

# Impact of COVID-19 on Youth's Lifestyle and Well-being: A Secondary Data Analysis

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**Abstract.** *It is widely recognized that the initial case of the coronavirus was identified in Wuhan City, Hubei Province, China, on December 31, 2019. Following this, the World Health Organization officially classified it as a worldwide pandemic on March 11, 2020. Multiple studies have demonstrated that these pandemic affects individuals of all ages, although the incidence rate is lowest among young people. The global situation, however, has led to the observation of distinct effects within this group. The reason can be said that in many countries around the world, schools, colleges and universities are closed for a long time. This changes the general lifestyle of the youth group. In this paper, the impact of Covid-19 on the lifestyle of youth groups is discussed. The impact of this virus has been seen to be more pronounced among the youth. Because of the impact, changes in their lifestyles have been found that have been dire. This study found that during Covid-19, youth spent more time sleeping than they normally would. During the pandemic, instead of using their study time, they have spent a lot of time on social media or various types of games. And, the positive impact is that Covid-19 is introducing young people as well as all students to the online education system. Badly the pandemic has a significant impact on the mental health of young people. On the other side, the pandemic has had a positive impact on the lives of young people in terms of hygiene.*

**Keywords:** *COVID-19, Pandemic, Youth, Self-care Activities, Awareness, Lifestyle*

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## INTRODUCTION

Youth have the knowledge, creativity, capacity and the potentiality to make change happen for the development of the nation. They are committed to work together, to take part in social innovation and change and to participate fully in the development of their societies, eradicate poverty and inequality, and foster a culture of peace. Youth defines to those young people who are in the age group of 15 to 24 years and the number of young people in the globe stands to 1.2 billion accounting 16% of the world population according to the World Youth Report, 2018 (UNESCO, 2022). The COVID-19 pandemic is disrupting various perspectives of people's lives in an unanticipated way. It compels to change people's normal lifestyle into a hostage life. At that time, we notice a number of dramatic loss of human life like psychological distress, public health, economic, food

system, hygienic behavior etc. in which various age groups experience its impacts closely. In the beginning of 2020, social distancing and continuous lockdown have changed the normal life of citizens drastically specially the young people (OECD, 2020).

Emerging research from around the globe demonstrates that youth substance abuse, depression, and anxiety increased substantially throughout COVID-19, while connections and social support among adolescents declined considerably (Temple et al., 2022). Due to COVID-19 it has been found the youth has to face numerous challenges like; “reduced physical activity, delayed sleep time, increased sleep duration, screen time, internet use, and sedentary habits, poor quality of life and-so –on and it has been seen that the maximum intensity of anxiety symptoms are found among females and older adolescents” (Chawla et al., 2021). In accordance with the UK Youth Movement's forecast, we postulate that the effects of COVID-19 on young people will be prioritized as follows: heightened concerns regarding mental health and wellbeing, increased feelings of loneliness and isolation, and a greater need for secure spaces, including the inability to reach their youth club and the necessity for safe havens within their homes.

Difficult family relationships, Requirement for reliable connections or a support system Elevated social media or online pressure, increased likelihood of group membership, substance abuse, weapon possession, or engagement in other detrimental cultures, heightened susceptibility to sexual exploitation or manipulation, and so forth (UK Youth, 2021). With the challenges that COVID-19 postures to the wellbeing and security of helpless youth, there's an immediate have to be relieve these impacts. This paper aims at assessing the impact of Covid-19 on youth's lifestyle.

### **Aim and Objectives**

The broad objective of the study is to assess the overall impact of COVID-19 on the teenagers and youth's lifestyle. The specific objectives are: (a) To identify the impact of the COVID-19 on youth's lifestyle; (b) To assess the self-care activities and awareness of young People

### **Existing Fact**

#### ***Conceptual Definition***

**Youth:** Youth refers to the time of life between childhood and adulthood. According to the World Youth Report (2018), Youth defines to those young people who are in the age group of 15 to 24 years and the number of young people in the globe stands to 1.2 billion accounting 16% of the world population (UNESCO, 2022).

