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Topic: Resilience among children affected by the pandemic in Kerala

Findings

The study examines how the COVID-19 pandemic affected children in Kerala and how they demonstrated resilience during this difficult period. It focuses on the role of socio-ecological factors such as family, school, community, peers, and government support in helping children cope with the crisis. The research highlights the emotional, educational, social, and psychological challenges faced by children and explores the positive adaptations they developed during the pandemic.

COVID-19 disrupted every aspect of life across the world. Lockdowns, social distancing, school closures, and fear of infection created major difficulties for people, especially children. The pandemic negatively affected children's education, social interaction, emotional wellbeing, and mental health. Children experienced fear, loneliness, anxiety, boredom, stress, and sadness during this period. Increased screen time, lack of outdoor activities, and financial stress within families further worsened their condition. The study aimed to understand how children in Kerala were affected by COVID-19, how they managed the challenges created by the pandemic, what resilience characteristics children displayed, which socio-ecological factors supported children's wellbeing and resilience, and what interventions can help children during future crises.

Children faced several emotional and academic difficulties during the pandemic. Many feared infection and death, struggled with online education, experienced stress and loneliness, and faced family-related tensions. Social media use increased significantly, and some children experienced online bullying and emotional distress. Despite these challenges, children showed resilience by engaging in hobbies, sports, arts, music, and skill development. Family support, friendships, teacher support, and community initiatives played a crucial role in helping children cope. Government programmes such as online education support, counselling services, and community learning centres also contributed positively.

The study concludes that although COVID-19 created major emotional, educational, and social difficulties for children, many children in Kerala demonstrated resilience through

personal effort and support from their social environment. The findings emphasize the importance of strong family relationships, supportive schools, active communities, and coordinated government interventions in protecting children's wellbeing during future crises.