

# **Responses of Young Adults about Family concerns during Covid-19 lockdown: A Survey**

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COVID-19 has its irreversible impacts on a very large scale. Its effect can be seen in educational area, organisational sector, corporate sector, healthcare, socialisation and many more but the enforced idea of returning home and announcement of lockdown across the world made many young adults who usually was out of their hometowns, away from their family to return to live together with the family for more than the usual vacation. A study was undertaken to understand family concerns during lockdown to understand the challenges and adjustments experienced by young adults.

This study explored family concerns reported by young adults during the lockdown period. These concerns typically study the general family dynamics. A 16 item tool was made based on the degree of agreement scale (Agree, neutral, Disagree). The tool was made digitally through google forms to reach the ideology of no contact and minimal interaction with the physical world. The forms were sent out to the young adults via whats app and facebook. The responses revealed study coverage from New Delhi and Uttar Pradesh. The total of 205 young adults reported for the present study.

The young adults were between 20 to 25 years of age. The gender both male and female was the part of the inclusion criterion with 85 males and 120 females. These people were living away from their hometowns in order to do higher studies or to do a job. The 16 items of the tool were extracting the certain objectives focused for the study. On the basis of three independent variables (Gender, type of the family and number of siblings) and following 16 variables were analysed. The variables were:

1. Adjustment with the family
2. Finance decisions
9. Coping up
10. Work burden on females

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|-----------------------------------|---|
| 3. Career uncertainty             | 11. Importance of siblings              |
| 4. Emotionally weak               | 12. Suspicion of parents                |
| 5. Family as an emotional support | 13. Fear of COVID 19 Infection          |
| 6. Restriction in socialization   | 14. Rebuilding bonds                    |
| 7. Laziness                       | 15. Improved relationship within family |
| 8. Arguments within family        | 16. Understanding towards parents       |

### **1. On the basis of Gender**

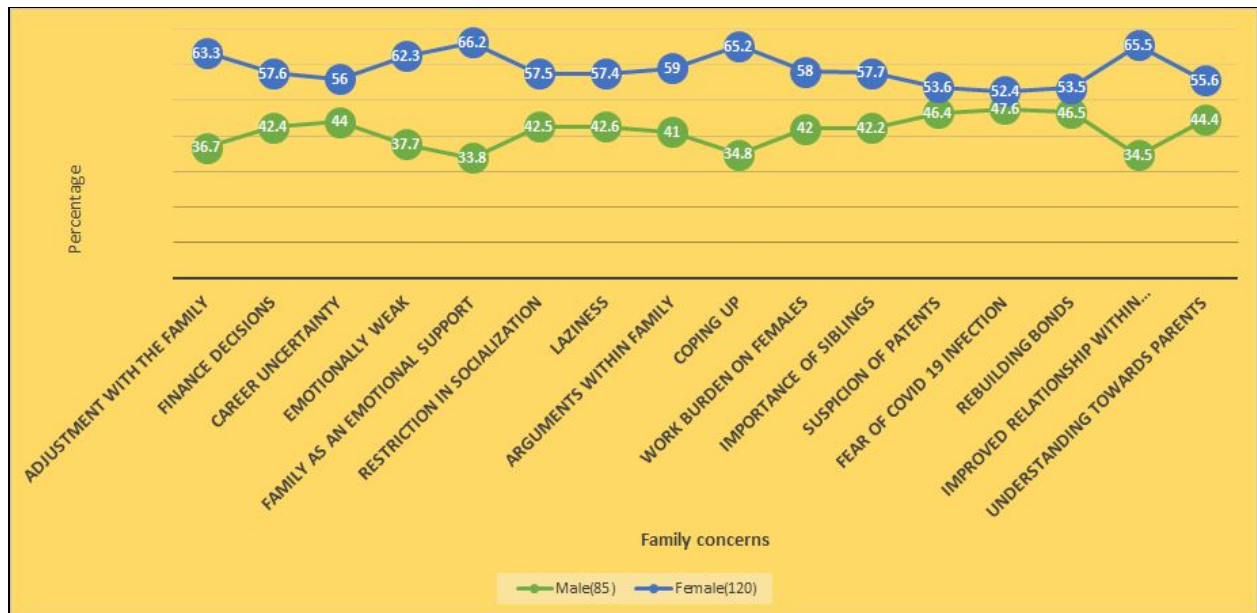
The graph figure 1.1 shows the percentage agreement of 85 male respondents to the concerns they faced during lockdown while living with their families. The data reveals the highest concern with 47.6% is the fear of COVID-19 infection entering the family. The least concerned with 33.8% is seeing family as emotional support for them. The other top 4 concerns within male respondents are rebuilding of the bonds with the family members by 46.5%. Whereas, 46.4% showed the concern over the suspicion of the parents when they talk over phone calls and constant messaging. On the brighter side 44.4% young adults agreed that they have increased understanding towards parents and their struggles when children are not at home. The career uncertainty was filed by 44% of the respondents due to coronavirus.

