

IMPACT OF COVID-19 ON ADOLESCENTS

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ABSTRACT

The coronavirus suddenly knocked us all into our lives. It has engulfed the whole world. The methods of spreading this disease are so different that you cannot even guess when and how the disease will end. Lockdown is being used for its immediate prevention. But this disease has a profound effect on the human mind and soul. Adolescence is the most important stage of life, in which not only physical but mental changes take place. Therefore it is considered to be the most sensitive time where children complete the specific phase of education and socialization. On which the learning of the art of living a whole line of a full life rests. But due to Covid-19, Lockdown has affected this entire process. The purpose of this study is to know what is its good or bad impact on adolescents. The study has been performed on the age group of 10-19 year adolescents. In which different questionnaire is used from children and adults. This study explores the wide impact of COVID-19 on adolescents such as mental, health, educational, Psychosocial, It also includes school closure, domestic violence, child abuse, social, behavioural approach, cultural, kinship-relations and socialization.

KEYWORDS: *Adolescent, Quarantine, Covid-19, Coronavirus, Pandemic, Pandemic, Parenting behaviour*

INTRODUCTION

Beginning its journey from Wuhan, China, Covid-19 has made its presence in the all corners of the world today. Covid-19 is a contagious disease. The method of spread of which is different from various infectious diseases in the past, and the speed of its spread is also quite rapid. There is only one hope that if some medicine or vaccine is made and it is available to all, then it can be eradicated. Only then something can happen. Till now there is neither a medicine nor vaccine to prevent it. So the only way to avoid it is to stay away from people. For this, the majors of lockdown has been adopted in almost all countries of the world.

The lockdown due to Covid-19 pandemic has affected every part of the world, in every aspect. Which includes environment, economy, politics, religion, education, science and technology, work culture, social system, etc.

If it is understood in William F.Ogburn words, then it has badly affected both material and non-material culture. Not only this, it also has affected all animals in different ways. Even the weather has not remained untouched by this.

In such a situation, the disease has the greatest impact on humans. In which both human body and soul have been affected. Although this disease is for the body, but it has also tricked the soul. Because humans are social animals and society is their first need. The lockdown has struck social presence first. Which has undoubtedly affected the conscious - unconscious mind of man. It is more effective on children, adolescents and older people. In this, adolescence is the most special and delicate state. This is the period through which puberty is attained. On which the progress of any country or society depends completely.

Adolescence is a period in which mental and physical changes take place along with the methods and norms of education and socialization. Therefore, it is a more vulnerable state. From the table presented, it can be understood even more explicitly. (This is part of the Dictionary of Sociology which describes the various situations of Adolescence)

ADOLESCENCE

Adolescence as a Phase of the Life Course

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FEATURES OF ADOLESCENCE	CORE IDEA
1. Adolescence in social historical perspective	Variability in the adolescent experience can be studied through the social history of youth.
A. Historical permanence of adolescence	Adolescence is a semi -autonomous phase of life that is not of modern origin. Adolescence is always changing in response social forces
B. The boundaries of adolescence	Adolescence is differentiated from childhood and adulthood by transition markers and roles
(a) From childhood to adolescence	The pubertal transition was not always a critical marker between childhood and adolescence.
(b) From adolescence to adulthood	The transition markers have been compressed and their sequence has become more complex.
2. Pace of movement through adolescent roles	Social stressors may promote rapid movement into, through and out of adolescent roles.
3. Pathways through adolescence	Pathways direct youth through social positions in organizations.
A. Pathways in the school	This pathway is defined by the transition to 8th grade, tracks, and transitions out of high school.
B. Pathways in the workplace	This pathway is defined by the adolescent work career: extent of work involvement, quality of work, and fit with other roles and life goals.
C. Agency in pathways	Adolescent planfulness is a critical resource with which to actively negotiate the life course.

According to National Programme for Youth and Adolescent development- Persons belonging to the age group of 10-19 years are adolescents. Adolescent is a Latin word ‘adolescere’ means ‘to grow, to emerge’. Which denote significance of adolescents for developing country.

As stated by Mahatma Gandhi ‘If we wish to create a lasting peace we must begin with the children’. In here presented utterance underscore the importance of children and adolescents. In the opinion of Herbert Hoover Children are our most valuable natural resources. And as claimed by John.F.Kennedy- A child miss-educated is a child lost.

