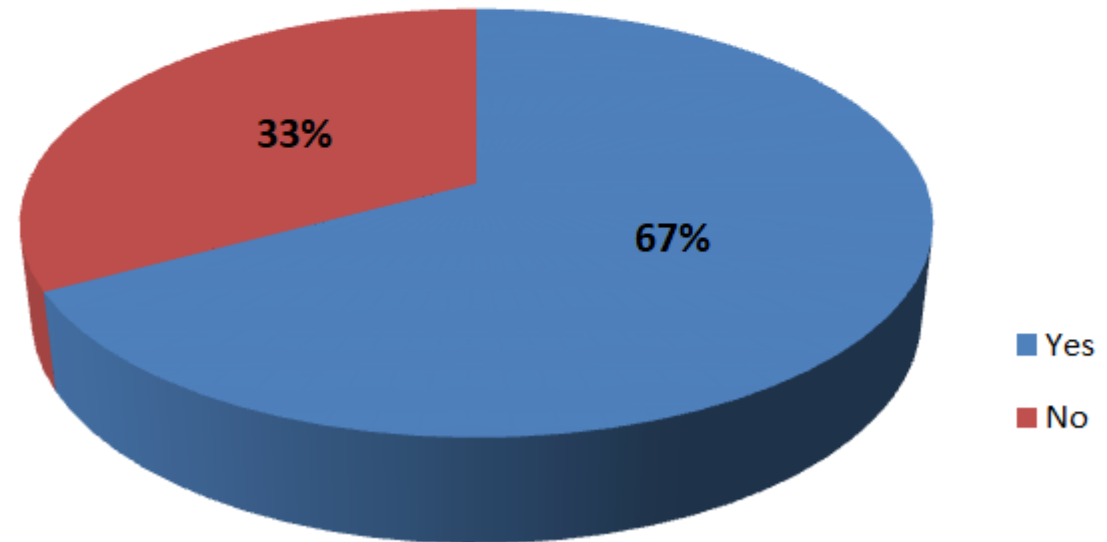
*Aarzoo Lohan
Intern*

#Voices from the field

Youth-COVID-19- Mental Well-Being

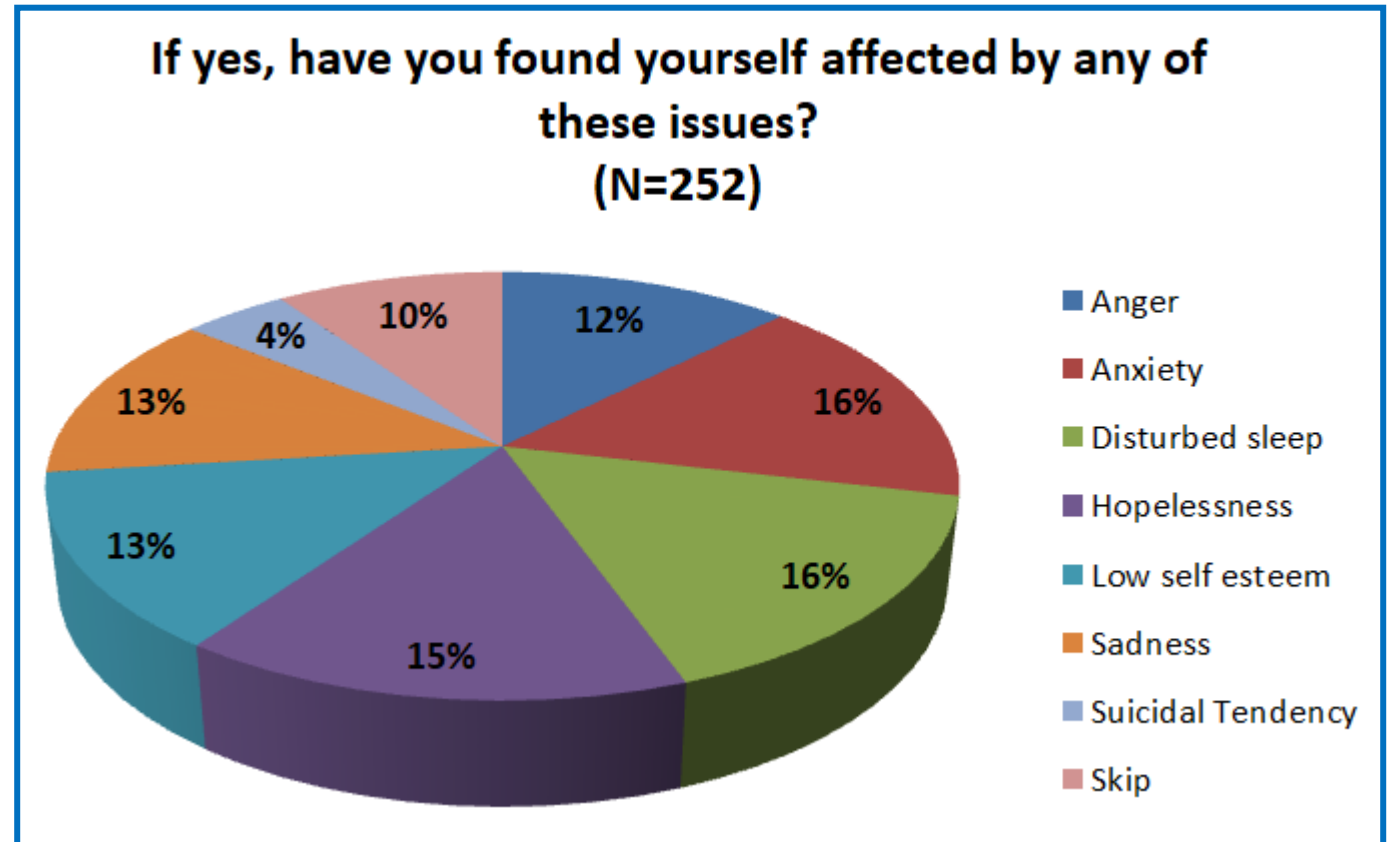
COVID-19 has severely impacted the mental well-being of the majority of respondents though **33%** of respondents believed that they were **resilient** to this change which signifies their healthy mental behaviour.

Do you think COVID-19 has negatively impacted
your mental well-being?
(N=255)



Mental well-being issues

