

Research Article

The Effect of Anxiety and Social Support on Adolescents in the Era of COVID-19

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Abstract

Introduction: At the end of 2019, an acute infectious disease appeared, which first started in Wuhan, China. The risk of increased contagion and anxiety caused by it decreased the quality of life among adolescents. The purpose of this study is to investigate the effect of social support on the mental health of adolescents in the era of COVID-19. **Methodology:** This review was conducted by searching websites such as Scholar, SID, Magiran from 2019 to 2023. **Results:** Corona virus is a public health emergency and pneumonia caused by corona is a highly contagious and infectious disease. The most common initial manifestations are fever, cough, fatigue and myalgia. The WHO has announced that due to the prevalence of this disease among teenagers, the increase in deaths and quarantine of people can cause anxiety, which can be reduced with social support. According to the definition of social support, it means feeling of belonging, acceptance, love and affection. And it creates a safe relationship for every teenager. **Conclusion:** The evidence has shown that social support is one of the components that can directly and indirectly improve the mental health of adolescents, and reduce the negative effects caused by virus anxiety.

Keywords

Coronavirus, Social Support, Mental, Teenagers, Anxiety

1. Introduction

At the end of 2019, an acute respiratory disease emerged, which first started in Wuhan, the capital of Hubei province in China [1, 2]. Due to the high spread of this infection, it quickly spread to all continents and had negative effects on the mental health of young people and teenagers. Anxiety increased and quality of life decreased among teenagers [1, 3]. The outbreak of COVID-19 has affected many areas of life such as health, economy, societies and psychology. Studies show that the disease has caused many psychological prob-

lems, including feelings related to grief, loss, complications, illness and post-traumatic stress disorder [1, 4]. During the covid epidemic, in order to control the epidemic and its transmission, it is necessary to implement regulations such as curfew, social distance, and school closures, which have caused social isolation and negative effects on the psychological dimension of adolescents who actively participate in social life, considering that adolescence A very sensitive period of development for the onset of many mental health

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disorders such as anxiety, depression, for early diagnosis and prevention of mental health consequences requires further investigations [1, 5, 6] and how the pandemic may affect stress levels among specific subgroups (gender race, family structure, etc.) at this age. Such findings can be effective for early diagnosis. The important point is that since adolescence is a key stage in the development of social functioning and the creation of a lifestyle of physical and mental health, the impact of this epidemic on the lifestyle and social life of adolescents is likely to continue in the short term and may also last a lifetime [6, 7]. They continue. Therefore, it is important to examine the lifestyle and social life changes of adolescents during the pandemic and their relationship with perceived negative impact [8-10]. These positive changes in lifestyle, physical activity, and social support may help people cope with negative effects. Therefore, this review study was conducted with the aim of investigating the impact of depression, negative psychological dimension and social support on adolescents during COVID-19 [11-13].

2. Materials and Methods

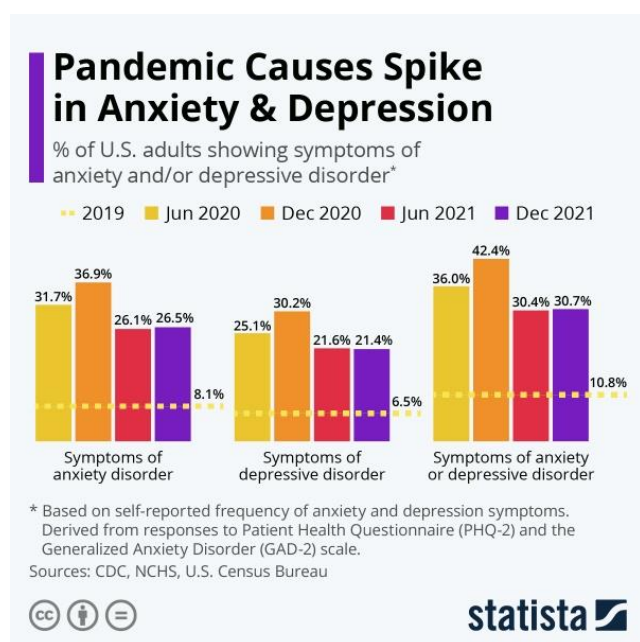


Figure 1. Impact of COVID-19 Pandemic on Mental Health [14].

We searched electronic databases through PubMed, Science-direct and Google Scholar databases from 2019 to 2023. We searched with the following methods, such as MeSH or the terms COVID-19 and adolescents, depression and social or psychological support of COVID-19 on adolescents [5]. This strategy was searched and carried out. Among these, only twenty articles were related to "the effects of social support on depression and anxiety on adolescents during the COVID-19 pandemic". Therefore, in order to make the review

more comprehensive and informative, we have included studies in this article that report on social support for anxiety and depression in adolescents in the COVID-19 pandemic [15].

