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A STUDY TO ASSESS THE CO-RELATION OF PROSOCIAL EXPERIENCES WITH MENTAL HEALTH STATUS AMONG ADOLESCENT DURING COVID-19 PANDEMIC AT SELECTED AREA OF KABIRDHAM DISTRICT CHHATTISGARH

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INTRODUCTION

The novel 2019 coronavirus disease (COVID-19) was declared a pandemic on March 11, 2020 and a US national emergency on March 13, 2020 (World Health Organization (WHO), 2020). The outbreak was first revealed in late December 2019 in the city of Wuhan, Hubei Province, China and has since spread globally. As of April 29, 2020, there were over 3,018,952 confirmed cases worldwide, and over 983,457 confirmed cases in the United States (WHO, 2020; CDC, 2020). Like many natural disasters (Brooks et al., 2020; Rodriguez et al., 2006), the COVID-19 pandemic has produced several negative social, economic, and health consequences for youth, including social isolation, increased family financial strain, elevated mental health symptoms, and engagement in antisocial behaviors, such as hoarding. However, natural disasters also provide opportunities for youth to help and be helped by others in their community. Engaging in prosocial action either as an actor or beneficiary may attenuate the social and psychological impact of the pandemic. Furthermore, examining these processes may be especially important during adolescence, which represents a developmentally sensitive period of time when youth are at risk for many mental health disorders (Lee et al., 2014). Adolescents are also forming lasting views of their role within society, and developing community attachments (Metzger & Smetana, 2010), which may have important public health implications (Kawachi et al., 2008) as research has shown that community attachments are positively related to adolescents' compliance with recommendations for safe, preventative practices during COVID-19.(Oosterhoff & Palmer, 2020)

Natural disasters and other times of crisis can provide those affected with opportunities to engage in prosocial action through supporting one another, helping those in need, and preserving social functioning. For instance, there were a number of prosocial responses to Hurricane Katrina, with many citizens donating funds to victims, volunteering to distribute supplies, and participating in search and rescue teams. Similarly during the early stages of the COVID-19 outbreak, media reports indicated an increase in prosocial action including charitable donations, volunteers to grocery shop for those at risk, and volunteers producing personal protective equipment, such as facemasks. As COVID-19 symptoms appear less severe among pediatric patients, adolescents may be willing to engage in a variety of different prosocial behaviors. Being a prosocial actor or recipient may be positively connected with mental health and community attachments during natural disasters. Benefitting others through prosocial acts has been associated with lower depression and anxiety, greater feelings of belongingness and lower feelings of burdensomeness(i.e., sense of worth vis-à-vis others, Although less studied, being the recipient of prosocial behavior can help youth cope with stressful circumstances, promote well-being, provide opportunities to connect with others, and motivate reciprocity.

Prosocial experiences during the COVID-19 pandemic may be particularly important for adolescents' mental health. Adolescence is a developmental period marked by increased risk for mental illness, including anxiety and depression and adolescents rely more heavily on peers for social support. As social support may be limited due to pandemic social distancing, adolescents may be at risk for experiencing lower belongingness and higher burdensomeness on others. COVID-19 prosocial experiences may provide important opportunities for youth to feel supported by and connected to others, which may buffer against potential negative mental health consequences of the pandemic. Adolescence has also been characterized as a sensitive period for civic development when youth begin to form lasting concepts of their social world that carry into adulthood.



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Prosocial experiences during the pandemic may shape adolescents' budding views of society in ways that contribute to stronger community attachments, which could have a critical impact on their contributions to society and public health. Examining connections between COVID-19 prosocial experiences, mental health during adolescence is an important first step toward advancing an understanding of how variability in pandemic-related experiences may be negatively or positively affecting youth.

NEED OF STUDY

Adolescents is a unique and formative time. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence can make adolescents vulnerable to mental health problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may impact their potential to thrive are critical for their well-being during adolescence and for their physical and mental health in adulthood.

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep pattern, taking regular exercise, developing coping, problem solving, and interpersonal skills and learning to manage emotions. Supportive environments in the family, at school and in the wider community are also important. An estimated 10-20% of adolescents globally experience mental health conditions, yet these remain under diagnosed and under treated.

Adolescence is a period marked by increase risk for the development of many psychiatric disorder, such as anxiety and depression. Hormonal and neurobiological changes during adolescence coalesce with heightened emotional reactivity and the ongoing development of coping strategies. Simultaneously, adolescence is marked by the increase prioritization of peer relationships and a greater reliance on peer support. Peer contributes to youth mental health by promoting a sense of belonging and reducing sense of burdensomeness on others, both of which are considered crucial interpersonal needs that reduce risk of suicide. During covid-19 pandemic, government regulations and social policies seeking to limit the spread of the disease had an unprecedented impact on adolescents lives. School closure, social distancing and quarantining decreased in person time spent with peers, thereby limiting an important source of social support. Heightened stress due to the physical threat of the pandemic combined with limited peer interactions may place an adolescents at an elevated risk for the negative mental health effect of the pandemic.