- ❖ Majority of the respondents did experience feeling of **hopelessness, anxiety** and **disturbed sleep**.
- ❖ Another set of respondents also faced extreme emotional trauma resulting in **anger, low-self esteem** and sadness including suicidal tendency.
- ❖ 10% of the respondents showcased **resilience** towards such events.



Other mental health issues faced

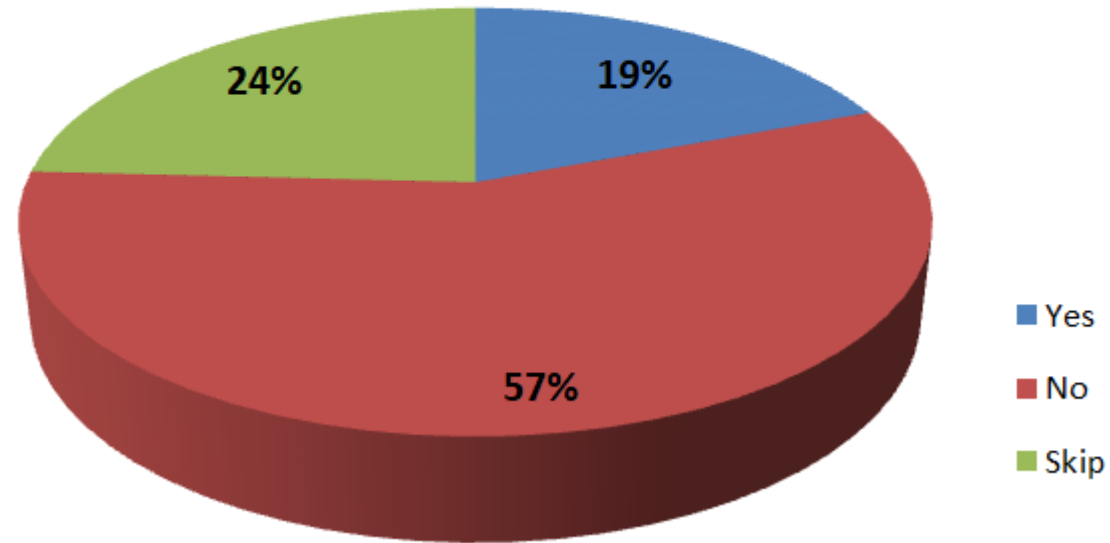
- ❖ Feeling of worthlessness due to procrastination
- ❖ Stress due to lack of job opportunities in the market
- ❖ Pressure on career prospective
- ❖ Paranoia
- ❖ Inferiority complex