**Teenage:** Teenage or adolescence is a developmental stage spanning from 10 to 19 years of age, as defined by the World Health Organization (WHO). It is distinguished by physical maturation, as well as emotional, psychosocial, and behavioral transformations; thus, it signifies the transition from childhood to maturity. These transitions typically transpire one to two years prior to their occurrence in males. Certain alterations are observable from the outside, while others occur internally (Inyang, 2022).

**Lifestyle:** The interests, viewpoints, actions, and behavioral tendencies of an individual or group constitute their lifestyle. A lifestyle can be described as a relatively cohesive collection of behaviors that an individual adopts, not solely to satisfy practical requirements, but also to materialize a specific self-perception narrative (Jensen, 2007).

**Food Habit:** Food habit refers to the manner in which an individual or a collective consumes food, encompassing the quantities, varieties, and timing of their meals. Food

habits are defined as "repetitive, collective, and conscious behaviors that influence individuals' selection, consumption, and utilization of particular foods or diets in response to social and cultural influences" (Medina et al., 2020)

**Hygiene:** Hygiene is the practice of keeping thyself and surroundings clean, especially in order to prevent illness or the spread of diseases (WHO, 2019).

**COVID-19 Pandemic:** Corona virus pandemic, is an ongoing global pandemic of Corona virus disease 2019 caused by the SARC-CoV-2 virus (WHO, 2020).

## **REVIEW OF LITERATURE**

According to (Sultana et al., 2021), a nationwide study of Bangladesh consisted with 3997 teenage and young students aged 18- 29; revealed that 52.87% had symptoms of depression and 40.91% had symptoms of post-traumatic stress disorder. Furthermore, the study showed that students in this country suffer from depression, anxiety and stress. About a third of the participants reported suffering from such psychological difficulties. Complicated mental disorders such as suicide and suicidal tendencies have also been observed.

Imran & Khatun (2022) comprehensively examined that respondent varied in their adaptability: Some young individuals have drastically altered their daily routines, while others have kept or adjusted them very little. Particularly through social media, youth have significantly renegotiated their lifestyles and resorted to a broader expression of their forced leisure, especially in unstructured activities. Although the inability to participate in physical activities during one's youth caused discontentment and resulted in more leisure time and sleep, it seems that young individuals are more resilient than adults who have had more opportunities to maintain social connections and participate in recreational pursuits. Despite this, younger respondents reported feeling dull, lonely, aggravated, anxious, and stressed at a higher rate than older adults.

Łuszczki et al. (2021) investigated changes in eating habits, physical activity, sleep, and media consumption among youth in Poland before and during the COVID-19 pandemic. The study discovered dietary alterations (e.g., less use of fruit juices, carbonated syrup, sweetened beverages, meats, frozen food, restaurant food, snacks, and more consumption of dairy products, fish, poultry, meat, and sweets) as well as changes in daily activity patterns (reduced sleep duration with higher sleep quality and reduced physical activity). During the pandemic, there was also an increase in general media usage and a decrease in Smartphone usage. Among Polish youngsters, the results show greater sleep, physical exercise, and decreased media consumption and screen time during the COVID-19 pandemic.

Zhou et al. (2021) analyzed a study utilizing a substantial sample of Chinese individuals unveiled that the COVID-19 pandemic had a notable and adverse effect on the self-reported physical activities and sedentary behaviors of young individuals. Furthermore, these effects persisted for a minimum duration of three months. Specifically, during the closure, sedentary time increased considerably while physical activity decreased substantially. During the period of closure, in particular, physical activity had ceased substantially while inactivity had persisted considerably longer. Prior to COVID-19, the research findings indicate that a minority of participants (38% of males and 50.9% of females) engaged in adequate physical activity (150 minutes per week), while the average duration of sedentary time was 4 hours. It has been consistently

observed that the COVID-19 pandemic has led to significant and adverse alterations in the physical activities and sedentary behaviors of adolescents and young adults.