The need of this research is to describe the adolescents prosocial experiences during the covid-19 pandemic and how being the actor or recipient of covid-19 specific prosocial acts is related to adolescents mental health (anxiety symptoms, depressive symptoms, belongingness and burdensomeness). We expect that greater experiences with prosocial action would be associated with better mental health lower anxiety, lower depression, lower burdensomeness and greater feeling of belongingness. A study to assess the correlation of prosocial experiences with mental health among adolescents during Covid-19 pandemic at selected areas of Kabirdham district (Chhattisgarh).

Keywords – Prosocial Experiences, Mental Health Status, Adolescents, Covid-19 Pandemic.

THE OBJECTIVES OF THE STUDY WERE

1. To assess the prosocial experiences of adolescents during covid-19 pandemic.
2. To assess the mental health status (anxiety, depression, belongingness and burdensomness) among adolescents during covid-19 pandemic.
3. To find out the co-relation between the prosocial experiences with mental health status among adolescents during covid-19 pandemic.
4. To find out the association between the selected socio-demographic variables with prosocial experiences.



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NULL HYPOTHESIS

H01- There will be no significant co-relation of prosocial experiences with mental health status among adolescents during covid-19 pandemic.

H02- There will be no significant association between the prosocial experiences with selected socio-demographic variables.

HYPOTHESIS

H1- There will be significant co-relation of prosocial experiences with mental health status among adolescents during covid-19 pandemic.

H2 -There will be significant association between the prosocial experiences with selected socio-demographic variables.

METHODOLOGY

For the present study non- experimental research design. One group pre-test design is utilized to achieve the stated objective. The study was based on the conceptual framework of Sister Callista Roy's Adaptation model is used to assess the correlation of prosocial experiences with mental health status among adolescents. An evaluative research approach is used pilot study was conducted to confirm the feasibility of the study and determine the reliability of the tool. For main study convenient sampling was done on 60 sample of adolescents. The tool used for data collection consist of self structured questionnaire for demographic data and standardized tool to assess the prosocial experiences and mental health status of adolescents through online Google forms [https:// docs.goolge. com/ forms /d/11il83h90xwxx_b5qg57ubufquwqb_qrmau_fbgmrkfu8](https://docs.google.com/forms/d/11il83h90xwxx_b5qg57ubufquwqb_qrmau_fbgmrkfu8) . A formal written permission was obtain from the Principal of DAV Mukhiyamantri English medium School, Panadriya Chhattisgarh. Data collection for the study was carried out from 1/09/2019 to 10/09/2019. The investigator first introduces herself to the respondents and explain the purpose of gathering information. They were assured that their response would be kept confidential and used only for the purpose of research.

FINDING FROM THE STUDY

The data was analysed using the descriptive and inferential ststistics where the result show that the correlation of prosocial experiences with mental health status of adolescents during covid-19 pandemic. analysis of prosocial experiences of adolescents is minimum score is 19, maximum score is 55, mean (35.52) Mean %(64.58) standard deviation (8.7).

Analysis of mental health status (anxiety, depression, belongingness, burdensomness) of adolescents are- Anxiety scoring minimum score is 13, maximum score is 50 mean (31.35) Mean %(57) and standard deviation (9.69). Depression scoring minimum score is 14, maximum score is 47 mean (31.62) mean % (57.49) and standard deviation (8.59). Belongingness scoring minimum score is 32, maximum score is 52 mean (40.37) mean % (73.4) and standard deviation (5.66). Burdensomness scoring minimum score is 14, maximum score is 47 mean (32.53) mean % (59.15) and standard deviation (8.39).

Findings related to correlation of prosocial experiences with mental health of adolesecents during covid-19 pandemic. Is co-relation with prosocial experience and anxiety $r = -0.82$,co-relational with prosocial experience and depression value of $r = -0.73$, co-relation with prosocial experience and belongingness $r = -0.51$, co-relation with prosocial experience and burdensomness $r = -0.72$. $P < 0.01$ it shows there is significant co-relation with prosocial experiences and mental health of adolescents during covid-19 pandemic.

Finding related to Association of socio demographical variable and prosocial experiences reveals that **age ($x^2 = 17.05$) ,education ($x^2 = 17.07$) is significant at 0.05 level of significance**, sex ($x^2 = 0.79$), area of residence ($x^2 = 2.05$), mother's



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education ($x^2=10.46$), father's education ($x^2=17.13$), family monthly income ($x^2=12.63$) is not significant at 0.05 level of significance.

Implication of the present study as finding of this study have the implication for general implication, nursing practice, nursing education, nursing administration and nursing research.

The study will be a motivation to beginning research to conduct similar studies on the large scale .similar study may be replicated for large sample in different setting for making broad generalization and study should be done the impact of post pandemic(covid-19) on adolescents mental health. Nurse have to play a multi dimensional role and their skill have to be combined with a specialized to assess the co-relation of prosocial experiences with mental health status of adolescents.

CONCLUSION:

The findings of the study conclude that there is corelation between the prosocial experience and mental health of adolescents during covid-19 pandemic.

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