Mental health counselling

More than half of the respondents despite facing mental health issues amidst COVID-19 did not seek professional help; indicating the **casual approach** in addressing this vital aspect.

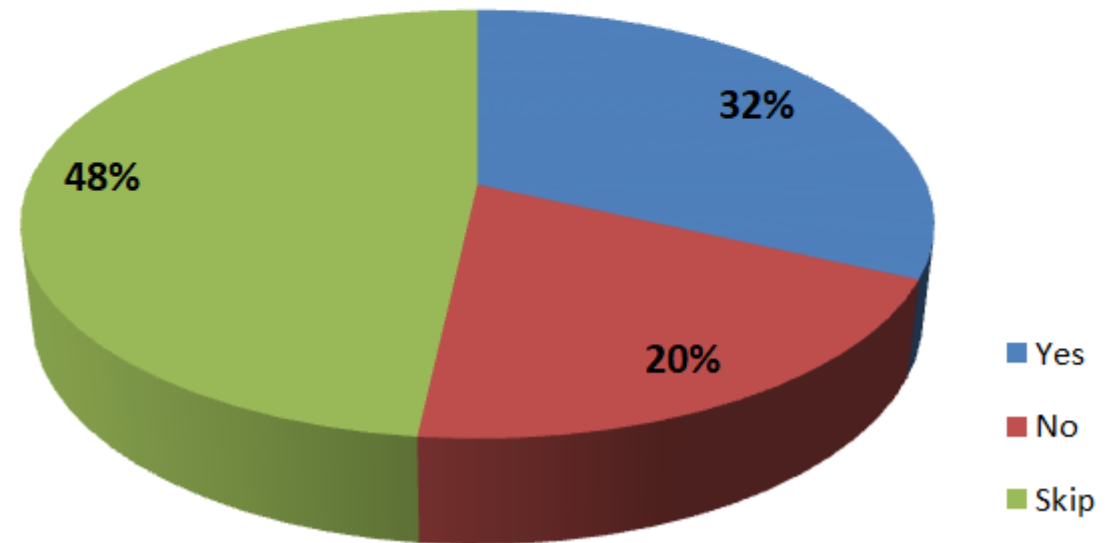
If yes, have you attempted to seek professional help?
(N=240)



