

the covid19 on children

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YOUNG PEOPLE, AND FAMILIES LIVING IN POVERTY IN THE UK

1.0 Introduction

Worldwide, the COVID-19 pandemic has disrupted several sectors in unprecedented ways, and susceptible populations such as children, young people, and poor families, especially in the UK (Nottinghamshire County Council, 2021; Whitehead, et al., 2021). The pandemic is, so far, the biggest health crisis in the current century, having affected over 200 nations worldwide, making it bigger than the 2003 severe acute respiratory syndrome (SARS) epidemic as well as the 2014 Ebola virus outbreak in West African Countries (Cowie & Myers, 2020). In response to the widespread pandemic, the United Kingdom government – including Northern Ireland, Wales, England and Scotland – in March 2020, undertook radical actions to handle the virus spread such as movement restrictions, closing most schools, work-places and shops, except those in essential supplies' sales, and the total lockdown of residents in their house – aside from a short outing daily for exercise and needed trips for food and medical supplies purchase (Cowie & Myers, 2020). However, several vulnerable groups were severely affected by the pandemic in the UK (Nottinghamshire County Council, 2021).

Therefore, this essay critically examines the effects of the COVID-19 pandemic on these vulnerable groups – Children, young people and poor families, and considers the impact psychologically, economically and socially. Based on relevant theory, policy, and procedure, this essay aims to give an in-depth understanding of the issues these people encountered during the pandemic. Gaining insight into these effects is vital for the development of efficient interventions and policies that prevent adverse effects and foster resilience among these demographics.

2.0 Theoretical Underpinning of working with children, young people and families

In this section, key theories that relate to childhood, poverty, and family dynamics are discussed as well as the importance of integrating theory and practice to understand the effect of the pandemic.

2.1 Theories Related to childhood, adolescence, family dynamics and Poverty

Bronfenbrenner (2000), who proposed the ecological systems theory, he stressed that several environmental systems ²⁵ influence the development of children and young people comprising the microsystem, mesosystem, exosystem and macrosystem (Lee & Jung, 2021). Henderson et al. (2020), in research where they related the ecological systems theory to the impact of the COVID-¹¹ 19 pandemic on the mental health of children, asserted that the COVID-19 pandemic's impact, socio-ecologically, and its duration on ⁸ children and young people having known mental health issues and those may develop it can be consequential future care models.

Furthermore, the capability approach proposed by Sen explores the concept of poverty as multidimensional, viewing deprivations that children and families experience beyond the constraints of finances (Clark, 2005; Wells, 2012). According to Venkatapuram (2020), the capability approach has been considered applicable in developing nations alone, however, the pandemic has corrected the misunderstanding as human well-being can be best conceived about capabilities and argues for all humans' moral rights to fundamental capabilities and for social equity. The social conditions neglect and choices determined the spread of COVID-19 in nations and where equity is lacking concerning recovery policies and planning, social inequalities relating to people's capacities to live decent lives will rise.

Additionally, the family systems theory proposed by Bowen stress that family members, whether biological or not, are interconnected and there is a significant influence of systemic factors on their well-being (Broderick, 1993; Haefner, 2014). According to Daks, et al. (2022), the psychological flexibility or inflexibility of parents in families plays a vital role in the management of COVID-19 stress, as there are several mechanisms by which these stressors are either reverberated or dampened all-though the family system.

All the aforementioned theories provide a framework to gain insight into the effects of the COVID-19 pandemic on and foster an understanding of the intricate interaction of the factors that affect vulnerable groups – children, young people, and poor families, in the UK.

It is vital to integrate theory with practice to have a comprehensive understanding of the effects of the COVID-19 pandemic (Cheng, et al., 2020; Meili, et al., 2022; Daks et al., 2022). Integration of the theoretical viewpoints with the actual experiences and empirical evidence, more nuanced insight into the issues encountered by these vulnerable people groups. Such integration permits us to recognize the peculiar susceptibilities and needs of children, young people, and poor families in the UK during the pandemic. Additionally, it facilitates a bridged gap between real-life interventions and academic research. the application of theoretical understanding to practical circumstances can yield efficient approaches, interventions and policies that deal with the complex impacts of the pandemic on these vulnerable groups.

3.0 Effect on Children and Young People Living in Poverty

Socio-economically, the aftermath of the impact the COVID-19 pandemic had on children and young persons, that live in poverty, was profound. According to Shonkof (2020) and The Alliance for Child Protection in Humanitarian Action (2020), while the pandemic was ravaging, parents of

families that are ² low- and middle-income struggled with unemployment, a lack of childcare, food insecurity, social isolation, little or inaccessibility to healthcare or cash transfer programs by the government, and low-paying work. Several children could not receive adequate nurturing care from their parents (Costa, et al., 2022). Children and young persons living in poverty ²³ in the UK during the COVID-19 pandemic suffered significantly.