Puteikis et al. (2022) discovered that the youth who had many problems during and after the COVID lockdown period, including eating habits and lifestyle modifications. Because people are restricted to doing limited acts during the lockdown, adaptive behavior and lifestyle changes may be a viable option for overcoming the issues that arise during the post-lockdown phase. In both times, the majority of respondents ate 3-4 meals every day, and there were no notable variations in meal ignoring. Following the termination of the lockdown, respondents were more likely to engage in physical activity. Physical activity characteristics were discovered to be related to student age group. According to the conclusion of the research, the COVID-19 lockdown period had a significant influence on the lifestyles of the young's including decreased the physical activity and also less engagement in the sports activity.

## METHODS

This study adopts a qualitative approach through secondary data analysis. As the chosen method, this approach allows for rich exploration of various viewpoints and experiences related to the impact of COVID-19 on youth's lifestyle and well-being. To ensure high-quality data, rigorous selection criteria were employed in identifying relevant secondary sources. These criteria included:

**Focus on Youth:** Data sources specifically focused on youths' experiences were prioritized. This involved seeking out studies, reports, and surveys targeting age groups within the designated "youth" demographic (e.g., 12-25 years old).

**Credibility and Reputability:** The chosen sources were published by credible organizations or authors recognized in the field of youth development, mental health, or public health. This ensured data collection methods adhered to ethical and rigorous standards.

**Relevance to Research Topic:** Data sources directly addressing the impact of COVID-19 on youths' lifestyle and well-being were prioritized. Sources solely focused on the pandemic's general public health impact or youth experiences unrelated to COVID-19 were excluded.

**Diversity of Perspectives:** To capture a comprehensive understanding, data sources reflecting diverse geographical locations, socioeconomic backgrounds, and ethnicities were sought. This minimized potential biases inherent in any single study or population group.

**Secondary Sources:** In this study, the secondary data has been collected from various journals, articles, newspapers, news reports, websites, blogs, and other relevant sources providing information about the impact of Covid-19 on youth's lifestyle.

Additionally, limitations associated with secondary data analysis include: *Limited control over data collection, Difficulty in verifying data accuracy, Limited understanding of context.* By carefully considering and discussing potential biases and limitations, this study aims to provide a reliable and insightful analysis of the impact of COVID-19 on youth's lifestyle and well-being, while recognizing the inherent challenges associated with secondary data analysis.

## RESULT AND DISCUSSION

### The Impact of the COVID-19 on Youth's Lifestyle

The covid-19 pandemic had led to a scenic damage on youth life style. Though it made all of the ages of people's life too much complex, as youths are the future of the world so they impacted by covid-19 more than the others. Covid-19 has had positive or negative (Fig 1), direct or indirect impact on youth's life style. It makes serious impact on youth's sleeping time, food habit, study time, mental health, hygiene behavior and other activities. Now this study is going to give a discussion of those impacts.

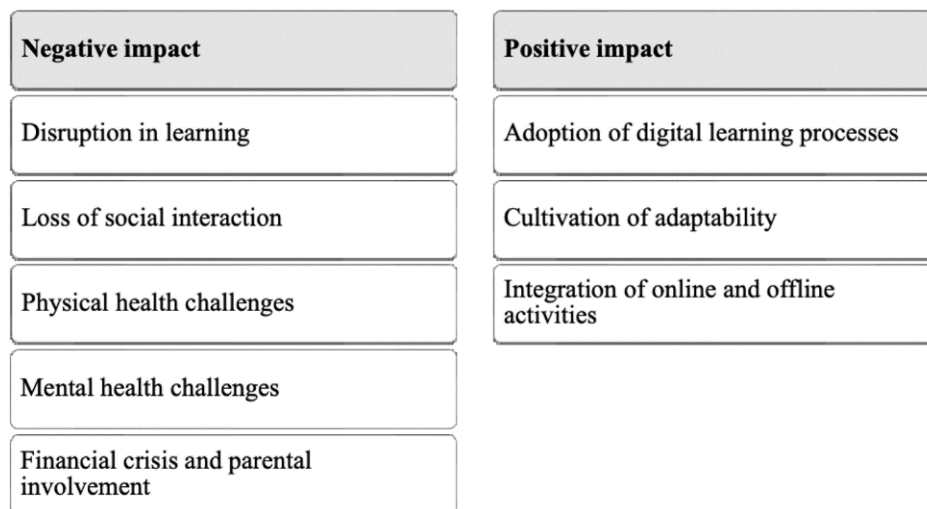


Figure 1. The negative and Positive impact of COVID-19 on Youth

(Source: Illustration by Author)