Adolescence is the period of transition from childhood to adulthood during which young people go through many physical, intellectual and social changes. During this stage in the life cycle, a young person’s social, economic, legal and political status is transformed.

Adolescence is a time of preparation for the adult roles of worker, citizen and community participant, spouse, parent, and household manager. It is a period of capacity development and one of increased vulnerability and risk, especially for

girls. Many of the problems adolescents are experiencing are related to their relative lack of power. Legally, politically, socially and economically, adolescents have less power than adults. This makes them vulnerable to exploitation and abuse, reduces their ability to demand better quality education, and limits their livelihood opportunities. (**Adolescent Development: UNICEF**)

Hence, studying the effects of lockdown on adolescents is an important task. So that parents, teachers, doctors and whole society will get a squeeze on how to treat teenagers. Also, an attempt is made to know what kind of changes take place in Adolescents. Especially when they are restricted and how do they feel under new sudden assiduity. By which they will be able to face such delicate times and their natural development is not affected.

REVIEW OF LITERATURE:

1. **THE IMPACT OF COVID-19 PANDEMIC ON ADOLESCENTS: JOHNS HOPKINS UNIVERSITY (MAY 2020)** -This study assumes, however, that the direct risk of the disease on children and adolescents is not as high. But it has disrupted their lives in various ways. It has been told that due to this disease, socialization, education, health, social experiences and general development of the children have been adversely affected.
2. **LIFE DISRUPTED: THE IMPACT OF COVID-19 ON TEENS: GENYOUth's Fourth National Youth Survey (JUNE 2020) - GENYOUth**, a national non-profit organization dedicated to creating healthier school communities, released the results of a first-of-its-kind national survey of America's youth detailing the impact of COVID-19 on their everyday lives, the disruption it has caused to their plans for the future, and the support they need from adults to help them cope in the weeks and months ahead. Although this study has been done on the children of America, but its results show that it can be applied in India too.
3. **COVID-19 AND CHILDREN: UNICEF (JUNE 2020)** According to this report, it is a universal crisis and, for some children, the impact will be lifelong. It discuss on monetary poverty, learning crisis, Threats to child survival and health, Risks for child safety etc.
4. **LANCET (CHILD AND ADOLESCENT HEALTH)** - Journal has pointed out that social deprivation and reduction in peer contact threaten

to have long term consequences on the impressionable minds of our young population. 243 million Indian adolescents could be at risk due to COVID-19.

5. **Ritwik GHOSH 1, Mahua J. DUBEY 2, Subhankar CHATTERJEE 3 *, Souvik DUBEY 4(July 2020)-** In this study, it is assumed that children are medically less susceptible, but psychologically more sensitive. In this, various types of effects on children have been analysed.
6. **Manual Castells (2000) -** Castells describes about the establishment of a 'network society' through information technology. Herewith 'Rise of Network Society', new information technology envisions new changes in social organizations and gives them the name of 'Network Society'. Network society makes social, economic, political, cultural, and technological changes through digital reciprocity of people.
7. **Sherry Turkle (1995)–** American sociologist of technology professor of MIT Sherry Turkle explicates through the presented book that the boundary between man and machine has become extremely obscure. She observed the struggle of people for the difference between man and machine. She underlines the development of artificial intelligence and artificial life. She scrutinize how people use technology, she also underscore the dangers of being online and underlines the internet misdeeds happening on young children.
8. **Sherry Turkle (1984:2005) -**Sociologist, psychologist and professor of MIT sherry turkle has studied technology and the prevalence of computers by focusing on the life of people, especially the effects on children. She describes how children grow up with computers thinking about machines. She also gives importance to children's thinking. And points to him as children' philosopher. She also analyzes the power of video games and machines. She outlines about adolescents, how they build their identities. The turkle shows that the main interest of the children is in what they can do with the computer.
9. **Patti M.Valkenburg & Jessica Taylor Piotrowski (2017) -**This book provides a deep insight into the most vivid and complex and important issues of the present day on media, children, and adolescents. Through which detailed description has been given on positive and negative effects

of media. Through this book, the author has exposed the dark side of the media, showing the influence of media on violence and pornography. On the other hand, it has underlined its golden side, in which the educational media has shown countless opportunities for learning and the possibility of the development of identity through social media.

