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### Effect of COVID-19 on Families

The coronavirus pandemic has shaken our world, causing devastating effects on many families. The pandemic has increased domestic crime since the abuser is spending most of the time with the victim at home. Additionally, health care facilities are flooded with COVID-19 patients, with more priority being given to them. This shift is preventing the domestic abuse victims from seeking help in the hospitals, worsening their situation. Additionally, the pandemic has not only caused catastrophe on the economy but also to the family. The pressure that parents are undergoing during this pandemic is too much such that it has left them vulnerable to an increased level of depression and anxiety. Despite these adverse effects, the pandemic has strengthened family bonds since various countries enacted orders to lockdown their cities. Parents and children are now available at home, having ample time to bond than before. Those who did not have closer relationships with their children early are now fostering them while at home. Although COVID-19 has increased mental health problems, domestic violence, and financial difficulties in families, it has also strengthened family bonds.

Parents are under tremendous pressure to ensure their kids stay safe during this pandemic. They also need to ensure they balance their work life and home life, particularly with the children being at home due to schools' closure. The financial pressure is also adding to the stress parents are already experiencing. Accumulation of these pressures leads to increased stress levels. Based on the American Psychology Association's research, parents who have children at

home below the age of 18 were noticeably more stressed than parents who had no children (Grose par.4). Another survey by the University of Oregon's RAPID-EC indicated that parents with young kids are highlighted, with 63% of the surveyed parents reporting a loss of emotional support in the ongoing pandemic (Grose par.5). Levels of depression and anxiety are expected to rise for parents with young children because they are under tremendous pressure to ensure their kids are physically, emotionally, and mentally healthy.

Furthermore, the population at higher risk of experiencing depression and anxiety are pregnant women, women with newborns, and parents in financial difficulty to meet their children's needs. Since lockdown occurred, 35% of 2000 surveyed mothers demonstrated an increase in depression levels, and 57% showed increased anxiety levels (Grose par.9). Another research finding was that the rate of depression skyrocketed from 15% to 40%, while that of anxiety rose from 29% to 72% (Grose par.9). The statistics are a clear indication that covid-19 declines the mental health of parents. This is expected because nobody knows when the pandemic will end, there is contagion fear and financial hardships. On top of this, parents still need to perform their parental roles, which is already stressful on a regular basis. As a result, parents are vulnerable to an increase in depression and anxiety levels.

The pandemic has thrown many families in America into financial difficulty, particularly families with children. According to Hansen, a study found that families with children below 18 years living at home have higher chances of income and job loss; breadwinners in 12.9% of households with children have reported losing their jobs compared to 9.2% of families with no children (par.1). The study also found that households with children are more likely to report missing paying rent or debts; statistically, 19.5% of families with children said skipping their rent, credit card, mortgage, and loan than 12.5% of families with no kids

(Hansen par.1). These are vital facts based on a study, and its findings overtly demonstrate the outcome of covid-19. The financial pressures are a result of increased job loss. When the breadwinner losses the job, it becomes more challenging for the family to make ends meet. Necessities like food, clothes, and shelter become a challenge to obtain. The children at home still need to continue their education, which calls for virtual education that requires financial resources. The parents' economic hardships are more likely to be felt by the kids, which impacts their mental health.

COVID-19 has increased domestic violence in families. Although this was meant to protect the public and prevent the virus from spreading, this limitation of the personal movement led to IPV victims' confinement with their abusers (Evans, Lindauer, and Farrell 1). Furthermore, COVID-19 has also led to breadwinners in families losing their jobs. Research reveals that unemployment results in financial issues that cause individuals to lose perspective in their lives, become frustrated, and release their frustrations to their families (Newman and Newman 11). Rarely do domestic violence victims seek help because of the shame or guilt that might lead to their families being broken. Medical professionals have always been a good source of identifying such patients when they visit the healthcare facility. These professionals use the physical examinations and the patient's behavior to determine whether the patient is suffering from domestic violence and, as a result, offer them counseling services and connect them with social services. However, this opportunity has been canceled by the COVID-19 because healthcare facilities and nonurgent visits to the clinic have been canceled (Evans, Lindauer, and Farrell 2). Medical practitioners are now conducting their screening using telemedicine platforms like video and audio calls. The physical screening of domestic violence victims has been affected adversely. Moreover, the abusers are at home with the patient, listening to all their conversations,

preventing them from disclosing their abuse to the medical practitioners. Staying at home due to COVID-19 has only exacerbated domestic violence in families.

COVID-19 has had a positive impact on families. Bharadwaj believes that the lockdown has brought families closer than they were before (71). Parents are currently having more time with their children while at home than before because of their busy schedules. There is less commuting, and most of them are working at home. With some schools proceeding with virtual learning, parents have been given the role to ensure their children are attentive and complete their homework. Most parents have now been forced to engage with their children and assist them in doing their homework. As a result, they are enhancing children's progression in reading and writing. The lockdown enacted in various countries during the COVID-19 period to prevent the virus from spreading has led most parents to shift their focus to family and improve their relationship with their spouses.

### **Conclusion**

COVID-19 has increased financial difficulties, mental health problems, domestic violence, and strengthen family bonds. With the surge in COVID-19 cases, most countries enforced orders for families to stay at home, closing schools and workers being told to do their jobs from home. This personal limitation within the home area has increased domestic violence in families. Abusers are now spending more time with their victims at home, worsening their situation. Furthermore, covid-19 has sent many families to economic distress due to increased job loss and improved mental health problems like depression and anxiety. Despite these adverse effects, a positive impact has resulted from this pandemic, strengthening family ties. Families are now closer than before because they are spending more time together than before. Most work is

being done at home, and as a result, parents have time to spend with their children, assist them in their homework, and build a better relationship with their spouses.

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