Efficacy of professional help

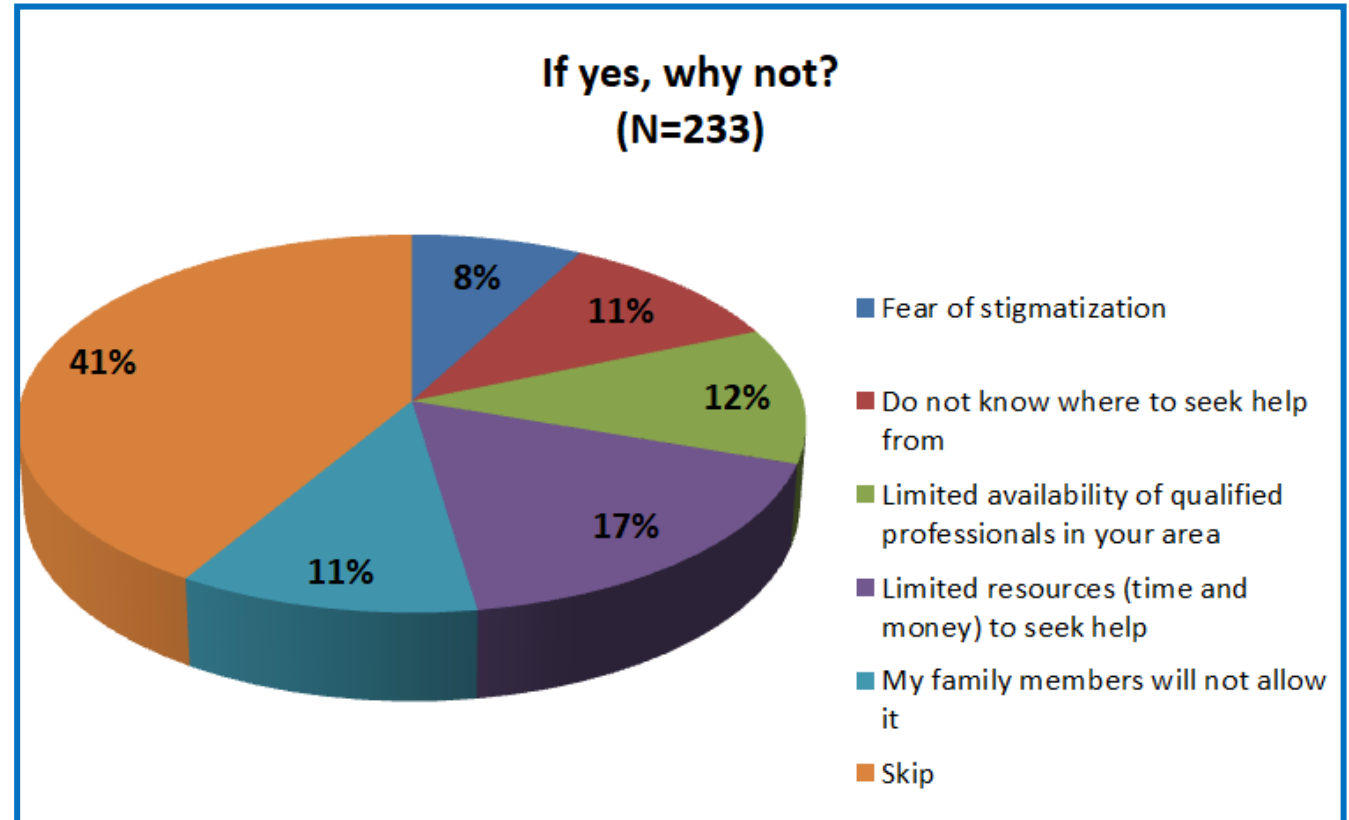
- ❖ Though 32% of the respondents who sought professional help have benefitted from it.
- ❖ Although, majority of the respondents who have said no or have skipped the question signify that almost **68%** of the respondents did not feel the need to seek professional help which highlights the **society fabric of empathy** within the families.

If yes, did you think seeking professional help was beneficial?
(N=239)



Reasons for not seeking professional help

- ❖ **Limited availability** of qualified mental health counsellors, **lack of resources** along with **lack of awareness** in terms of access to professional help were some of the main reasons behind it.
- ❖ Second reason being interference of family members and fear of **stigmatization**.
- ❖ Almost half of the respondents either showcased **resilience** or did not communicate the reason behind not seeking professional help.



Other reasons for not seeking professional help

- ❖ Few said that they just need interaction to solve the mental health issue.
- ❖ Some said that they can manage it themselves and hence do not need any professional help.



MENTAL HEALTH



Do you think COVID-19 has negatively affected your well-being

No: 33%



If yes, have you found yourself affected by any of these issues

Skip: 10%



If yes, have you attempted to seek professional help?

Skip: 24%, No: 57%



If yes, did you think seeking professional help was beneficial?

