



File No. 1707/A3/2021/KeSCPCR

Dated 05.05.2021

Kerala State Commission for Protection of Child Rights, Vanros Junction,  
Thiruvananthapuram -35 invites Sealed Quotations from Individuals, Institutions,  
Organizations for Research Proposal on the following area for the year 2021-2022.

**Topic: Psycho Social Issues facing by Children in Kerala due to Covid 19 Pandemic**

Last date of receiving Quotation- 20.05.2021 before 12.00 noon

Quotation will be Opened at 3.00 PM on the same day

*Out*

## **Inviting Research Study-**

### **Psycho-Social Issues facing by Children in Kerala due to Covid 19**

As COVID-19 pandemic continues to expand in India and in the world, only one thing is certain: the current outbreak will have profound impact not only in the health and economic situation, but also on the psychosocial well-being of societies across nations. The impacts will be felt differently among different population groups. Among these, one group will face additional challenges to understand, absorb, and deal with the changes that COVID-19 are bringing to our world: the children.

In the current context of lock down and restriction of movements, children have constrained access to socialization, play, and even physical contact, critical for their psychosocial wellbeing and development. School closures are preventing children from access to learning and limiting their interactions with peers. Children may feel confused and at loss with the current situation, leading to frustration and anxiety, which will only increase with the overexposure to mass and social media, specially among adolescents. Some adults may struggle to find ways to explain and communicate with children about the current situation in a way that is understandable by this age group, which will add frustration and disquietude.

#### **PSYCHOSOCIAL ISSUES OF COVID-19**

It has been reported that the most common psychosocial and behavioral problems among children and adolescents in the pandemic were inattention, clinginess, distraction and fear of asking questions about the pandemic. This risk is greatly increased in those with pre-existing mental health conditions.

In the midst of the COVID-19 pandemic, helpline numbers for mental health counselling are seeing a huge surge in calls, with anxiety and adjustment issues topping the list. In addition, domestic violence incidence in India is at a 10-year high during the COVID-19 lockdown.

Thus, the COVID-19 disease itself, and its ripple effects of quarantine and nationwide lockdowns have and will induce acute panic, anxiety, obsessive behaviors, paranoia, and depression, and may also lead to posttraumatic stress disorder (PTSD) in the long run.

Social disruptions from the pandemic and changes in gender norms (moving closer to equal roles in the home) that defines, our new 'normal' have generated heightened levels of psychological distress, impacting the quality of relationships among parents and children.

In March, 2020, schools across India were shut down to curb the transmission of COVID-19. Children have been at home for longer periods of time than ever before in recent memory. Closure of schools, lack of extracurricular and outdoor activities, altered eating and sleeping habits, lack of peer-time have fostered monotony, anguish, irritation, and diverse neuro-psychiatric symptoms. Although home should be the safest place for a child, sexual, psychological and physical abuse has shown a significant rise. This has unfolded an unparalleled global mental health problem and it presents a unique challenge to psychological resilience across the world. This may soon lead to an outbreak of a 'second pandemic' of mental health crises.

Children of single parents, including medical professionals taking care of COVID-19 patients, are likely to suffer from adjustment difficulties if their parent gets quarantined. In addition, transient or prolonged parent-child separation may lead to significant psychosocial impact. More over in the lock down time Kerala may face many children's suicide and suicide attempts. In this context Kerala State Commission Planning to conduct a Study on the Psycho social Issues of children in Pandemic Covid-19 and how to overcome the situation to normal.

### **Objectives**

- To find out the Psychological issues of children with special reference to Covid 19
- To find out the Sociological issues of children with special reference to Covid 19
- To understand the Coping mechanism of Children with special reference to Covid 19
- To know the best interest practices for children to overcome the issues

### **Methodology**

Method:- Descriptive Method/ Action Research

Sample: Selection of Sample from children, Teachers, Parents/ Caregivers

Tools: Questionnaire, Focus Group Discussion and soon

Analysis of Data: Statistical Analysis

**Date of commencement of project & its duration: 3 Month**

Planning for the work

Review and Tool Development

Data Collection

Analysis and Interpretation

Report writing

**Reporting of Research Project**

Introduction

Need and Significance

Literature Review

Research Methodology

Analysis and Interpretation

Findings, Suggestions & Recommendations

**Allocation of Fund**

Maximum of Rupees three lakhs.

**Necessary Documents while Submitting Proposal**

Proposal of the project

Last two years financial statement of Institution/ organization

Last two years Annual Report of Institution/ organization

Experience of handling child related projects.

**For Conditions and Release of Grants**

Refer order No.203/Accts/2014/KeSCPCR dated 10/10/2014

Order no.203A/Accts/2014/ KeSCPCR dated 20/10/2014