

Finding Resilience

How are Young People faring during Covid-19?

Young people have seen many changes to their lives as a result of the Covid-19 pandemic. They will, as adults, bear the economic and psychosocial consequences. Research into young people's experiences is therefore important in understanding long-term implications.

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"Everything feels really boring. Motivation to do my work is at an all-time low." - Survey Respondent

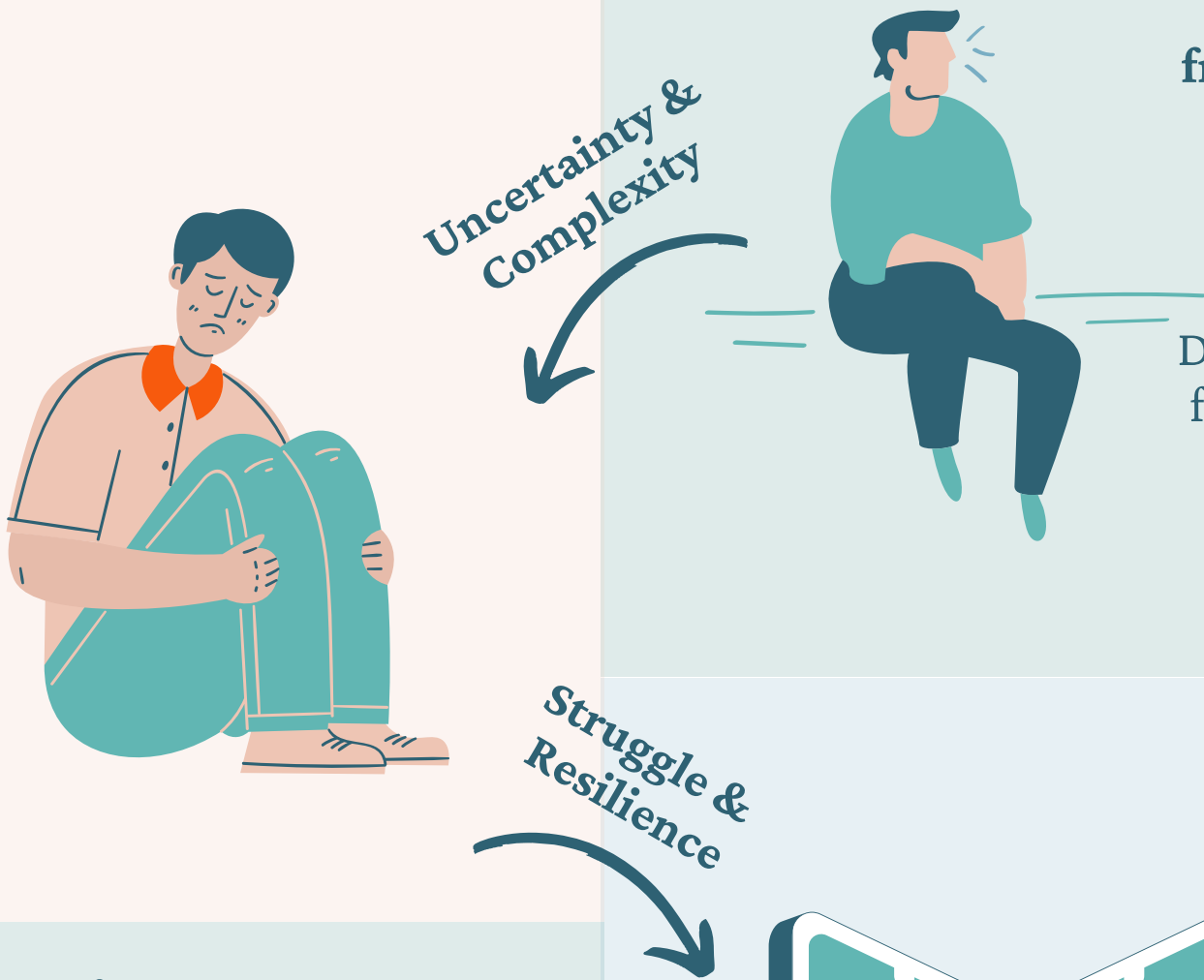
Methodology

Our research explored young people's social, emotional and mental experiences through random sample survey. 64 responses was collected.

Our preliminary findings are categorised into three stages that reflect the general process through which young people have experienced the pandemic, these being: **1. Change 2. Challenge 3. Confront**

Challenge

Emotional Struggles
The challenging circumstances of the pandemic have undoubtedly unsettled young people's emotions. Our survey shows that **anxiety, frustration, and boredom** were the most prominent of the emotions experienced by young people. Themes of **uncertainty, injustice and a desire for more meaningful engagement** reflect in these feelings experienced.



Change

Changes to Social Life
The greatest change young people experienced was in their social lives. Imposed restrictions means that we are experiencing **fewer social interactions, increased isolation and a greater dependence on online platforms**.

Our survey also revealed that young people are now **more appreciative of their friendships, forging closer relationships**, despite a **reduction in the scope** of their social interactions.

Changes to Family Life
During the pandemic, many young people's family relationships have changed through **spending more time together, having more time to talk, and learning to live together in the same living space**.

Confront

Overcoming Challenges
Our survey also identified some of the coping strategies used to confront the difficulties of the pandemic. These most commonly included: **socialisation, exercise, videos, music, and gaming**. Those who reported an improvement in their outlook on life tended to **synthesise learning experiences** from the struggles they encountered.

Modelling Covid-19 Experiences

identifying the stages of crises and solutions for building a greater capacity for long-term resilience



Intervening to Build Resilience

It is evident throughout our preliminary research that young people's experiences are **greatly intertwined with society as a whole**. It is important to understand where they fit in the wider context of society to know how and where to intervene.

Greater society can help young people to process changes and challenges and offer positive ways to confront them. Through the proposed model, we can identify the stages of responding to crises and ways of intervening to build the capacity for long-term resilience.

Resilience is a set of skills that is accessible to anyone. The capacity for resilience can be built through practice.