Skip: 48%, No: 20%



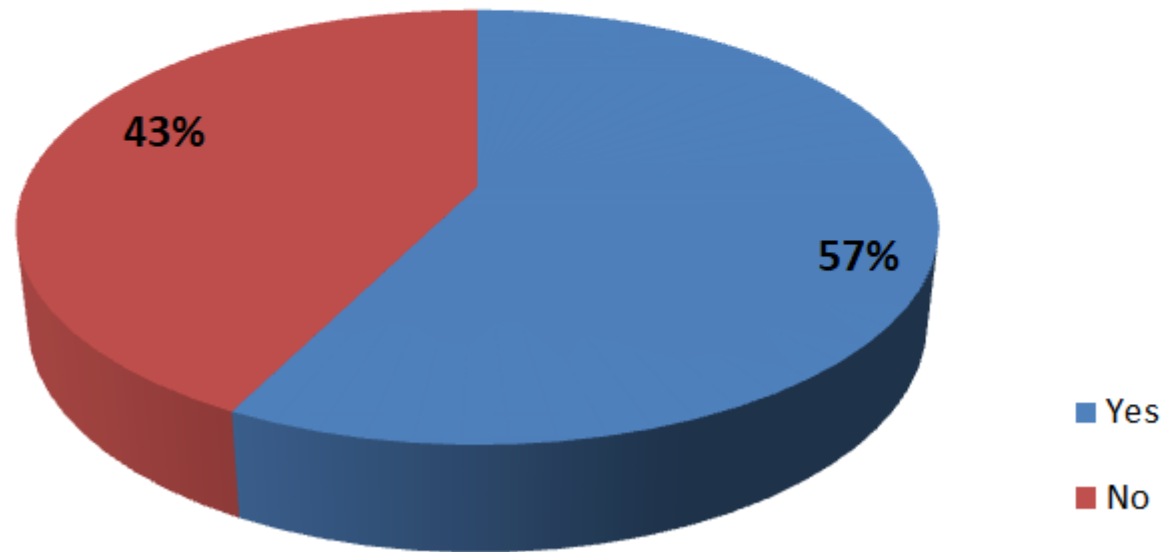
If yes, why not?

Skip: 41%

Awareness regarding mental health helpline

Though majority of the respondents were aware and almost equal number of respondents were unaware, therefore major **dissemination practices** need to be taken up for raising the awareness.

Are you aware of any mental health helplines?
(N=228)





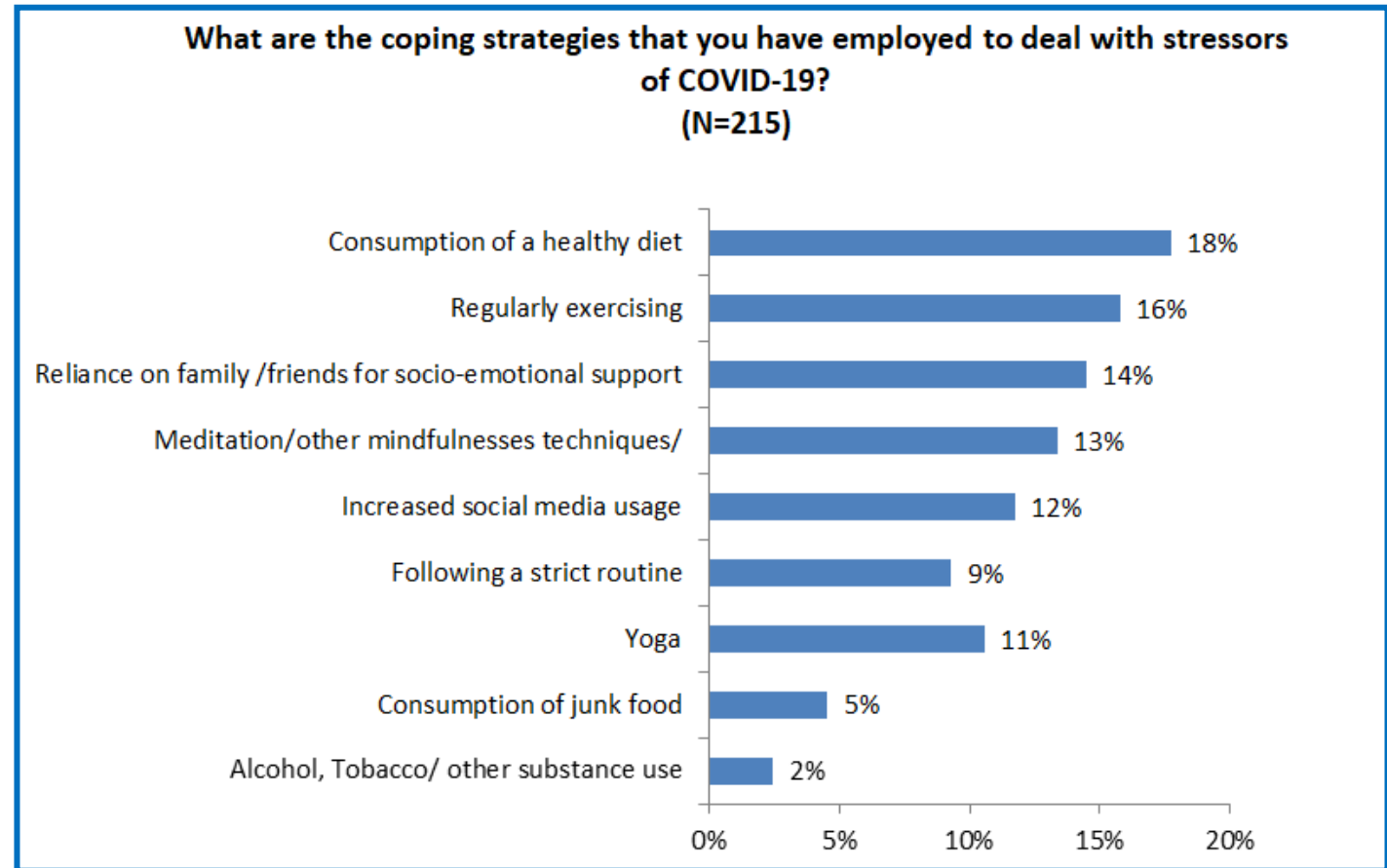
“I have just completed my masters degree but could not get a job amidst this public health emergency. This has not only affected my mental health but also made me anxious, hopeless and worth less”.

