**Role of Family in Coping With Effects of Covid 19**

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Role of Family in Coping with Effects of COVID 19

Covid 19 has had devastating effect on the world population since its outbreak in late 2019. There has been a myriad of negative effects on livelihoods as economies were adversely affected due to massive lockdowns by various countries. This saw many people result to the family setup for psycho social support especially during the lockdowns. This applied to all family members as many people resulted to working from home and learning shifted to online mode. This paper seeks to examine the role of family members throughout the transition. It will be determined to look at the internal and external resources the family utilized to manage the effects of the pandemic.

Firstly, it is fair to note that the family plays a core role in ensuring that its younger ones are constantly reassured of safety away from the hustle and bustle of the world. The family therefore ensures that it disseminates age appropriate information to the children regarding the pandemic. Adults in the family may avail reading materials and allow the children to access information on websites concerning the pandemic. This way, it opens an environment to ask questions. Family also creates a safe physical and emotional environment by encouraging the children to adhere to hygiene protocols and protective measures like social distancing. Reassurance is also key to reduce the worry and stress levels. Above all, children need to be kept busy through regular routines and self efficacy. This disrupts them from thinking too much about the pandemic. (Bartlett et al, 2020).

Secondly, important to note is the overwhelming stress that came with the effects of the pandemic that weighed down every member of the family in different magnitudes. Parental stress was experienced within the family as parents had to make adjustments on how things are .run in the family. Managing the children under lock down was no mean fete and having to also adjust family budgets became an eyesore to many. In this regard, some external intervention was needed to help manage emotional stress. Not to mention also the stress that came with work related pressure. Problems in the work-home interface can have a significant impact on parenting and marital harmony as parents have to care full time for the children and work at the same time. Spousal and employer support goes a long way in dealing with parental stress thereby saving more resources especially in terms of energy to be utilized elsewhere. Employer support includes more user friendly policies like flexible work hours while spousal support may include helping around with house chores. All this support goes a long way in eliminating or reducing spousal conflict.(Chung, et al 2020). Seeking cognitive behavior therapy and engaging in spirituality and increased physical activity is a great anti stressor and reduce loneliness especially to the elderly population. (Vahia, et al 2020).

However, despite all the resources available to cope with the effects of the pandemic, families did not utilize some of important resources. A good example is seeking therapy to deal with the overwhelming emotions of parental stress and emerging spousal conflict during the pandemic. This is because therapy is probably frowned upon as for people who have a mental problem. The family used more of the internal resources during the pandemic. These resources revolved around offering psychosocial support to its members, economic support in terms of meeting their daily needs and also medical support.

Finally, the family has a direct role to play in sustaining the environment for safety and longevity. Proper disposal of waste should be adhered to at all times to avoid the danger of emergence of other diseases. Re use and re cycle need to be adhered to decrease the amount of wastage and also save on some items. Non medical related and household waste like the gloved, masks, thermometers should be properly disposed. There have been reported cases of home poisoning during the lockdown. Children have been exposed to harmful substances especially the hand sanitizers and parents, medication which exposes them to greater harm. All precautions need to be taken therefore to deter them from accessing dangerous substances. ( Le Roux, et al 2020).

References

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