3. Results

Based on the information of this article, this study investigated the level of social support and its relationship with mental health in adolescents during There are three main findings in this study [16-18]. First, we found that depression and mild risk are common in adolescents during this period, second, demographic changes, such as gender, living conditions were associated with increased complications and symptoms [19, 20]. Third, and most importantly, different social levels are specifically related to different evaluations of symptoms and complications [21, 22]. Adolescence is a period of significant social, cognitive and emotional changes during which symptoms of increased anxiety usually appear due to the sensitivity of this period and the limited number of adolescents faced with social disorders (depression and anxiety) during the epidemic [21, 23]. Many factors may affect the mental health of adolescents. The quality of life and psychosocial problems of adolescents in low-income families are more at risk due to insufficient digital devices and inappropriate access to the Internet. Due to the outbreak of COVID-19, schools have been closed, adolescents have been forced to live and study at home, and communication with others has been affected, which can have a negative impact on mental health [23, 24]. In addition, recreational facilities are closed, so teenagers are forced to stay at home. It has been shown that staying at home for a long time and not having access to sports also increases the risk of depression in teenagers [25]. For this reason, they need social and family support to reduce the negative effects of anxiety in teenagers [25-27].

Social support:

Social support is an interactive process that often means receiving spiritual and material care and support from others [24]. It can reduce the anxiety level of adolescents in the epidemic, which makes people feel cared for, loved and has a positive effect on their mental health [28]. Generally, social support is divided into 2 categories in terms of nature: 1- Objective or real support, which includes social networks, the existence of group relationships and the amount of individual participation [24, 29]. The other is mental support which refers to the individual's experience and emotional satisfaction and is respected, supported and understood in the society. People differ in the use of social support [30-32]. The providers of social support in this article include family members and friends. The study showed that parental support is more important during adolescence and can effectively reduce adolescent anxiety [33-36].

Symptoms of coping with teenage anxiety:

Coping encompasses a wide range of self-regulatory pro-

cesses employed during periods of psychological stress, which include efforts to manage emotional responses, change the situation, and/or modify one's behavior [37]. It includes a range of strategies (such as denial, distraction, behavioral diversion) that are used to manage the response to stressors by shifting attention away from the stressor and associated thoughts and feelings [37, 38].

4. Discussion

This study shows that COVID-19 affects the mental health of teenagers. Adolescents who were isolated or quarantined during the pandemic were more at risk of acute depression and grief. The mental health potential of social distancing, school closures and quarantines and the impact of social support on the mental health of adolescents were investigated [39]. Many studies provide numerous observations and suggestions regarding preventive strategies to reduce the mental health consequences associated with COVID-19. Suggested ways to help improve mental health include economic support, social support [40].

5. Conclusions

The rate of COVID-19 among teenagers is low, but the stress caused by it damages their mental condition a lot [6, 41]. Many cross-sectional studies have been conducted to analyze the social impact on depression and anxiety on adolescents during the COVID-19 [42, 43]. The results of these studies show that the extent of this impact depends on several vulnerability factors, including age, educational status, pre-existing mental health status, low economic status, and being quarantined due to fear of infection [44, 45]. Therefore, adolescents are more psychologically vulnerable and need social support from parents and friends. Restrictive measures, such as closing schools and recreation centers for long periods together, expose adolescents to debilitating effects on academic, psychological, and developmental achievement because they feel isolated, anxious [46-48]. Adolescents' need for mental health services using face-to-face platforms and social support is necessary and essential. This is very important to prevent mental challenges during and after the pandemic in society [38, 49, 50].

6. Offers

The Covid-19 pandemic has had many effects on the lives of all people, especially teenagers around the world. In general, community health, such as social distancing and business closures, schools are critical to reducing these viruses, however this may create feelings of isolation, which in some cases may lead to risk and harm in young people. Coping with stress in this situation can help teenagers and their friends to be more resilient people. The corona epidemic and its consequences can lead to

stress and anxiety in people and changes in their thoughts and feelings, which may cause problems such as the following:

1. Feelings of fear, anger, sadness, worry,
2. Feeling hopeless
3. Changes in appetite, energy, interests
4. Difficulty concentrating and making decisions
5. Sleep disorders
6. Fear of being in public places and communicating with others

Strategies to deal with anxiety during the Covid-19 pandemic:

have daily and routine activities such as:

1. Learning and studying textbooks or novels
 2. Listening to podcasts
- Learning a new hobby such as a new language, cooking, etc.

Maintain communication with others through the following ways of communication such as:

1. Talking on the phone, chatting or video calls
2. Doing group sports online with relatives
3. Thinking positive
4. Avoiding negative news

Abbreviations

COVID-19: Corona Virus

WHO: World Health Organization

Conflicts of Interest

The authors declare no conflicts of interest.

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