10. **Rommani Sen Shitak (2011)** -The study presented highlights the effects of television in India. It has tried to know how it has been able to show the lives of poor and deprived people. And it has been suggested that policymakers should pay attention to its development. It states that mass media such as newspapers, radio, television the internet, etc. One of which was aimed at promoting development in television promotion in India.

METHODOLOGY AND EXPERIMENTATION:

After an extensive review of the literature, this study has conducted. This study combined both qualitative and quantitative methods. Different Questionnaire have been used to get information from children and adults. People from both urban and rural environments have been included in this. With the help of Google forms, online information has been sought from about 400Adult. While 308 people have filled and submitted the forms. Whereas for the information from the adolescents, telephonic interviews have been done with the 300 children of 10 schools of urban and rural areas of Churhat tehsil of Sidhi district.

Along with this, secondary resources have also been used, such as newspapers, various websites, articles, journals, etc. So that deep and detailed study can be done.

RESULT AND DISCUSSION:

ADULT PARTICIPANTS:

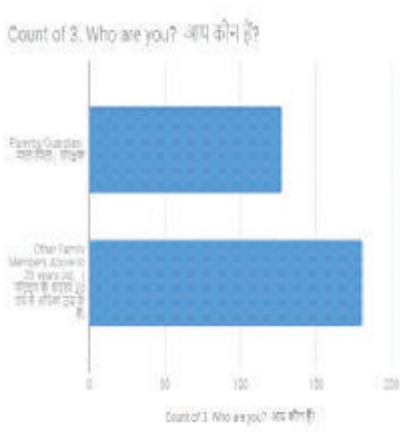
308 people participated in this study. Those who were either parents (41.2%) themselves or those who have completed the age of 20 years (58.8%).In which 201 people were from urban area and 107 people from rural area. On the questions related to the precautions of Covid-19, 95.8% of the people say that this global pandemic needs more alertness regarding Adolescents. Because there is a lack of understanding about the seriousness of this thing in Adolescent (51.3%).63.3% of these people believe that online classes started due to Lockdown are worse than traditional classes.73% people have found various change in the nature of

children due to online classes. such as - violent tendencies, intolerance, extreme anger ETC (55.8%).67.2% people have admitted that online education has a bad effect on children’s health.According to 71.11% people, Covid-19 has a bad effect on the education and socialization of children.While 72.7% people believe that this disease has also negatively affected the interaction of children.But along with this, some good things have also been noticed by the people.During this time, positive changes were seen in children due to the religiousserials shown on TV (87.7%). 74% believe that during this period the support given by male members of the family in house work will affect the socialization of the children, Even if it must have been improvised or pretended.One important information was that, children spend at least two hours onscreen in a day and spend up to 12 hours at most.

ADULT PARTICIPANTS:

TABLE-1

एट ३ए	२८'८ए
एवरेनल३	नोन-एवरेनल३ (०गडेर लनव ३०)
ज०ल(३ए'३ए)	ज०ल(२ए'३ए)
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TABLE-1a

QUESTION	RESPONSES	BETTER THAN THE TRADITIONAL SYSTEM	WORSE THAN THE TRADITIONAL SYSTEM
How do you see online education started during lockdown?		112(36.4%)	193(63.6%)

Count of 8. How do you see online education started during lockdown? (ऑनलाइन एजुकेशन के दौरान शुरू किये गए ऑनलाइन एजुकेशन को आप कैसे देखते हैं।)

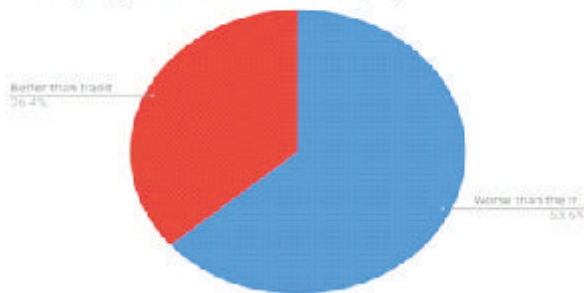


TABLE-1b

QUESTION	YES	NO	MAYBE
RESPONSES	NUMBER OF PERSON (%)	NUMBER OF PERSON (%)	NUMBER OF PERSON (%)
Do you think that in the situation of Covid-19 Pandemic, one needs to be more careful about children?	295 (95.8%)	2 (0.06%)	11 (3.6%)
Do you think that children have enough maturity to understand the severity of this disease?	73(23.7%)	158 (51.3%)	77(25%)
Have you noticed any change in the nature of children due to online education?	225 (73.1%)	37(12%)	46(14.9%)
Do you believe that this has increased the level of negative behaviour in children such as - violent tendencies, intolerance, extreme anger ETC?	172(55.8%)	67(21.8%)	69(22.4%)
Do you believe that during this period the support given by male members of the family in house work will affect the socialization of the children, Even if it must have been improvised or pretended?	228(74%)	23(7.5%)	57(18.5%)