Tarun Gatum

#Voices from the field

Coping Strategies

- ❖ Improved dietary habits, exercising, increased access to socio-emotional support, and practicing of meditation techniques has helped to a large extent in coping with the stressors of COVID-19.
- ❖ It is evident that considerable number of respondents are sticking to a **strict routine** in order to balance personal and professional commitment.
- ❖ **Personal entertainment** has taken a boost and that can also be experienced with the kind of entertainment options being launched regularly.
- ❖ There is a large **reduction** in consumption of **junk food** and **alcohol**.



Others Coping Strategies

- ❖ Playing Video games
- ❖ Watching shows
- ❖ Reading spiritual books
- ❖ Journal writing
- ❖ Medication
- ❖ Spending time in volunteership



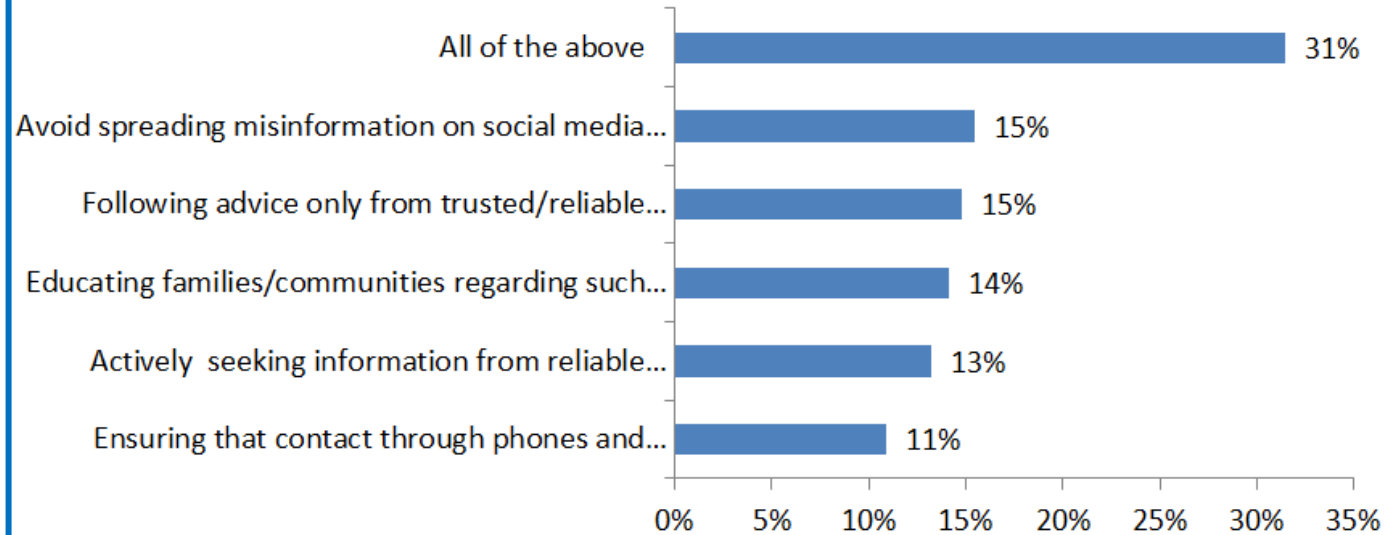
VOLUNTEER