### Study Time

Covid-19 created both positive and negative impact on youth's study time. It is said that pandemic has created most disruption on education system. A study said that nearly 1.6 billion learners in more than 200 countries seriously affected by pandemic and most of them are youth. Though they got a lot of time but they didn't capitalize it. Instead of utilizing the time on study they gave so much time on social media or different kinds of game. The *positive impact* is that covid-19 introducing youth as well as all the learners with online education system. This online education system played a crucial role during the pandemic (Jacobson, 2022).

### Adoption of Online Education

In spite of the difficulties brought about by the global epidemic, the incorporation of technology into educational settings appears as a potentially significant *positive impact*. Strong ties between education and technology have been strengthened by the global situation. E-learning became an indispensable instructional method as a result of the rapid transition from on-campus to online formats of courses caused by the closure of academic institutions. In addition to modifications in content delivery, this transition also involved assessments and pedagogical approaches. In order to participate in online lectures, the attendees adapted to the Zoom, Google Meet, and Google Classroom platforms. Availability of pre-recorded classes via online media facilitated the process of taking notes. The transition to online platforms for questioning and submitting assignments did not present any substantial obstacles. Additionally, numerous students availed themselves of the chance to participate in the no-cost courses that are offered by



platforms like Coursera, edX, and Future Learn, thereby augmenting their repertoire of skills (Saha et al., 2023).

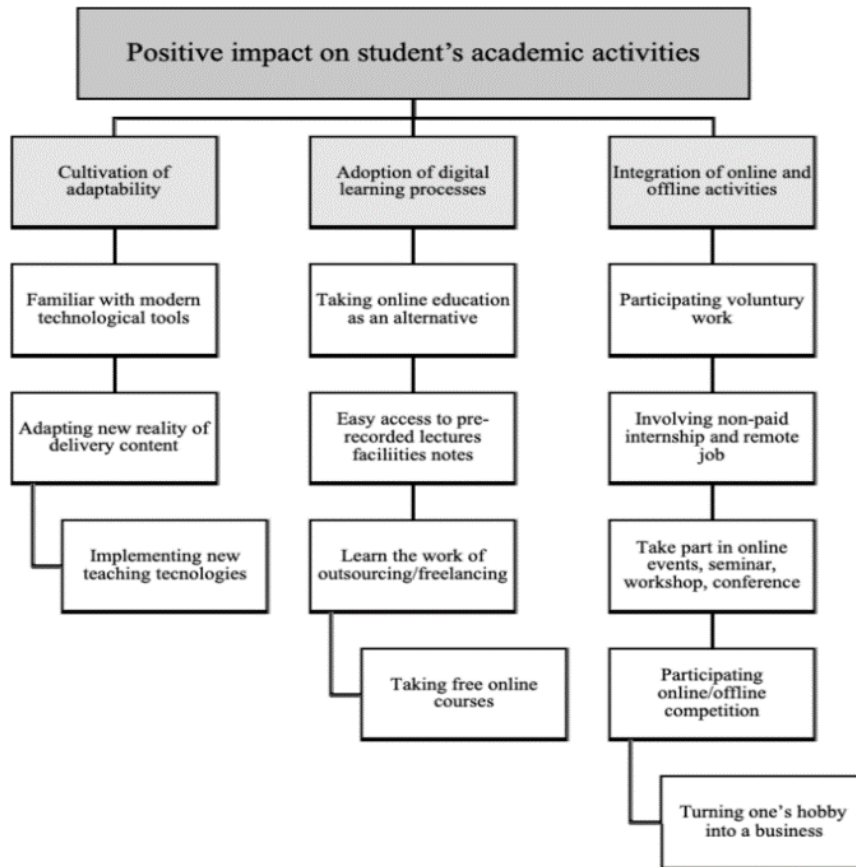


Figure 2. Positive impact of COVID-19 on youth's academic activities  
 Source: (Saha et al., 2023)