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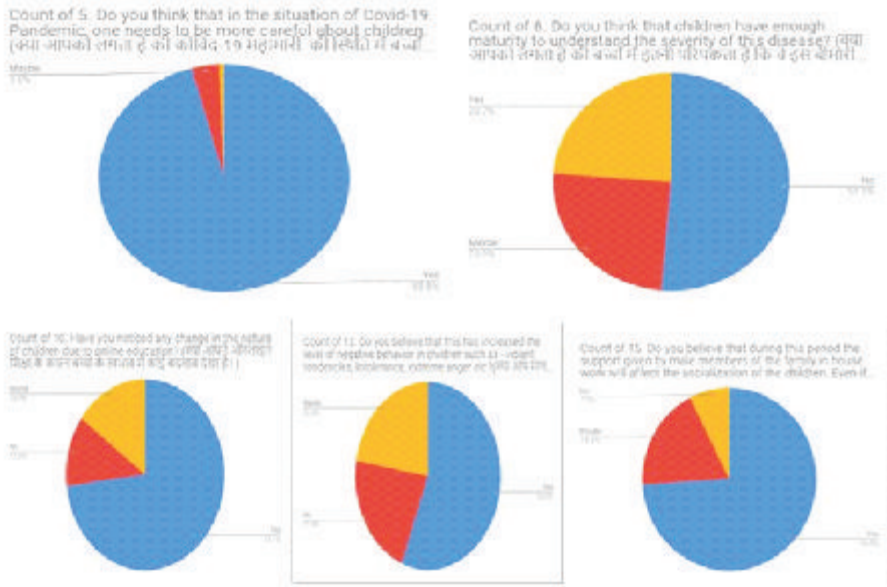
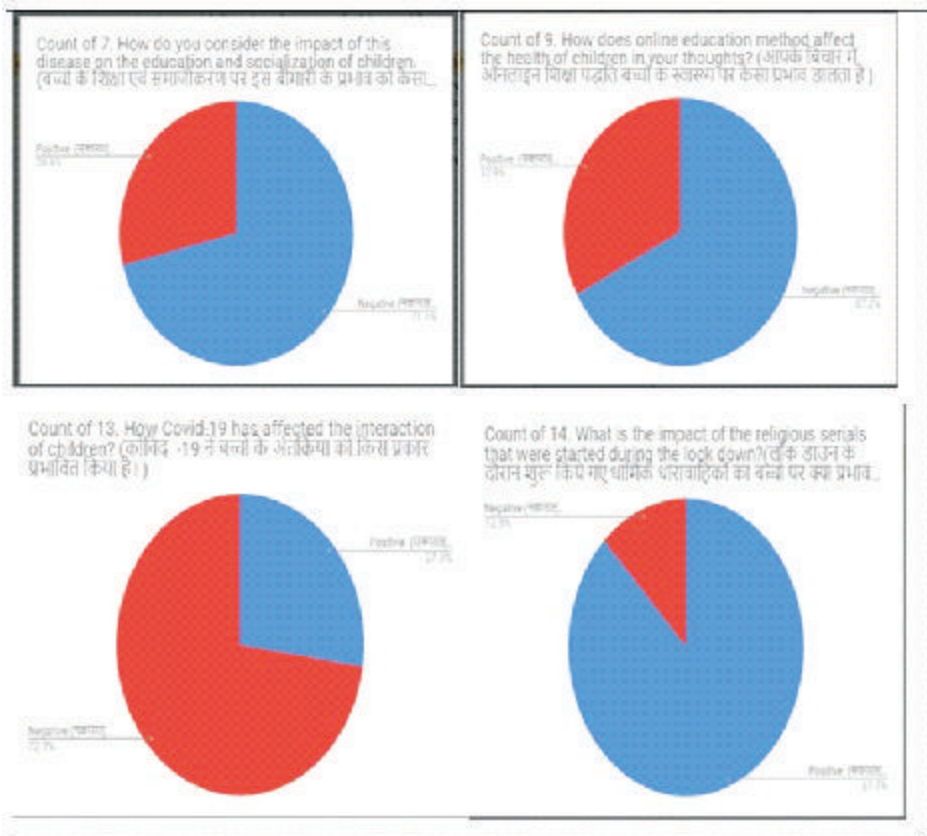