The graph representation has also shown the results of 120 female respondents. The data reveals a very interesting turn of events from male respondents. It is to note that, 66.2% females agreed that family has been their strong emotional support system. 65.5% showed the improved relationship with the family over lockdown. 65.2% females try to harmonise or help the family to

cope up after arguments. The adjustment challenge was seen in 63.3% of the sample population of females and 62.3% females feel emotionally weak often during the week.

Another interesting data uncovers the fear of COVID-19 which was the highest amongst males are lowest in females only 52.4% showed their concern over the infection targeting their family.

**Figure 1.1: Proportion of the percentage agreement by gender**



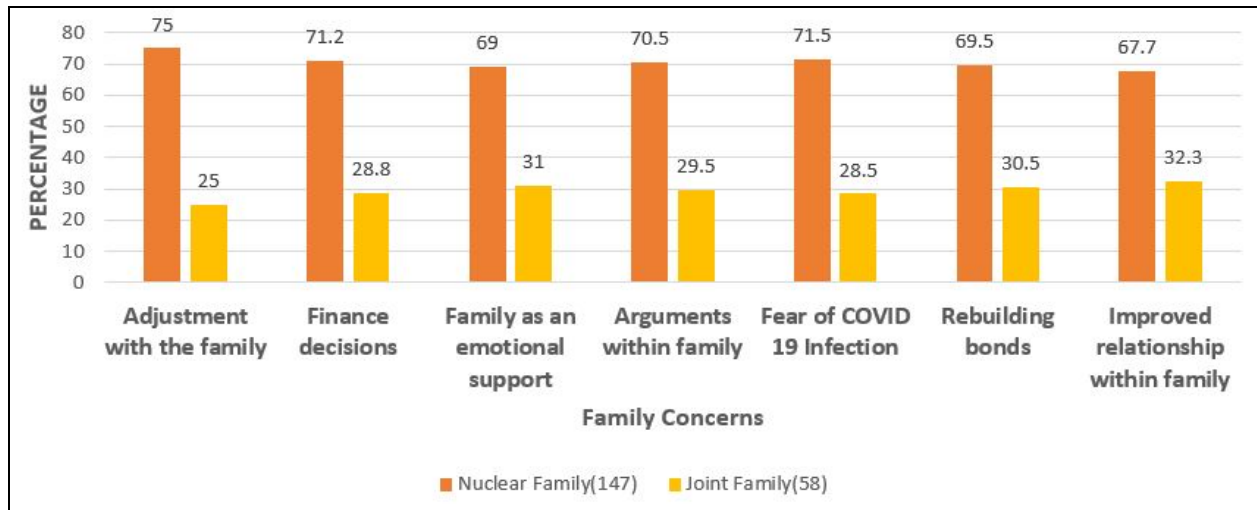
## 2. Type of family

The young adults reported two types of family; nuclear families and joint families. Nuclear families are the families which consist of parents and their own children whereas joint families have at least three generations living under the same roof for example family of grandparents, parents and children living together.

147 of the total of 205 young adults reported residing in nuclear families and 58 were living in joint families. The analysis of seven variables was undertaken in order to study the concerns regarding the type of family. The highest 'concern' and the least concern have been discussed below.

