



3rd International Conference on
PSYCHOLOGY AND MENTAL HEALTH
November 16-17, 2023 | Dubai, UAE

TITLE: An Overlooked (Silent) Pandemic: Psychological Impact of COVID-19 on Children and Youth

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ABSTRACT (up to 300 words)

Due to the COVID-19 global pandemic, children and young people in the United States are living through unparalleled times. The pandemic has seriously disrupted their routines and activities, while the challenges of social isolation have sometimes been overwhelming. The adverse effects of these disruptions are exacerbated for children and young people already facing multiple challenges in their lives, including family conflict, abuse and neglect, poverty, and family and domestic violence. The main goals of this research were: (a) to explore and examine the multiple epidemics that co-occurred during the covid-19, (b) to assess the nature and availability of awareness, resources, and access to the communities, and (c) to analyze families' access to resources, educational and occupational variations, place and type of living, etc. Qualitative and quantitative data were collected from children, youth, and adults. The findings highlighted: underlying mental health concerns resulting from COVID-19, social isolation, education impacts, impacts on family life, and changes to plans and daily routines and activities. This analysis indicated the types of assistance children and youth would require moving forward. This includes investing in child- and youth-focused mental health services and support; promoting clear, accurate, and child-friendly information and resources; supporting schools and other educational institutions to deliver quality online learning and maintain help and connection for vulnerable students. The study provides recommendations to lawmakers and assists policymakers in developing relevant and practical measures.

BIOGRAPHY (up to 300 words)

Sadguna Anasuri has master's and doctorate degrees from reputed universities in the USA and has been in academia since three decades. She is the Program Coordinator for Human Development and Family Studies and teaches undergraduate, graduate, online, and in-person courses. Her research includes childhood poverty, moral development, workplace bullying, and resilience. She serves as an editorial board member and peer-reviewer of several reputed journals. Her community outreach activities include local, national, and international target populations.

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