TABLE-1c

RESPONSES QUESTION	POSITIVE IMPACT ON ADOLESCENTS NUMBER OF PERSON (%)	NEGATIVE IMPACT ON ADOLESCENTS NUMBER OF PERSON (%)
How do you consider the impact of this disease on the education and socialization of children?	89 (28.9%)	219 (71.1%)
How does online education method affect the health of children in your thoughts?	101 (32.8%)	207(67.2%)
How Covid-19 has affected the interaction of children?	84 (27.3%)	224 (72.7%)
What is the impact of the religious serials that were started during the lock down?	270(87.7%)	38(12.3%)

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ADOLESCENTS PARTICIPANTS:

This study is intended to emphasize THE IMPACT OF COVID-19 ON ADOLESCENTS. In such a situation, the study would have been incomplete without knowing the attitudes of Adolescents. Therefore, an effort has been made to provide perfection by including children of the age group of 10-14 years. It includes 300 children from both rural (60%) and urban (40%) areas. Which belong to 10 different schools of Churhat tehsil area of Sidhi district. In which 147 children of age group 10–14 and 153 children of age group 15–14 were included. Out of these only 46.66% children are able to use internet. When they were asked how they feel while staying at home for 24 hours, it was a bad feeling for 68% of the children. While 58% of the children were feeling bad about online classes. So at the same time 96% of the children felt bad about staying away from classmate,

peers and friends due to corona disease.97% of children take Corona negatively for their future. While 82% found themselves in a negative state due to corona. Miraculously67% of the children do not experience any problem while operating a mobile, laptop, or computer. Whereas for 40% of the children, find their home environment consistent with their online education. Only 25% of children find any influence on electronic devices on them. The most important thing is that only 15% of Internet users are able to get the devices easily.

TABLE -2

RURAL	URBAN
180 (60%)	120 (40%)
AGED (10-14 YEAR)	AGED (15-19 YEAR)
147 (49)	153 (51%)
INTERNET USING	NON-INTERNET USING
140 (46.66%)	160 (53.33%)
USER OF SOCIAL MEDIA	NON USER OF SOCIAL MEDIA
110 (36.33%)	190 (63.33%)

TABLE-2a

QUESTION	RESPONSES → GOOD NUMBER OF PERSON (%)	BAD NUMBER OF PERSON (%)
How do you feel while spending 24 hours with family?	96 (32%)	204 (68%)
How do you think online classes started due to corona disease?	126 (42%)	174 (58%)
What will be the effect of staying away from classmate, peers and friends due to corona disease?	12 (4%)	288 (96%)

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TABLE-2b

QUESTION ↓	RESPONSES →	
	POSITIVE NUMBER OF PERSON (%)	NEGATIVE NUMBER OF PERSON (%)
How do you consider Covid-19 towards your future?	9 (3%)	291 (97%)
How is it going for you, Lockdown?	54 (18%)	246 (82%)
Do you experience any problem while operating a mobile, laptop, or computer?	201 (67%)	99 (33%)

TABLE-2c

QUESTION ↓	RESPONSES →		
	YES NUMBER OF PERSON (%)	NO NUMBER OF PERSON (%)	MAYBE NUMBER OF PERSON (%)
Do you find your home environment consistent with your online education?	120 (40%)	90 (30%)	90 (30%)
Do the electronic devices have any impact on you?	75 (25%)	105 (35%)	120 (40%)
Do you find the Devices easily available for online classes?	21 (15%)	98 (70%)	21 (15%)

IMPACT ON ADOLESCENTS OF EDUCATION, SOCIOLIZATION, PSYCOLOGICAL, MENTAL & HEALTH:

Nelson Mandela’s thoughts ‘Education is a more powerful weapon which you can use to change the world’. This utterance highlights the importance of education. But the lockout caused by quarantine has also kept the school closed, which has caused disruptions in education. Along with this, the compulsion to keep physical and social distance has also affected the socialization of Adolescents. But the worse thing is that online education started due to this has affected children badly. With this, children spend more and more time with mobiles, laptops, computers, etc., which has a profound effect on their physical and mental health.