The role of Youth

- ❖ Youth can play a significant role in countering the spread of misleading information of COVID-19.
- ❖ Networks like **Youth Online Learning Opportunity (YOLO)** have been created for this function and is an evidence that youth can play a healthy role in this field.
- ❖ A considerable amount of respondents also agreed that they are the torch-bearers within the family in bringing this **behavioural change** that any information received needs to be verified from a trusted source before believing.
- ❖ **13%** of the respondents also believed that we should actively keep ourselves updated in terms of new technology and **verification tools**.

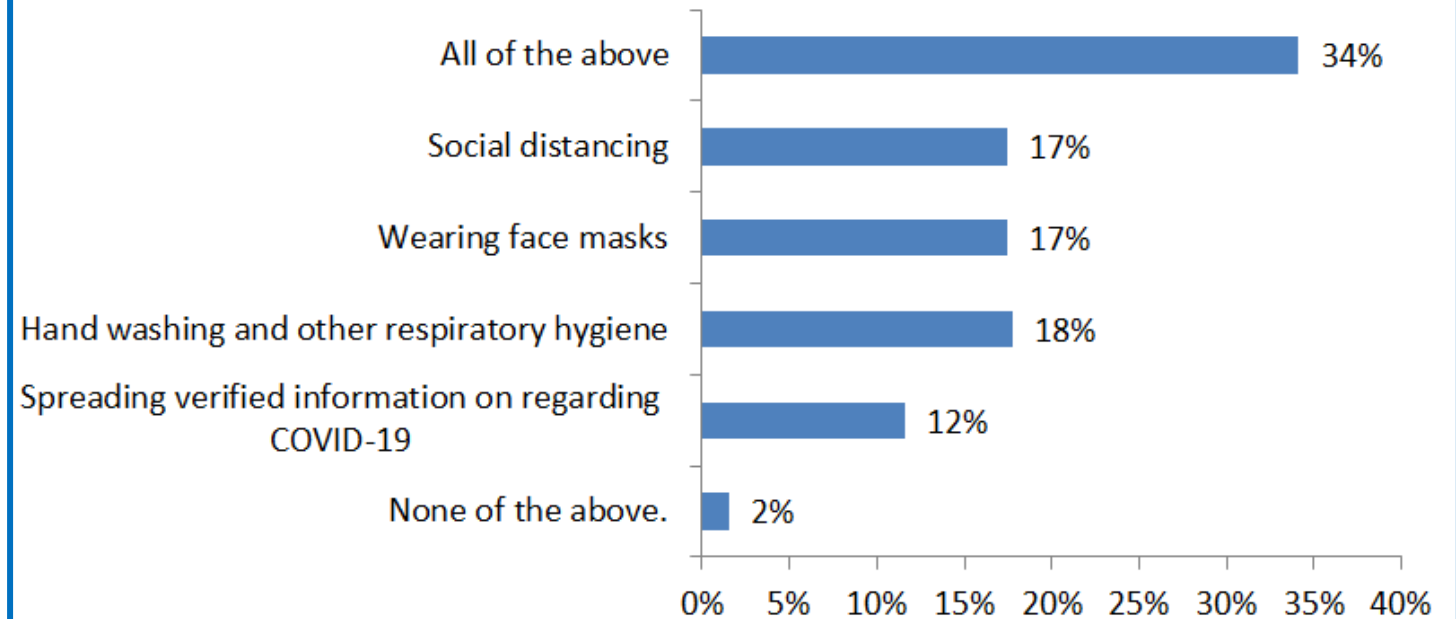
In what ways do you think youth can contribute to countering disinformation, misinformation, stigma and discrimination related to COVID-19 (N= 195)