Three in four young adults from nuclear families showed the highest concern to be the "adjustment with the family members". The least concern of 67.7% was shown as the improved relationship with the family. The joint family young adults 32.3% showed the improved relationships within the family during the lockdown. The least concern 25% is adjustment with the family.

**Figure 2.1: Percentage distribution of concern based on family type**



**3. On the basis of number of siblings: Family Composition**

The differentiation on the basis of the number of siblings are done into 3 parts. Single child (23), with one sibling (129) and with more than one sibling (53) making the total of 205 young adults.

This criterion was chosen because COVID-19 made the world live inside the four walls with least human interaction. So, during these times people realise the importance of more family members to entertain throughout the day and feeling of presence of the siblings.

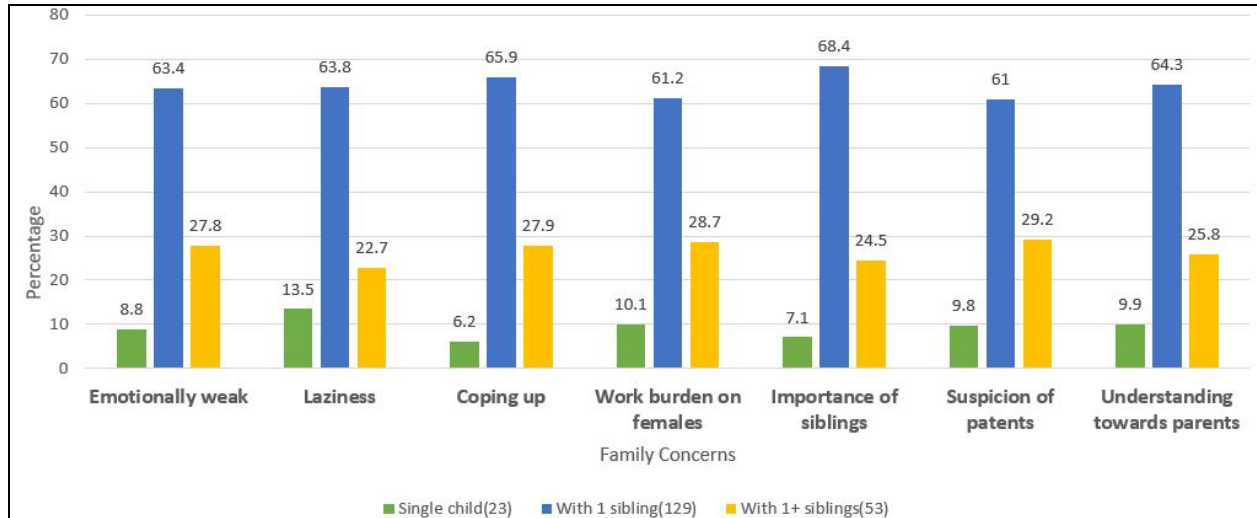
Likewise, we will extract the highest and the lowest concerns of the young adults on the basis of the number of siblings.

13.5% of single children showed the most concern about the laziness indulging into themselves as there is no one to play or interact with. However, 6.2% showed the lowest agreement on harmonising or helping family cope with each other after an argument.

The 68.4% of young adults with one sibling showed the great importance of the presence of their siblings during the lockdown period. The least agreement of 61% on suspicion of parents is discovered.

The young adults with more than one sibling show interesting data contradicting both other types of number of siblings. 29.2% of young adults agreed to the problem of suspicion of parents over them when they talk over phone or constant messaging. On the other hand the lowest concern is with laziness 22.7% this shows they are more active than others.

**Figure 3.1: Percentage distribution of concerns based on family composition**



### **Conclusion:**

The coronavirus pandemic has brought the number of different concerns within the society and the world. The study is a sample survey on the basis of family terms, the temporary changes within the young adults life and how it affected the individual. It can be concluded that the females grew more close in terms of relationships within the family members. However, males showed major concern about career instability. Nuclear family young adults have more concerns than joint family as the restricted number of family members may raise up the tension between them. Presence of siblings is shown more importance than being a single child from every perspective, siblings keep the activeness within the family, more number of family members hence more people to talk to. Lastly, if pandemic has created chaos in the world but then living with the family for more than usual time has been a silver lining.

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