According to the ² World Health Organization (WHO, et al., 2018), raising healthy children and young people entails certain activities such as the provision of proper and affectionate responses to the everyday needs of children, inculcating hygienic habits that reduce infection via health services that prevent and promote health, monitor their emotional and physical conditions, seeking healthcare and proper treatment for sickness, protect young children from dangers and hazards around the household and environment as well as ensure food safety and security. Security ensures that defenceless young people and children lack the feeling of abandonment, and are uninjured or punished harshly ⁴ (Costa, et al., 2022). The COVID-19 pandemic caused several ²⁰ children and young people, living in poverty, to experience ⁹ unfavourable conditions that could threaten their overall health, well-being and life.

Additionally, reduced ²¹ opportunities to interact socially and social isolation took a toll on the mental health of children and young people's mental health yielding increased loneliness, depression and anxiety. According to research by Panda, et al. (2021), there were significant impacts, psychologically and behaviourally, on ¹³ children and young people, living in poverty as 41.7%, 30.8%, 34.5% and 42.3% of children in the UK had depression, inattention, anxiety and irritability respectively (see figure 1). Therefore, public policies that such evidence informs are vital regarding the support given to parents and children, especially those under five when the COVID-19 pandemic was grave (Costa, et al, 2022). This evidence is useful to the government, healthcare

sector and parents as to measures which could be put in place to mitigate such impacts in the advent of a reoccurrence or another pandemic.

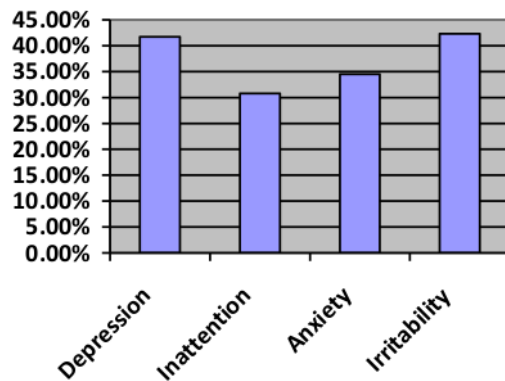


Figure 1. The Percentage of Children in the UK that Experience inattention, depression, anxiety and Irritability according to Panda, et al. (2021).

Source: Self-construct

In addition to the healthcare (physical ⁶ and mental) impacts of COVID-19 on children and young adults living in poverty, they also experienced disruption in schooling. According to Reuge et al. (2021), they were affected more as a result of the closures of schools and issues with learning remotely which broadened the current inequalities in education. Also, Jesus, et al. (2021) stated that these disadvantaged groups experienced inadequate access to support systems, technology, and resources which were hindrances to their progress in school and well-being. Therefore, the impact ¹ of the COVID-19 pandemic on children and young people living in poverty in the UK also affected their education and schooling.

Policies and legislation played a critical function in the conformation and protection¹³ of children and young adults living in poverty during the pandemic. The UK government executed several measures that provided social assistance, financial support and healthcare access to mitigate¹⁹ the effect of the pandemic on children and young people that are disadvantaged (Douglas et al., 2020). For instance, the increased funding for welfare programs which aimed to reduce economic burdens⁹ on the caregivers of poor children and young people was initiated (Arrieta, 2022).

Several interventions and approaches were implemented to support disadvantaged¹⁸ children and families during the COVID-19 pandemic. Some of the interventions that were implemented include the provision of internet and technology access, mental healthcare services as well as targeted educational support programs which to some extent reduced the pandemic's effects on⁸ children and young people's overall health (mental and physical), schooling, and the use of technology and other essential facilities Sinha et al. (2020). Furthermore, Coleman (2021) stated that remote learning strategies were set up, by the government, such as virtual tutoring and online resources which were employed to bridge the education gap. Also, virtual mental health support services were developed by extension using online counselling and teletherapy therapy services (Lin et al., 2021). All these intervention approaches were instrumental in mitigating¹⁶ the impact of COVID-19 impact on children to a certain extent.

¹Based on the lessons learnt from the COVID-19 pandemic's impact on children and young people living in poverty in the UK, some recommendations that are necessary for the improvement of support systems for disadvantaged groups are imperative. The government should further strengthen the social safety nets by offering specific financial assistance, equality of access to food and healthcare is key to handling the enduring inequalities that disadvantaged children and young people face (Phillips et al., 2021). Also, improving educational opportunities by investing in

technological facilities and infrastructure, training teachers, and adapting curricula can facilitate the efforts to bridge the education gap (Bryce, et al., 2022).

