

Parents & Mentors Role In Handling Child's Mental Health During Covid-19 Pandemic

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The journal of child psychology focuses on the psychological aspects of children with respect to their everyday situations and not only limited to that it also spreads light on how parents and mentors should support their children during times like covid-19 pandemic. The current issue of the journal presents articles on the mental health conditions of the children and how parents should be in place to support them both mentally and emotionally.

The outbreak of COVID-19 has disrupted the lives of many people across the world. The pandemic has imposed a sense of uncertainty and anxiety, as the world was unable to predict or prepare for this crisis. It has caused a tremendous stress level among children, adolescents, and all students in general, primarily due to the closure of their schools. This stress may lead to undesirable adverse effects on the learning and psychological health of students. Children exposed to these incidents can precipitate the development of anxiety, panic attacks, depression, mood disorders, and other mental illnesses.

Distressing events such as separation from family and friends, seeing or being aware of critically ill members affected with coronavirus, or the passing of loved ones or even thinking of themselves perhaps dying from the virus would have a detrimental effect on the mental health. Additionally, the healthy daily routines of children have been disrupted due to the COVID-19, which contributes to the additional stress and sleeping difficulties that many children face. Uncertainty of their future ambitions, academics, personal relationships, and inactivity due to the pandemic poses a significant threat to their mental well-being and putting them at risk of drug abuse. COVID-19 can seriously leave negative impact on children's mental health, just like other traumatic experiences humans may face. It can lead to higher rates of depression, anxiety, and post-traumatic stress disorder. This causes fear in children because the virus threatens not just them but also their families and surroundings, especially as they see their parents working from home, leading to fear and shock.

An article by Renu Bhandari presents clearly about the things that worry child during pandemic by also furnishing supporting data, which was entitled "My worry and your approach: A study exploring key areas of worry in children and their expression through drawings amid COVID-19 outbreak in March2020."

The author hereby states that the present Children ability to think about positive and negative outcomes of events or by actions of other people improves with experience and age. The greater the uncertainty in a situation the more likely children are prompted to predict negative outcomes and aversive consequences. Their thinking process will build on elaboration of threatening outcomes and consequences. Studies have explored in the past that intolerance to uncertainty can lead to worry in children. Intolerance to uncertainty is defined as "an individual's dispositional incapacity to endure an aversive response triggered by the perceived absence of salient, key, or sufficient information, and sustained by the associated perception of uncertainty". Index of uncertainty (IU) is defined as a "dispositional characteristic that arises from a set of negative beliefs about uncertainty and its connotations and consequences" and is underpinned by appraisals such as 'uncertainty is dangerous', 'uncertainty is intolerable' and 'I can't deal with uncertainty'.

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