COVID-19 measures

- ❖ Majority of the respondents are aware of the measures to effectively fight COVID-19.
- ❖ Almost 17% of the respondents know about different measures to combat COVID-19.
- ❖ Almost 12% of the respondents have rated that spreading of **verified information** is a good combatting tool.

Which of these measures do you think are helpful in effectively fighting COVID-19?
(N=159)



RECOMMENDATIONS & Way Forward



Major Observation	Key Recommendation
Impact on mental well-being, employment opportunities, education, and increased use of social media, emerged as prominent issues amidst COVID-19.	All these sectors demand special attention to address the challenges faced by the youth amidst COVID-19.
About 30% of the respondents were unable to regularly access online classes. Poor internet facilities remained the main challenge, apart from that poverty and additional burden of domestic duties were the other reasons.	Poor internet facilities need to be addressed at operational level nationwide to reduce the 'Digital Divide' across the country.
Online classes were not found to be as much productive as physical classes.	Interaction and discussion among the teachers and students should be encouraged to facilitate understanding of the subjects until the online classes are conducted.
Employment issues remained the major concern among the respondents. Dearth in employment opportunities, worries for not finding a job after completing the education were some of the major issues reported.	Entrepreneurship can play an effective role in creating job opportunities for the unemployed youth in various sectors ranging from social to technological. Since, the style of working has changed, therefore, people need to reskill themselves in order to adapt to the changing scenario.
About 67% of the respondents faced mental health problems amidst COVID-19. Issues of anxiety, disturbed sleep, feeling of hopelessness etc. were majorly faced. Despite facing such issues, very few (only 19%) sought professional help.	Awareness drive related to help lines need to be widely publicised by the government.
Limited resources, limited availability of qualified mental health counsellors, interference of family members, lack of awareness regarding where to seek help from and stigma remained the major challenges. 43% are still unaware about the mental health help lines.	Specific attention need to be given in this under-invested sector. The issue of limited availability of qualified staff and awareness on how to access them need to be duly addressed through policy and by leveraging the technology.

Major Observation	Key Recommendation
<p>Only 34% of the respondents are aware of all the measures that should be undertaken to win this fight against COVID-19.</p>	<p>Targeted IEC interventions related to COVID-19 Appropriate Behaviour are needed to educate the communities.</p> <ul style="list-style-type: none"> a) Behavior related to verification of information. b) Positive mental health practices need to be promoted. c) Spending time with family and friends need to be promoted.
<p>For the majority of respondents, COVID-19 proved to be a boon for strengthening bond between the family members but many were negatively impacted due to this. Communication gap emerged out as the main reason for the estranged relationship among friends.</p>	<p>Informal online community gatherings need to be encouraged to promote exchange of ideas, thoughts, opinions and discussions among the society to reduce the communication gap which has emerged as one of the main reasons for estranged relationships.</p> <p>Resident Welfare Associations (RWA) and mental health institutions can help promote this culture.</p>

S.No	Way Forward from the Survey
1	Volunteerism and youth involvement for perspective of Emergency Preparedness & health
2	University/ college level programmes on various features of healthcare awareness
3	Mental & Psychosocial health related issues (like suicide & depression among youth)
4	Adolescent & health related issues
5	Involvement of youth IT & Technological interventions
6	Youth as an agent of behavioural change
7	Catering to sports and anti-doping practices
8	Promoting entrepreneurship
9	Moral science/ family values
10	Creating nation-wide catalyst through a) Hackathon b) One-on-one discussion c) Problem Solving Mazes

THANK YOU!