

# Challenges in Interpersonal Relation among Youth in Post Pandemic Condition

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**Abstract:** *Social relation is an important aspect in every human's life. The COVID-19 outbreak has affected all segments of population; particularly detrimental to members of youth in the most vulnerable situations. The present study aims to explore how interpersonal relations of the youth are affected by the Pandemic Crisis Situation. The total sample consisted of 30 individuals, of both genders and aged between 20-30 years. Results suggest that young adults are feeling irritated, frustrated, lonely, bored and fear of losing their friends as a result of not being able to meet their closed ones in person, due to the present situation.*

**Keywords:** Interpersonal relation, Youth, Pandemic Condition, Social Interactions, Emotional Health

## 1. Introduction

Social relation is an important aspect in every human's life. We all are social beings and any kind of social relationship may it be interactions, social activity have immense benefits for one's physical, mental, and emotional health Every human are in need of social relations with others. The capacity to hold, to maintain every relation is essential to us and how we are functioning in the society.

Social connections with people at different stages in life help in healthy development, socially, physically and emotionally. As children transition to youth and they start to spend less time with parents and siblings. Friendships with peers become an increasingly important source of these social connections. During this period they become more independent and want to share things or their feelings with their loved ones. Being with them helps them in being caring, honest, and trustworthy. Talking about personal problems is one way this youth develop closeness in friendships; mostly important for boys (Rose, A. J.et. al 2016).

During the times of difficulty, friendships or being with closed ones offers a sense of belonging and relief from any kind of stress may it be work or home related, from depression and anxiety. Feelings of closeness in friendships or with those whom we love are linked to increased resilience; or which can be said like, youth with strong friendships can better negotiate and recover from various kinds of life challenges (Graber, R et.al. 2016).

During this period of global pandemic, fully avoiding the stress every adult is going through altogether is simply not an option. Fortuitously, the past research on coping and stress suggest that it's not the amount or type of stress that controls its impact. Rather, mind-sets and situation appraisals about stress can alter its impact (Crum, A. J.et.al; 2020 ; Jamieson, J. P.,et. al ; 2018) Whereas some research finds that sometimes these kind of mind-sets can increase the possibility of 'stress-related growth', a phenomenon in

which stressful experiences serve to increase physiological toughening (Hazeldine, J.et. al'2010), which helps in restructure their priorities and can help to lead the deeper relationships and a greater admiration for life (Tedeschi, R. G. et.al ;2004). The COVID-19 outbreak has affected all segments of the population and is particularly detrimental to members of youth in the most vulnerable situations. Social distancing has massively impacted on youths. During the course of this pandemic situation, human to human interaction is severely affected resulting in loss of interpersonal communication. This directly influences our social relations with our acquaintances in the society. Several researchers in the past shows that loneliness arising out of obstacles in social relationships are most common among youths. This pandemic situation has drastically changed all of our view about the relationships. This would definitely impact socially and may be more permanently not only our personal relationship but relationship as a society. There are some determining psychological factors that are playing a role on this pandemic isolation.

Hence the present study aims to explore how the interpersonal relations of the youth are affected by the Pandemic Crisis Situation, in terms of the different problems and factors that may be impacting their relations.

## 2. Methods

In the present study, total sample consisted of 30 individuals. Purposive sampling technique has been used of both genders and aged between 20-30 years. The qualitative method was used to explore the interpersonal relations. Total duration of the study was 1 months and it was conducted in Kolkata.

First, Consent was taken from the participants. After taking their consent, socio demographic schedule was administered which includes name, age, gender, religion, socio economic status, mother tongue, any other physical problem, education qualification and occupation. Then total 5 questions were prepared and the domains were on their feeling, how they

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were communicating with their loved ones, how were they coping the present situation and what are the modes of their communication. The data was collected. It examined the uniqueness of individual's lived situation. Subjective view was taken into consideration. Then the responses were analyzed.

