

Introduction to Research

Assessment 2 Viva Voice Presentatiopn

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**IMPACT OF COVID-19 ON THE MENTAL HEALTH OF
TEENAGERS BETWEEN THE AGES OF 15 – 17 IN THE
UK**

INTRODUCTION

The Covid-19 pandemic has had a serious impact on the mental health of most people living in the UK, however, studies and research has shown that the impact on the mental health of teenagers between the ages of 15 to 17 have been more severe.

According to Urban health, “Young people’s mental health is a major issue for the UK, with one in eight children and young people living with a diagnosed condition.

And the risk factors associated with growing up in urban areas appear to amplify the risk of poor mental health. This includes areas that are densely populated, where poverty and affluence sit side by side” (Urban health, 2021).

It is very important to note that with the necessary help and assistance for the young teenagers with mental health the conditions can have a long-term impact and severe consequences.

- A survey carried out by a group called young minds, found out that, with 2,438 young people aged 13-25, between 26th January and 12th February 2021 shows: **75% of respondents agreed that they have found the current lockdown harder to cope with than the previous ones** including 44% who said it was much harder. (14% said it was easier, 11% said it was the same)
- **67% believed that the pandemic will have a long-term negative effect on their mental health.** This includes young people who had been bereaved or undergone traumatic experiences during the pandemic, who were concerned about whether friendships would recover, or who were worried about the loss of education or their prospects of finding work. (19% neither agreed nor disagreed, 14% disagreed)
- **79% of respondents agreed that their mental health would start to improve when most**

AIM

To understand and evaluate the effect of covid-19 on teenagers between the ages of 15 – 17.

OBJECTIVES

To achieve this objective, the research material for this report is derived from secondary articles with a trusted source for the purpose of analysing the effect of the pandemic on young teenagers between the ages of 15 – 17 years old. The Literature review of the research will evaluate the effects of the lockdown, restriction and mental health challenges.

RESEARCH METHODOLOGY

This research will look at the facts taken from reliable sources using the descriptive research method. To determine and explain in detail, using a combination of various surveys and facts employed to achieve the goal. The Databases used in this research include BMJ (British Medical Journal), PubMed, Google Scholar,

LITERATURE REVIEW								
AUTHOR(s)	AIMS	METOD	SUMMARY AND FINDINGS					
Peter Green	To reduce the risk of scarring future generation	collection of data of the number of teenagers with covid 19 related mental health issues from various icu centres	It was noted that most of the young teenagers were affected by covid restriction and isolation					
(Pierce et al., 2020	To examine changes in young adults mental health in the UK before and during the lockdown	In this secondary analysis of a national, longitudinal cohort study, households that took part in Waves 8 or 9 of the UK Household Longitudinal Study (UKHLS) panel, including all members aged 15 - 17 in April, 2020, were invited to complete the COVID-19 web survey on April 23–30, 2020. Participants who were unable to make an informed decision as a result of incapacity, or who had unknown postal addresses or addresses abroad were excluded. Mental health was assessed using the 12-item General Health Questionnaire (GHQ-12)	The evidence showed that mental health issues among teenagers between the ages of 15 – 17 grew by about 18.9%					
(Creswell et al., 2021) –	to examine the behavioural, emotional and attentional difficulties in Parents and teachers were requested to monitor and report, changes in the behavioural patterns, emotional response and attentional difficulties in their children or students young teenagers between 15 – 17 years old							

FINDINGS

The findings in this research showed that, the effects of covid 19 on the mental health of teenagers was more severe than thought, evidence showed that the restrictions an lockdown had a significant impact on their mental health, leading to long term mental health issues.

KEY THEMES

The key themes in this research are.

- . School closures
- . Lockdowns
- . Restrictions
- . Social distancing
- . Mask wearing

DISCUSSION

Majority of the young teenagers were affected by the lockdown, as this research has shown that due to lack of movement, exercising and social gathering meant they were unable go out,

CONCLUSION

The effects of covid19 on the mental health of young teenagers is still on the increase and earlier intervention with the right support can make a huge difference. When their behavioural pattern change or emotional response to normal has change, there is the need to pay attention, obe

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