However, it is absolutely right that a fixed format and disciplined approach of education is provided by the school. But it is not that education is available only in school. Education is hanging around until you've caught on (Robert Frost). In this context, 'Hamara Ghar, Hamara Vidyalaya' (Our home our school) program was started by the MP government, whose concept is that children learn from where they exist.

In this context, there is a good opportunity for Adolescents when they have found time to learn naturally, a lot of parental knowledge. Because on normal days they have to join the school, coaching and many classes.

However, it may be considered bad for their socialization. Socialization is the process of internalizing the norms and ideologies of the society (Wikipedia). "I am not what I think I am, and I am not what you think I am. I am what I think you think I am." - Charles Horton Cooley, *Social Organization* (1909). A self-idea of this sort seems to have three principal elements: the imagination of our appearance to the other person; the imagination of his judgment of that appearance, and some sort of self-feeling, such as pride or mortification. (Charles Cooley, *Human Nature and the Social Order*, p. 152). This manifestation is able to clarify that personality develops from the perspective of others. So of course this disease has had an impact on the socialization of children.

Psychosocial impact of COVID-19 on adolescents and suggested interventions.

Social strata	Psychosocial issues	Intervention
Children	<ul style="list-style-type: none"> • Boredom • Anxiety related to educational development • Irritability • Developmental issues • Fear of infection 	<ul style="list-style-type: none"> ? Proper parenting ? Online classes, online study material ? Clear, direct, open and detailed information about disease transmission and precautionary measures ? Maintenance of sleep cycle, physical exercise schedule ? Educate about proper hygiene practice

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7124694/> 20/07/2020

The disease and the lockout caused by it have also affected mental health and physical health. Free time, online education and excessive use of digital devices, more sitting, more food, lack of outdoor activities has added to it. Another study has also revealed that in lockdown, children started using mobile or other devices for 15-15 hours due to online classes, which used to be 2-3 hours earlier. Children are facing sleep problems, behavioural changes, physical problems etc. (Dainik Bhaskar, 2020, June 18).

INFLUENCE ON ADOLESCENTS OF INTERNET, SCHOOL CLOSURE, DOMESTIC VIOLENCE, CHILD ABUSE, SOCIAL, BEHAVIOURAL APPROACH, CULTURAL, KINSHIP-RELATIONS:

Children who do not have electronic devices consider themselves scornful. A suicide committed by a student in Kerala a few days ago, underline this, while he was a scholarship winner. Whereas internet speed is another problem. Along with this, the problem of piffle, video games and unnecessary activities is also prominent.

In the event of this disease, it is good to see that children have been inspired to learn household chores during this period. Because children learn by watching, during Lockdown, people have shared pictures on social media by sharing the hands of women in domestic work. Which has attracted children towards this. Whether it is accidental or short term, it has raised the fact that if these activities are included in the upbringing, then children learn domestic work well. But the misfortune is absolute, as well as learning and tolerating domestic violence. It depends whether he is a boy or a girl.

CONCLUSION:

In this way, it is a delicate phase for Adolescents, in which they receive knowledge, develop their cognitive ability whereas Social interaction is the first basis of personality development. But long term social exclusion and distance from friends are negatively affected. The number of Adolescents is important all over the world and especially in India. Where 243 million youth, which is the highest in the world, live here.

Young people are one of society's most valuable resources. Governments, institutions, communities and families have an obligation to support adolescents and to ensure that they have the opportunities and capacities, the protection from risk and vulnerability and the power to make the transition to productive adult

members of society successfully. Effective adolescent policies need to recognise adolescents as a distinct population group with particular needs and capacities that are different from those of younger children and from

those of adults. Particular attention has to be paid to disadvantaged and marginalised

adolescents. **(Adolescent Development: UNICEF).**

Therefore, through this study, the following suggestions are made to parents, teachers, guardians, and adults of the family.

Instead of directly rejecting adolescents, give importance to their emotions. Listen to their words carefully, they should not feel that they do not have rights, whereas elders have them. Pay attention to their likes and dislikes as well. Spend only a set amount of time on mobile, TV, laptop, desktop etc. Try to attract the attention of children towards yoga-meditation. Discuss spiritual, family-history, stories-stories etc. Inspire children for artistic activities. Reading is very cumbersome and boring work. Therefore, instead of asking to read, always adopt interesting ways of reading. Use online study material as little as possible.

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