**3. Results**

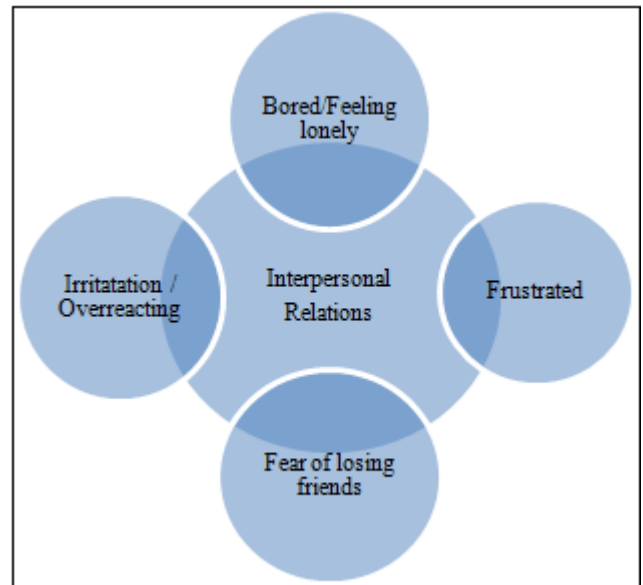
**Table 1:** Socio Demographic Details of the Sample

Variables	Range	Mean	SD
Age (in years)	20-30	24.73	2.76
		Number	Percentage
Gender	Female	17	57
	Male	13	43
Education	Graduation	12	40
	Post Graduation and above	18	60
Occupation	Student	15	50
	Service	10	33
	Teaching	5	17

**Table 2:** Qualitative Analysis

Serial No	Domains	Findings
1	Perceiving the present condition	Less to none formal social interaction leading to frequent loneliness. Can't interact with friends face to face, More socializing than before, Not being able to meet dear ones and being locked down inside own house is kind of frustrating, Social life has changed drastically. Haven't met any of my friends or family since the lockdown started, restricted personal contact, emphasis on more technical ways of contact, For the past 3 months I am feeling so bored staying at home all the time. This current situation is a bit difficult to survive.
2	Satisfaction with the changed mode	Most of them gave answered through aid of online Technologies, though not entirely satisfied, not satisfied with the change mode & restricted time,
3	Feelings of not meeting (in person) with loved ones	Sometimes I am feeling suffocated. I am calling my close friends or messaging them. Feeling insecure at times, Feeling irritated very often nowadays and very easily, To describe my feelings, I sometimes feel lonely, I feel like I don't have someone to talk to and loving in a nuclear family does not make it any easy, I am getting very angry quite often. Angry than usual, Irritation and Depressive nature, Very frustrating and often very lonely.
4	Impact on relation	Yes, to some extent. I cannot talk to them in person the resolve any issues or conflicts, The relations are being impacted not in terms of not being close any more. But I guess, it is important to meet in person too. Often, phone calls and video calls don't suffice and in these times, many people are anyway feeling so low since everything has come to a standstill and there is no certainty. So meeting your family and friends in these times would be good, Yes impacting, Kind of losing some of the relations
5	Ways of communication	Mostly through video calls, phone calls and texting on social media

**Qualitative Analysis of interpersonal relations of the sample:**



**4. Discussion**

This Covid-19 pandemic has mutated our personal relationships in an unequalled ways, which is forcing us to live closer together with some people and further apart from others. Life in lockdown has entailed close, constant contact with our family members, friends and partners, but social distancing measures have isolated people from their friends and other communities.

Close relationship helps an individual in various ways and to understand that it is important to know about some sort of psychological attachment theory where it says who are closed to us or helps us to do a number of things; they provide us safety in some way and people feel secure with their comfort. People goes to them when things are not going well or feeling upset, stressed, threatened or even lonely they help them to feel pleasant. They bring confidence in them and that individual also wants their company in person rather than being separated or isolated from that person. Close relation actually have an impact on whole range of psychological and even on biological functioning. It has an impact on the way one thinks, reacts to different situations, manage or regulate their emotions on their identity, on how they identify themselves and that also has an effect on their body like on immune system, cardiovascular, sleep cycle, eating pattern.

The present study aims to explore how the interpersonal relations of the youth are affected by the Pandemic Crisis Situation, in terms of the different problems and factors that may be impacting their relations. In the present study, results are suggesting that most of the young adults are feeling irritated, frustrated, frequent complaints of feeling lonely, bored and fear of losing their friends as a result of not being able to meet their closed ones in person, due to the present situation.