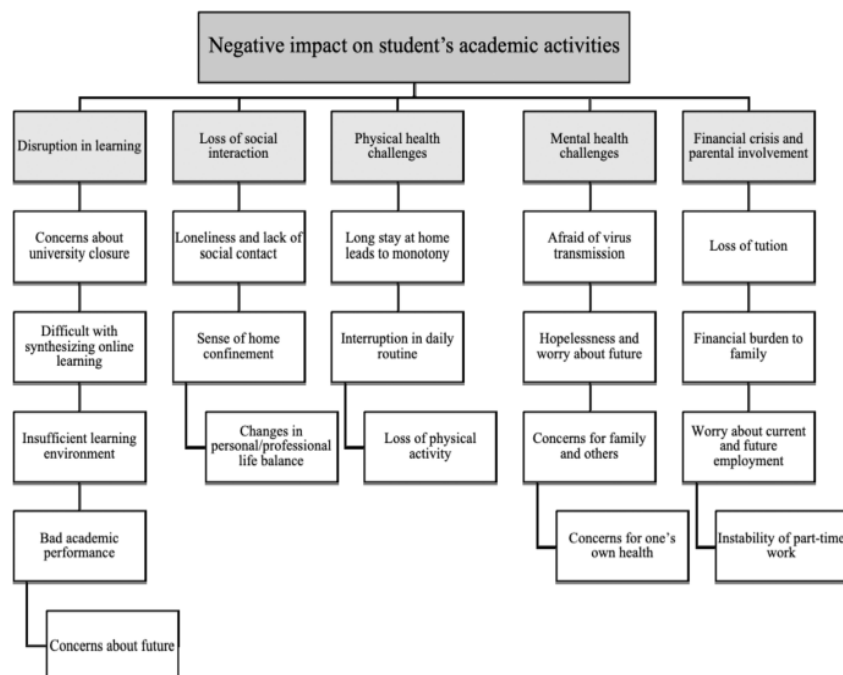


Figure 3. Negative impact of COVID-19 on youth's academic activities  
 Source: (Saha et al., 2023)

## Sleeping Time

During covid-19 youths have had more time in their schedule. Pandemic has both positive and negative impact on sleep of the youth. The *negative impact* may be, getting a lot of time they spend more time by sleeping. A study found that:

Sleep duration increased in children by 27.1% and among adolescents by 54.0%, or 41.4% of the study population. A decline in sleep quality was observed in 14.2% of the participants in the study (Fig 4). During the pandemic, sleep duration was evaluated in conjunction with screen time, physical activity (PA), and adherence to the Mediterranean diet (Medrano et al., 2020).

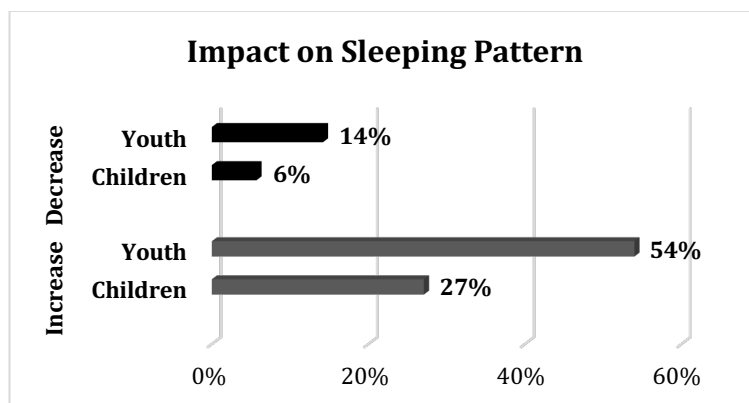


Figure 4. Impact on Sleeping Pattern

Source: (Medrano et al., 2020)

## Food Habit

During covid-19 of youth is seriously disrupted. This study finds that during covid-19 youth prefer sweets and ultra-processed food rather than nutritious food like vegetables, fruits, meat, and fish etc. It also found that youth were taking numbers of alcohol which comes from different countries. A poll was taken during August to July of 8,949 adolescence and young people from different countries as well as territories whose age was 13 to 29. This poll shows that “there has been an increase in consumption of sugary drinks (35%), snacks and sweets (32%), and fast food and convenience products (29%); and a decrease in consumption of fruits and vegetables (33%) and water (12%)” (Table 1) (León & Arguello, 2020).