4.0 Effect on Families Living in Poverty

As explored in the previous section,³ the impact of the COVID-19 pandemic was serious on families living in poverty as well. According to Senft, et al. (2022), low socio-economic strata families with children and young people having special needs such as disabilities and with post-traumatic experiences and existing mental issues, or migrant families were particularly faced with danger and challenges during the pandemic. The economic pressure and social withdrawal weighed on parents which also endangered the children and young people in a manner such as child abuse risks while the emergency services available during the pandemic were limited (Fergert, et al., 2020).

Many mental and stress issues as well as behavioural changes were the result. According to Ravens-Sieber, et al. (2021a),³ 75 per cent of parents and 71 per cent of children and young people in families felt weighed down by the pandemic, while there were 28 per cent of family disputes reported, around May 2020. When the researchers reconducted the study again in December 2020 and in January 2021, the results were similar; there was a reduction in the quality of life-related to health while depression and anxiety symptoms and emotional problems were on the increase⁴ (Ravens-Sieberer et al., 2021b). Uccella, et al. (2021)⁴ asserted that the majority of the 7,000 respondents that were surveyed in their study showed that the effect of the COVID-19 pandemic on families was significant as approximately two-thirds expressed mental impairment while 64 per cent of under age-six children and 73 per cent ages 6-18 children, in families, expressed changes in behaviour. Additionally, the stress that parents experienced because of the pandemic alongside high behavioural changes.

The pandemic incurred more costs for families due to the need for essentials for the household as everyone stayed longer at home. According to Hefferon (2020), families living in poverty were affected disproportionately by lockdown and containment measures. Also, Brewer and Patrick (2021) stated that there were extra costs of living imposed on disadvantaged families as children stayed ⁶ at home for longer lacking access to important free services which required more expenses on food, accommodating children indoors, and heating, and thus, more than one-third of families living in poverty, with children, spent more in 2020, whereas 40 per cent of high earning families not having children, reduced theirs.

As stated in the previous section, there were important roles that policies and legislation play in supporting the ²² families living in poverty, during the pandemic, in the UK. Some policies were made by the UK government to alleviate ¹⁵ some of the impacts of the pandemic on families (Jallow, et al., 2021). For example, according to Wielgoszewska, et al. (2021), one of such policies made by the government of the UK, during the pandemic, was the Coronavirus Job Retention Scheme. Also, policies that address security in housing, and bans on eviction protect families that experienced or were at the risk of homelessness (Tinson and Clair, 2020).

Similarly, as mentioned in the previous section as well, some interventions and strategies were executed to aid the families living in poverty in the UK. One of such interventions implemented was the community-based initiatives (Mughal, et al., 2022). Non-profit organizations and community agencies made collaborations for the provision of key resources such as financial relief, food, and hygiene kits (Capodistrias, et al., 2022). The virtual mental health support services via teletherapy also applied to families as adults could also use these services when needed (Lin et al., 2021). According to Arslan et al. (2021), the stakeholders' efforts and consistent investments, collaboratively, made these initiatives address targeted issues that this demographic faced during

the pandemic. Therefore, governmental interventions provided during the pandemic contributed to the reduction of its overall impact.

Considering everything that was learned from ³ the impact of the COVID-19 pandemic on disadvantaged families in the UK, some recommendations are also given, as in the previous section, on the essentialities that would facilitate the enhancement of family support systems. One of the social safety nets for families living in poverty that should be provided is affordable housing options (Tinson, A. and Clair). Prioritization of mental health support services and ensuring they are accessible to every person and family is crucial for the promotion of their well-being (Bryce, et al., 2022). Also, promoting participatory approaches, multi-sector collaboration, and community engagement has the potential to empower families as well as create sustainable networks of support (Arslan, et al., 2021). In the future, considerations should focus on handling challenges in the system advocating for change in policies, and social justice promotion for the creation of a society that is equitable and more inclusive for these vulnerable families.

5.0 Conclusion

Conclusively, the impact ¹ of the COVID-19 pandemic on vulnerable groups – children, young people and families living in poverty in the UK was profound. It affected several aspects of their lives including the educational, physical and mental health, and socio-economic aspects. This essay shed light on the challenges encountered by this susceptible demographic by analysing theoretical underpinnings, evaluating the effects on children, and young people's families, assessing policies and legislative inputs that were developed and evaluating interventions that were made to cushion the pandemic's effects. It is vital that collaborative efforts, comprehensive policies, and targeted support towards the mitigation of the inequalities aggravated by ¹⁷ the COVID-19 pandemic. Addressing the specific needs of children, young people and families that are

disadvantaged will enable the UK government to strive for a society that is more inclusive and resilient leaving no one behind.

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