Social interaction in early childhood within the family is critical, connected to peers in adolescence becomes more

important for social development, which layer on controls the beliefs and forming healthy relationships as adults. Most surprising it was found in various evidence of loneliness among the young. In one study, occupational therapy researcher David McConnell found that the loneliness epidemic begins as early as childhood, playing a key role in the rise of social and emotional problems.

Sound health decisions depend on accurate perceptions of the costs and benefits of certain choices for oneself and for society (Fischhoff, B; 2013). Youths are getting bored as they are spending time in unusual situations and prolonged period of time with people perhaps we are not used to spending so much of time with. At this movement most people are still adjusting and there is no full adaptation yet what still it's happening. People are not probably managing it too badly but are not designed to be this way long term. This situation is a real test for their emotional regulation and for personal growth and development is how we are able to manage their relationship with our closed ones.

Most of them have reported of overreacting with their parents and also with partners. The little annoyances may be when all are stuck in their same house and can barely go out that might cause people to overreact. This time is making people emotional and everything is very uncertain. It's quite natural people of this age might overreact now. When our emotions are high or not as stable as it should be in normal people are prone to experience those high emotions with their friends, partners and family members as well. This age has there are lot of strong emotions during this period (youth). During this condition, it's become very difficult to solve every little argument or to brush up everything right at that moment with their friends or with their partners. May be because of that they are reporting fear of losing their closed one.

In this pandemic condition, being at home all the time is itself functioning as a stressor. This self isolation is rising up the social isolation and difficulties in relationships. However, this distancing for a long period of time is getting difficult to connect with others (Baumeister, R.et.al; 1995). Social connection with others specially with our loved ones helps people regulate emotions, to cope with stress and remain resilient throughout the difficult times (Jetten, J. et al.; 2017 ; Williams, W. C. et. al 2018). By contrast, loneliness and social isolation make worse or less desirable the burden of stress and often produce harmful effects on mental, cardiovascular and immune health (Haslam, C. et al; 2018). It's been found in studies that older adults, are at the greatest risk of severe symptoms from COVID-19, are also highly susceptible to isolation (Luo, Y. et. al; 2012). Distancing threatens to irritate and feeling of loneliness and could give rise to negative long-term health consequences. Many researchers have reduces the outcomes. Psychologically we can say that feeling of loneliness is subjective state and one can say that he or she is not getting or experiencing enough social connection whereas social isolation is objective state of lack of social interaction (Cacioppo, J.T.et. al ;2009). Thus, the term 'social distancing' might implicit that one needs to designated to limit the meaningful interactions. A useful different term might be 'physical distancing', which is to help the fact that

social connection is also possible even when people are physically separated. In contrast, online interactions can also foster a sense of connection. Both receiving and giving support online can bolster psychological well-being (Doré, B. P. et. al; 2017). However, we caution against enhanced passive use of social media, as research suggests that it may not contribute to one's sense of social connection (Verduyn, P. et al ; 2015)

Everyone is experiencing changes in their life, lots of anxiety like holding up the relation with their closed ones, lots of complaints about facing different negative emotions while not meeting their loved ones for so long. One way to cope is to process their emotions and to accept their sadness. Everyone is allowed to feel joy, there is one technique called resilience which means bouncing back from problem; to come back to self which is not stressful. The way to get over the crisis is to accept the feeling and to do something that is giving them pleasure. It's alright to be alone and when this situation will get over will meet my loved ones soon. Self care is very important now and distracting self is a way if the worry is there for long.

## 5. Conclusion

Thus, it can be said that there happens to be a significant detrimental effect on interpersonal relationships owing to the crisis situation arising out of COVID19 Pandemic. Number of studies found that prompting more adaptive mind-sets related to stress could increase positive emotion, and also decreases negative health symptoms and boost physiological functioning under acute stress (Cacioppo, J.T.et. al ;2009). The stress related to Corona Pandemic can be understood in framework of stress reaction and majority of it will be able to cope with it (Halder.S. et.al.2020).

## 6. Future Scope

In future some research is needed to find out if adopting these mind-sets can help some people cope the stress during a pandemic for positive growth.

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