Table 1. Impact on Food Habit

<b><i>Increase in consumption of</i></b>	
<i>Sugary drinks</i>	35%
<i>Snacks and sweets</i>	32%
<i>Fast food</i>	29%
<b><i>Decrease in consumption of</i></b>	
<i>Fruits and vegetables</i>	33%
<i>Water</i>	12%

Source: (León & Arguello, 2020)

Physical and Mental Health: Covid-19 having a significant impact on youth’s mental health. UNICEF conducted a poll recently which shows that 27% of youth feels anxiety, 15% is in depression. It also shows that the main reason behind this is the

economic situation of the youths. Moreover 46% young people say that they having less motivation to do activities which they enjoyed. 36% feel less motivation to do regular chores. After that UNICEF’s perception is that in future covid-19 has also been negatively affected (León & Arguello, 2020).

A majority of the 760 young respondents (45%) reported experiencing a deterioration in their physical health as a consequence of the pandemic. Few respondents indicated an improvement, with roughly one-third reporting no change. The effects of the pandemic on mental health were variable, with the majority of young people (75%) attributing negative effects to their mental well-being. A few individuals reported neither a change nor an improvement (Fig 5) (Li et al., 2021)

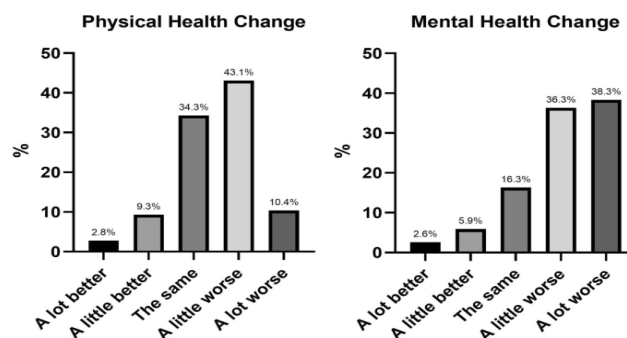


Figure 5. Physical and mental health change among youth since the pandemic began

Source: (Li et al., 2021)

Social Connection and Friendships: The majority of respondents stated that they felt less connected to their peers. Friendships among adolescents appeared to be relatively stable, with approximately half of the respondents indicating that there was no discernible effect on friendships in general. Around one-third of the young participants indicated that family relationships and familial stress had worsened (Fig 6) (Li et al., 2021).

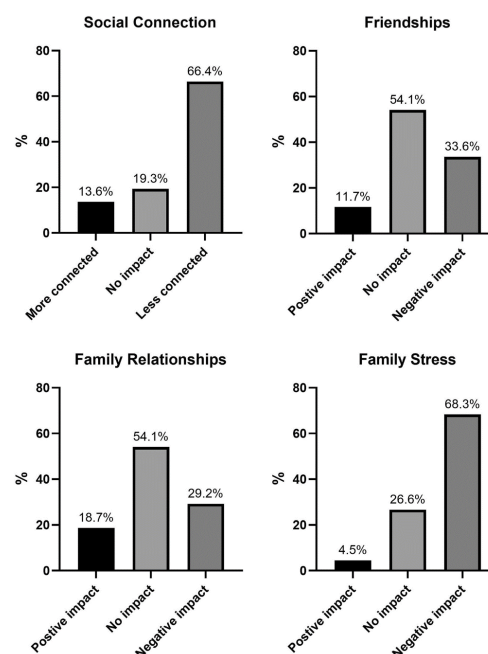


Figure 6. Impact of pandemic on peer and family relationships among youth

Source: (Li et al., 2021)



## Hygiene Behavior

Covid-19 pandemic made a positive impact on the youth's lifestyle in the concept of hygiene behavior. It made a habit to washing hand, using hand sanitizer which protects them from infection. Except some of the youth's all of the youth's maintaining safety net. Hand-washing with soap at least 20 seconds at a time is widely maintained by the youth. An Indonesian Survey shows that 82.32 % female and 73.37% male responded ensure that they washing their hand more than 8 times in a day (Medrano et al., 2020).

Beside those, covid-19 also plays much positive and negative impact on youth's lifestyle. Such as many of them loses their livelihood, increasing unemployment, uncertainty about the future etc. On the other hand, some of completing many online trainings achieves technical skills etc. But most of the youth's being negatively impacted by covid-19 (Medrano et al., 2020).

## The Self-care Activities and Awareness of Young People

The capacity of communities, families, and individuals to promote health, prevent disease, maintain health, and manage illness and disability independently of healthcare assistance constitutes self-care and awareness. It incorporates a multitude of concerns, such as self-medication, hygiene, nutrition, lifestyle, the environment, and socioeconomic factors. Advocates for self-care facilitate the empowerment of communities, families, and individuals to make well-informed decisions regarding their health. It possesses the capacity to enhance health system efficiency and promote health equity. Amidst the COVID-19 pandemic, self-care and awareness may assume a critical function in ameliorating health-related consequences during a humanitarian crisis (Imran & Khatun, 2022)

In this time of crisis, it is especially critical that individuals engage in responsible self-care practices in order to reduce the strain on healthcare systems. This is achieved through the implementation of preventive measures and the self-management of moderate symptoms. WHO has promoted daily the importance of self-care actions such as maintaining physical distance, practicing good respiratory hygiene, and washing hands in order to protect individuals from COVID-19. However, self-care can also contribute to the maintenance of physical and mental health during the coronavirus disease pandemic in a variety of other ways (Johora et al., 2021).

Education is crucial for achieving positive outcomes from self-care practices and maintaining awareness, as irresponsible practice can expose one to a variety of potential dangers. Since the inception of the COVID-19 pandemic, information has been awash in social media and mass media with an accumulation of falsehoods. Self-care is impacted by a variety of variables, including socioeconomic status, education, gender, and the accessibility of medication. However, no empirical evidence exists concerning the implementation of self-care practices among young individuals. Self-care and awareness practices, including but not limited to face mask use, hand hygiene, social distancing, and mental health maintenance, are essential strategies for reducing the mortality and morbidity associated with COVID-19. Educational intervention in self-care practice might help improve current practices. On the other hand, we have taken nutritious foods and fruits which can boost our immunity level. Besides the directions from the health ministry have been obeyed. Different online platforms are used to raise other consciousness; uses of hand sanitizer and facemask to avoid Covid-19 are also regarded as awareness activities (Jacobson, 2022).

## CONCLUSION

This study provides an overview to assess the eating habits, consuming foods, physical activity, sleeping habits, mental status, sleep patterns and Internet use of the teenage and youth's during COVID-19. The impact of Covid-19 was extended from August 2020 to the end of 2021 mostly. Most of the impacts were negative. The negative impact on teenagers and young people was on sleeping time, food habits, study time, employment, mortality rate, etc. We already know that younger people are struggling more mentally than previous generations and those trends in mental health have been going downwards. Youths are living in increasingly transient circumstances and their mental health problems such as anxiety, depression, loneliness, and are getting more exacerbated than before. During the pandemic, many young people lost their parents, brother-sister, and relatives which were very shocking. Insufficient ICU service and Oxygen occurred in many immature deaths. Sleeping time was increased by 41.4%, youths preferred sweets and processed food rather than fresh fruits and vegetables, 1.6 billion learners of 200 countries decreased their study time, 27% of youth felt anxiety, etc.

Besides negative impact, we have seen positive impact also. Some of these are practicing till now. Self-care practices and awareness with social distancing were experienced. People were aware of germs. It made a habit of washing hands using hand sanitizer. Many teenage and young students are accustomed to online school and have been training, meeting through ZOOM, Google Meet, etc.

## Acknowledgement

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## Conflict Of Interest

There is no perceived, potential, or actual conflict of interest exists.

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